



## Four tips to prepare for a medical appointment



Centre de ressources  
pour les patients  
Patient Resource Centre



### 1 Bring an updated list of your medications

Don't forget to add any other medications, like vitamins, dietary supplements and natural products that you are taking.

### 2 Your medical history, such as illnesses, injuries. Including:

- Hospitalizations and surgeries you've had with the dates.
- Allergies.
- Vaccines you had.
- Your test results, if you have them.



### 3 Prepare a list of questions you want to ask the doctor



### 4 Bring a notepad & pen with you to take notes



Source: Quick Reference I'm taking care of my Health by Ministère de la santé et des services sociaux du Gouvernement du Québec (2017)

For a list of additional resources, check out our webpage  
“Preparing for a medical appointment”  
by scanning the QR code below:

