



Read Your Own Chart

Medical Appointment Planner

Use this simple worksheet to help you prepare for your visit and leave with the answers you need.

Appointment Information

Date: _____

Time: _____

Provider: _____

Specialty: _____

Office/Clinic: _____

Phone Number: _____

Address: _____

Patient Portal: _____

Pre-Appointment Checklist

Before You Leave the House

- ☐ Bring insurance card
- ☐ Bring ID
- ☐ Bring medication list
- ☐ Bring recent test results
- ☐ Bring this worksheet
- ☐ Bring a family member or friend (if needed)



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Why Am I Here Today?

My Symptoms or Concerns

List Each Symptom	When did it start?	Better/Worse?
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Medications or Changes Since My Last Visit

Questions I Want to Ask

☐ _____

☐ _____

☐ _____



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Questions I Want to Ask (*Continued*)

☐ _____

☐ _____

☐ _____

Don't Forget to Ask About...

- ☐ Test results
- ☐ Medication side effects
- ☐ Next steps
- ☐ Follow-up appointment
- ☐ Lifestyle changes
- ☐ Warning signs to watch for
- ☐ When to call the office
- ☐ Copies of lab or imaging results

During & After My Appointment

ReadYourOwnChart.com | Medical Appointment Planner

Free patient resource from ReadYourOwnChart.com — *Helping patients understand their health, one appointment at a time.*

Disclaimer: This worksheet is provided for educational and organizational purposes only. It is not medical advice and is not a substitute for professional medical care. Always follow the guidance of your healthcare provider regarding your individual health needs.



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What I Learned Today

Diagnosis or discussion:

Treatment plan:

Tests Ordered

☐ Blood work

☐ X-ray

☐ CT

☐ MRI

☐ Ultrasound

☐ Other:

Medications



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Follow-Up Instructions

My Next Appointment

Date: _____

Time: _____

Provider: _____

Questions I Still Have
