Make the next appointment more useful

Remember questions and practical follow-up without relying on memory.

Three steps

1. Write your top questions
2. Bring relevant records through secure channels
3. Record the clinician's instructions

A worked example

Appointment	Follow-up
Question to ask	What should we monitor?
Bring	Current list
Answer or next step	Ask clinician

The appointment ends with a recorded follow-up action, not just a conversation.

Do not use this sheet to diagnose or change treatment. Keep it private.

Make the next appointment more useful

Use one row per item or decision. Start with what you know.

Appointment	Question to ask	Bring	Answer or next step

My next action / when