Emivita

Before your appointment: what you can note and ask

One page to print or to read on your phone. Take what fits you; not everything has to be filled in.

Since the last appointment

- [ ] **How have I been over the last few weeks?**
  A sentence or two in my own words.
- [ ] **Which symptoms did I have?**
  What exactly, since when, how often. A date or a period of time helps.
- [ ] **What has changed in my daily life?**
  For example work, travel, a move or a new routine.
- [ ] **What was hard in daily life, what went well?**
  One or two examples I can tell about.

My values and my tablet

- [ ] **Bring my lab reports, older ones too, for comparison.**
  With the date, the unit and the reference range given by the lab.
- [ ] **At the last blood draw: time and lab.**
  If I know it, it goes with the report.
- [ ] **My tablet: name and dose as prescribed.**
  Since when I have been taking it like this.
- [ ] **Has the dose changed?**
  Note the date and what the practice said about it.
- [ ] **Everything else I take.**
  Dietary supplements too. The list should be complete.

My questions

1 _____

2 _____

3 _____

4 _____

- [ ] **After the appointment: what was discussed, when is the next one?**
  Write it down briefly while it is fresh.