FerroLady

Appointment preparation sheet

Fill this in beforehand and take it with you. Everything here is in your own words.

Appointment with: _____ Date: _____

BRING WITH ME

- [ ] Test results, each with its date, laboratory and the unit printed on the report
- [ ] My supplement log: product, strength, days taken and skipped
- [ ] A list of every medicine and supplement I take, with the dose
- [ ] Notes on how I have been feeling, with dates
- [ ] Cycle and bleeding notes, if I keep them
- [ ] What was said at the last appointment, and anything I was asked to do

WHAT I WANT TO SAY

MY QUESTIONS

1.
2.
3.
4.
5.

NOTES FROM THE APPOINTMENT

WHAT HAPPENS NEXT (DATES, TESTS, FOLLOW-UP)