

Doctor Visit Book

Questions or concerns you have for your doctor:

1.

2.

3.

Any health or life changes since your last visit?

Discuss these important topics:

1. Falls

Have you fallen since your last visit?

2. Physical Activity

What's the right amount for you?

3. Bladder

Have you had any issues with bladder control?

4. Mental Health

How are you feeling emotionally since your last visit?

Review your medications with your doctor:

Ask your doctor to review any prescriptions, over-the-counter medicines, vitamins, and supplements you currently take. Bring your medications to your appointment or list them below—include how much and how often you take each.

My medications, vitamins, and supplements:

1.

2.

3.

4.

5.

6.

Any notes or comments about your medications:

Notes from your visit:

Review your notes at a later date, or share with a loved one or caregiver.
