

My appointment preparation

A practical checklist | Randuit

Use this page to organise your own observations and questions before a conversation with a qualified healthcare professional. It does not provide medical advice, diagnose a condition, or recommend treatment.

Before the appointment

- Review your recorded dates and notes for mistakes or missing information.
- Write the three questions you most want to discuss.
- Note which symptoms you have recorded and how they have affected your day.
- List the medicines, supplements and treatment details you wish to discuss, using the labels or information provided by your clinician.
- Note any relevant history or changes you want to mention.
- If using the tracker, review and print Doctor Visit Summary A1:D45.
- Bring any documents your clinic has requested.

My three questions

1.

2.

3.

During the conversation

- Explain your main concern in your own words.
- Show your records as observations; they do not prove what caused a change.
- Ask for explanations you can understand.
- Write down the agreed next steps and any follow-up arrangements.

Notes and agreed next steps

Follow-up date or arrangement: _____

This checklist does not assess urgency. Do not wait to complete a tracker before seeking care when you need it. For health information and individual advice, use your clinician and your national health service.

Personal organisational aid | v1.1, September 2026 | contact@randuit.com