

Patient Agenda

Medical Agenda

What do you want most out of this visit (for example, a diagnosis to explain your symptoms, treatment to relieve pain, help with managing a condition)?

What other things would you like to get out of this visit (for example, a prescription refill, recommendations to improve overall health, advice on other conditions)?

Administrative Agenda

Are there any administrative things that you need out of this visit (for example, signatures on any school- or work-related forms, printed copies of your medical records, booking a future appointment)?

Notes

Do you have any insights or assumptions that you have already made about any of the items that you have listed above? For example, if you're hoping that your doctor will give you a diagnosis to explain your symptoms, do you already have an idea based on your online research as to what the diagnosis might be?

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Scripts

It can sometimes be helpful to have a script to facilitate a conversation with your doctor.

I'm worried about X symptom because of Y reasons.

The goal here is to be explicit about the symptoms you are most worried about and why. Phrasing your thinking this way will give your doctor more context and allow them to directly address your concerns.

I am worried that I have X disease because of Y reasons.

If you are worried about a specific disease, let your doctor know and be sure to include the reason. The added information can help your doctor decide whether the disease you are worried about should be considered as a possible diagnosis.

Could you let me know about your working diagnosis so I understand the situation better?

This helps you understand the doctor's working diagnosis and allows you to do additional research to learn more about the condition.

Is there anything else it could be?

This helps you understand what is on the doctor's list of possibilities (the differential diagnosis).

Is there a reason you are not considering X condition?

This question might help you address any lingering concerns about a diagnosis you are worried about.

Will any of the tests you ordered confirm or rule out the diagnosis?

This gives you more insight into the testing.

Are there any symptoms I should be on the lookout for?

This will give your doctor a chance to let you know about any red flag symptoms, which might require you to seek immediate care.

Should I change anything about my daily routine while we wait for the test results to come in?

This may uncover immediate changes that might improve your health and, depending on whether your condition is potentially infectious, protect those around you.

Where can I learn more?

Your doctor may be able to provide printed materials or suggest a website.