Carespondence®

Doctor Visit Notes

Write your questions before you go.
Write the answers while you are there.

Caring for _____ Doctor _____ Date _____

Start this before the visit. Add questions as they come up, then bring it with you.

QUESTIONS TO ASK

Put the most important one first. Check each off as you ask it.

☑ **Example:** *What can we do about the dizziness when getting up in the morning?*

Answer: *Get up slowly. Track blood pressure for two weeks and bring the log.*

☐ 1 _____

Answer _____

☐ 2 _____

Answer _____

☐ 3 _____

Answer _____

☐ 4 _____

Answer _____

AFTER THE VISIT

Fill this in before you leave, while it is fresh.

What did the doctor say? _____

Any medication changes? _____ Update the Medication List.

Tests or referrals ordered? _____

Follow-ups to do

☐ _____

☐ _____

☐ _____

Next appointment

Date _____

Time _____

With _____

Did you know you can log care on your phone?

The Carespondence app keeps a record of care in one place. Tap to record care as it happens, then share an update with family or the care team.

Scan to try it free for 7 days, or visit carespondence.com/log/visit

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A Note for You

If you're using these pages, you're showing up for someone who counts on you, often with plenty else on your plate. That's no small thing.

Some days your notes will be neat and complete. Other days you'll jot a time on the back of an envelope. Both count. What matters is that you're paying attention, and that care adds up.

Take a breath when you can. Ask for help when you need it. And give yourself the same patience you give the person you care for.

When you're ready for something easier than paper, we're here for that too.

With admiration,
The Carespondence Team

Keep Caring. We'll handle the rest.

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