

Consultation Checklist

Complete what you can before the appointment and bring this sheet with your existing medical records.

Patient planning tool

PATIENT AND APPOINTMENT DETAILS

Name

Age

Appointment date

Phone

Referring doctor

Preferred language

MY MAIN CONCERN

Symptoms began

Main symptom

RECORDS TO BRING

- ☐ Current medicine and supplement list
- ☐ Medicine and other allergy list
- ☐ Blood-test reports
- ☐ Ultrasound, CT or MRI report and images
- ☐ Endoscopy or colonoscopy report
- ☐ Biopsy or pathology report
- ☐ Previous operation/discharge records
- ☐ Identification and appointment papers

MEDICINES, VITAMINS AND SUPPLEMENTS

Name	Dose	When taken	Reason

Allergies

Allergy reaction

QUESTIONS I WANT TO DISCUSS

- ☐ What may be causing my symptoms?
- ☐ Do I need another test?
- ☐ What are my treatment options?
- ☐ What are the benefits and important risks?
- ☐ What happens without treatment now?
- ☐ Which symptoms need urgent help?

AGREED NEXT STEPS

Reminder: Do not arrange tests or stop medicines solely because they appear on this checklist. Use it to support a discussion with the treating clinician.