



Feet First Podiatry Appointment Checklist

1. **Date of Appointment:** _____
2. **What will you discuss with your doctor?**
 - Medical History
 - Family Medical History
 - Allergies
 - Medications
 - Reason for the Visit – Be Very Detailed About Symptoms, Issues and Concerns
 - Changes in Diet, Sleeping Patterns, Emotions, Bodily Functions
 - Your Feelings (Anxiety, Fear, Depression, Avoidance, Happiness, Frustration)
3. **What to bring with you to the appointment:**
 - Health Insurance Card
 - This Checklist (including pre-visit notes)
 - Medication and Nutritional Supplement List
 - Payment
 - Pen and Paper to take notes
4. **Questions to ask during the appointment:**
 - What Are the Results of Any Tests or Screenings? Diagnosis?
 - Are Additional Tests Required?
 - Is Treatment Required? What Are the Next Steps?
 - Can the Doctor Write Down Any Precautions or Instructions Regarding Medications?
 - Are Other Routine Screenings, Tests, or Immunizations Needed?
 - Are There Any Restrictions to Diet, Exercise or Lifestyle Recommended?
 - What Are The Benefits of a Second Opinion?
 - What Are My Vital Signs? What Do They Mean? How Is My Overall Health?
5. **After the Visit:**
 - Stay In Touch with the Doctor, Ask Questions, Go To Follow Up Appointments
 - Monitor Changes in Health After Beginning New Medications or Treatments
 - Discuss the Visit and Notes With Your Loved Ones or Caregivers
 - Follow Up On Test Outcomes



Feet First Podiatry Pre-Visit Notes

Reason for the Visit:

Changes in Health

Changes in Emotion

Changes in Medications:

Concerns:

Changes in Diet, Sleeping Patterns, Emotions, Bodily Functions

Your Feelings (Anxiety, Fear, Depression, Avoidance, Happiness, Frustration)