

Appointment Journal 1: Before Appointment

Current Medications and Quantity of Each: (ex. Cellcept 500mg 2x a day)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____

Any Side Effects From Current Medication:

New or Worsening Symptoms Since Last Visit:

Questions for the Doctor:

***Complete this before your appointment. It may be easier to fill it out and hand a copy of it to your doctor at the beginning of the appointment. This ensures that you don't forget anything and get the most out of your appointment.

TORIE BRAME

Navigating Invisible Illnesses Together