Before you see the doctor

Fill this in at home. Take it with you to any doctor. Put it on the table.

RESTORE health & care

1	2	3	4	5	6
What bothers me most	When it started	Happened before?	What I have noticed	What I have tried	What I am worried it is

1. The one thing bothering me most

2. When it started (as exact as I can remember)

3. Has it happened before? What was it like, what helped?

4. What I have noticed about it

Where it is. What it feels like. Does it come and go. What makes it better, what makes it worse. Anything else I noticed around the same time.

5. What I have tried so far, and did it help

6. What I am worried it might be

Say this out loud in the room.

My medicines (also what I buy over the counter, and supplements)

Name	How much	How often

Allergies

Conditions I have had, and operations

My readings from home (blood pressure, sugar, weight)

Four questions to ask the doctor (write the answers in the room)

What do you think is going on, and what is causing it?

What can I do myself, alongside any medicine, to help?

What exactly is the plan?

What should I watch out for, and when do I come back?

Before I leave I know what I am taking

What I am changing

When I am coming back

If you struggle after the visit in any way, tell your doctor. That can be a sign you need a follow-up. General health information, not a consultation. Dr Annetjie van der Nest, general practitioner, Restore Health and Care, George. **044 0011 727**. The article this sheet comes from: restore-healthcare.co.za/learning-centre/get-the-most-out-of-your-consultation/