



Speak Up for Your Health: Appointment Prep Worksheet

Use this worksheet before, during, and after a medical appointment. It can help you remember your questions, share important changes, and keep track of next steps.

1. Appointment Information

Name: _____

Appointment Date: _____

Provider/Office: _____

Reason for Appointment:

2. My Main Concern Today

What is the most important thing I want to discuss?

What has changed since my last appointment?

3. Changes I Have Noticed

Check anything that applies:

- Sleep changes
- Appetite changes
- Mood changes
- Memory changes
- Balance problems
- Dizziness
- Pain
- Low energy
- Weight loss or gain
- Falls or near-falls
- Medication changes
- Trouble with daily routines
- Trouble walking or getting around
- Other: _____

Notes about these changes:

4. My Current Medication List

Bring this list to your appointment. Include prescriptions, over-the-counter medications, vitamins, and supplements.

Medication Name	Dose	How Often I Take It	Why I Take It

Medication allergies or reactions:

5. Questions I Want to Ask

6. What My Provider Told Me

Use this space to write down answers, instructions, medication changes, referrals, or test results.

7. My Follow-Up Steps

Check anything I need to do after the appointment:

- Schedule a follow-up appointment
- Pick up a prescription
- Start a new medication
- Stop or change a medication
- Complete lab work
- Schedule a test or imaging
- Call the provider with questions
- Share updates with family or caregiver
- Update my medication list
- Review written instructions
- Other: _____

Next appointment, if scheduled:

Date: _____ **Time:** _____

Provider/Office: _____

Purpose of next visit:

8. Who Can Help Me?

It may help to bring a trusted family member, friend, or caregiver to an appointment.

Support Person Name: _____

Phone Number: _____

Can this person come with me or help me review instructions?

Yes No Maybe

Important Reminder

It is okay to ask questions. It is okay to ask your provider to repeat something. It is okay to ask for written instructions.

Your voice matters in every conversation about your health.

Legal Disclaimer: This material is for general informational purposes only and does not constitute legal advice. No attorney-client relationship is created by the use of this checklist. This checklist is not a substitute for legal counsel and should not be relied upon as a legal document.

Individuals seeking legally binding estate planning or incapacity planning documents should consult a licensed estate planning or elder law attorney in the State of Maine.