

The 1-Page Before

What to bring and ask at your next appointment

Print it · fill it in · bring it
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Educational support only. This sheet helps you prepare and organize. It is not a diagnosis or medical advice and does not replace your doctor. Please don't start, stop, or change any medication or supplement without talking to your clinician.

🚩 **Don't wait for the appointment.** If you have severe pain, heavy bleeding, chest pain, trouble breathing, fainting, sudden weakness or confusion, or feel something is seriously wrong, **call 911 or go to the ER now.** If you're unsure, call your clinic or an urgent care line today.

1 What to bring

- ☐ **Lab results** — every page, with the **date** and the **reference ranges** printed on the report.
- ☐ **Medication list** — name, how you take it, and since when.
- ☐ **Supplements & over-the-counter products** — vitamins, herbs, teas, powders, pain relievers, sleep aids.
- ☐ **Symptom notes** — what, since when, how often. Always include **sleep, digestion, appetite**, and any **weight change**.
- ☐ **Cycle notes**, if relevant to your visit — cycle length and any patterns you've noticed.
- ☐ **Prior tests & imaging** with their reports, and **what's already been ruled out**.
- ☐ **Specialists you've seen** — specialty, rough dates, and what they said.
- ☐ **Allergies** (to medications and others) and any **ongoing conditions**.

2 How to order your labs

- **Oldest to newest.** Stack reports by date so trends are easy to see.
- **Write the date** clearly at the top of each report.
- **Flag anything out of range** (marked H/L or outside the range) — even if it's slight. Flag it; don't try to interpret it.
- **Repeated markers?** List them side by side: marker · date · value · range.
- **Add context** if you know it: fasting or not, time of day, cycle day for hormone tests, recent illness.
- **Keep originals together** — one folder, paper or digital.

3 10 questions to ask

- 1 Which of these results matter most for my situation?
- 2 Is anything out of range that you'd like to look at more closely? And what looks reassuring?
- 3 How do these results fit with the symptoms I've noted?
- 4 Is there anything you'd want to rule out?
- 5 What would we repeat, and when?
- 6 Would any other test help clarify things, or is there anything we don't need to repeat?
- 7 Could any of my medications, supplements, or OTC products affect these results?
- 8 Would it help to see a specialist? Which kind?
- 9 What changes should make me contact you before my next visit?
- 10 What's the next step, and how will we know how it's going?

4 Say this first

One or two sentences, so you and your doctor can use the time well.

"My main question today is ..."

"What I'd like to leave knowing is ..."

Notes from the visit:

Want this built around your case?

Before the Appointment is an educational brief built from your labs and intake form: results organized, everything out of range named, and questions tailored to your visit, so you and your doctor can decide together. Delivered in 24–48 business hours.

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Educational support, not a diagnosis. Doesn't replace your doctor or medical care. Never start, stop, or change medication without your clinician. Emergencies: call 911 or go to the ER.

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