

Preparing for your appointment

Information to bring to your doctor's appointment:

- Condensed medical history in list format with dates
- List of current medications with dosages or bring medications in bottle
- Your family's health history, such as your parent's conditions
- MRIs, CTs, PET scans, EEG results from other institutions-actual images on CD, and/or reports if these have not been sent ahead
- Any recent bloodwork results (within one year) if not sent ahead
- Important: Keep a daily or weekly calendar of **symptoms**:
 1. Daily planners are useful for this or print out a free month-at-a-glance online.
 2. Compose one list to refer to at your appointment; it should be neatly typed and brief in order to cover the most topics efficiently
 3. Bring an extra copy to present to your doctor if he/she desires
 4. Include date each symptom was first noticed, nature of the symptom and whether anything makes it better or worse
 5. Short, edited videos of movement disorders, seizure-like activity, etc. may be useful for your doctor to view after the appointment (plan on not getting flash drive returned)
- List of questions you would like to ask
- Pen and paper to take notes
- Adult patients bring someone along to help absorb information or take notes
- During your appointment, make sure to ask the questions you prepared before your appointment. Start by asking the ones that are most important to you.
- Ask for your doctor's preferred method of contact if questions arise afterwards or for test results