



Doctor Visit Checklist

A focused cardiovascular appointment-prep worksheet.

Do not wait for a routine visit if you have chest pressure or severe chest pain, sudden unexplained shortness of breath, fainting, stroke symptoms, or severe new cardiovascular symptoms. Seek appropriate emergency care.

APPOINTMENT BASICS

Name: Appointment date:

Clinician / clinic: Person attending with me:

Main reason for this visit:

SYMPTOMS TO DESCRIBE

Symptom	When it started	Pattern / duration	Triggers or relief	Severity / effect on activity

Consider: chest discomfort, breathlessness, palpitations, dizziness, fainting, swelling, fatigue, exercise tolerance, sleep symptoms.

QUESTIONS I WANT ANSWERED

1. What might explain these symptoms or readings?

2. Which tests, measurements, or follow-up are appropriate?

3. What should I continue, change, or avoid?

4. Which symptoms or numbers should trigger a call or emergency care?

5. How will we know whether the plan is working?



What Your Care Team Needs

Bring complete names, doses, schedules, and recent changes - including nonprescription products.

PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS

Medication	Dose	Schedule	Why I take it	Started / changed

VITAMINS, MINERALS, HERBS, AND OTHER SUPPLEMENTS

Product / ingredient	Amount	Schedule	Reason	Brand / label notes

HISTORY AND RED-FLAG CONTEXT

- ☐ Medication allergies or prior reactions
- ☐ Recent ER visits, hospital stays, procedures, or surgeries
- ☐ Heart attack, stroke, rhythm disorder, heart failure, valve disease, clots, or kidney disease
- ☐ Family history: early heart disease, stroke, sudden unexplained death, high blood pressure, high cholesterol, cardiomyopathy

Recent test results or home readings to discuss: _____

Plan, follow-up date, and who to contact with questions: _____