

PLANNER

My Healthcare Visit Planner

Two pages to get ready for an appointment, with space to record the medicines and actions you agree.

INSIDE

01 Make the appointment useful

02 Medicines and agreed actions

Make the appointment useful

Bring this summary and your medicines; do not wait for a diary if warning signs apply.

My main concern and goal

When it began, what changed and what daily life is like.

My pattern and warning signs

Frequency, symptom timing, stool/urgency, night symptoms, weight loss or bleeding to report.

What I have tried

Foods, routines and products, dates, response and other possible explanations.

My three questions

What needs investigation? What is suitable to try? When should we review?

Who I am seeing / date

Contact details, support person and questions I do not want to forget.

Medicines and agreed actions

Never stop or change a prescription without professional agreement.

Medicine / herb / supplement	Reason / prescriber	Dose / time as prescribed	Food / spacing from own leaflet

Agreed action, who advised it and date

Follow-up date and what needs earlier help