

# Record Your Doctor Visit

*If your head spins every time you leave the doctor's office—you can't remember what was said or you leave with a bunch of notes that you could easily misplace—here's a solution: Grab a pen, print this page, and bring it along to your next doctor visit. Then take notes in the space provided below. If you need more space in any of the sections, feel free to add another page.*



## Visit Results

Use this section to keep track of new diagnoses or the status of existing conditions.

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## Doctor's Advice

Include recommendations for exercise, diet, physical therapy and so on.

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## Medication Alert

Note any changes in medications, including new prescriptions and what they treat, dosages and times per day that medication is required.

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## Referral Reminder

If your doctor advises you to see any kind of specialist, record it here. Jot down the specialist's:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Reason for referral: \_\_\_\_\_

## Next Appointment

Record the date and time of your next doctor visit—even if you make routine visits that you think you won't forget.

Date: \_\_\_\_\_ Time: \_\_\_\_\_