



## Medical Appointment Organizer

It is important to make the most of your visits with your doctor or campus health professional (i.e. student health services nurse, college psychiatrist, etc.). This tool will help you optimize these visits and give you the opportunity to capture information provided by the doctor's office. It will also allow you to present your questions or concerns to the doctor or health professional.

### WHO SHOULD USE THIS TOOL?

Students should use the Medical Appointment Organizers in preparation for an appointment. It is also very useful to capture notes during the appointment.

### HOW SHOULD IT BE USED?

Print two separate copies of the Medical Appointment Organizer **BEFORE** your medical visit. Independently complete your own copy of the organizer. We encourage you to come up with questions to ask your doctor.

During the visit, use the organizer to guide your discussion and to take notes. If the doctor makes any changes to your medication regimen, be sure to make detailed notes. Make sure you fully understand how to take the medication. Before the visit ends, make sure that all of your questions or concerns have been addressed.

Keep the Medical Appointment Organizers in a safe place so that you can refer back to it if needed.

## Medical Appointment Organizer

Name	Date of Visit	Doctor's Name

Changes since last visit:	Less	Same	More	N/A
Feels restless/fidgets				
Difficulty paying attention in class				
Makes careless mistakes on assignments				
Difficulty sleeping				
Other:				

Questions to ask during today's visit:	Notes
1.	
2.	
3.	
4.	

Changes to Medication Regimen?			
Medication	Dose	Take at	Notes

Follow Up Visit	
Date:	Time: