

# PREPARING FOR DOCTOR VISITS

Has this ever happened to you? You went to the doctor's for an appointment, but once you got in to see the doc your symptoms magically lessened or disappeared and your brain doesn't seem to recall any of the things that you wanted to say? Or perhaps you got so overwhelmed with emotion once the doctor walked in that you didn't know what to say except that you're tired of being unwell? You're not alone. The second scenario is especially common for people who suffer from chronic pain. Any time you go to a doctor, even for preventive visits, it is good to arrive prepared. The following worksheet is designed to help you do just that and it is meant to be a hard copy to take with you. If there isn't enough space, make a folder or staple a few pieces of notebook paper and things you've printed to it. If you're seeing a new doctor, it may be a good idea to take along a copy of your medical history sheet to make all those forms easier to fill out. The questions on this worksheet are samples of what you may be asked--add whatever else you need. One question in particular touches on mental and emotional health. Your mental and emotional well-being affect both how you heal and experience pain. If you're poor in either of those areas, it could actually make your symptoms worse. If you suffer from chronic or prolonged pain, you may want to look into the 'cycle of pain' to help gauge if your mental health might be adding to your physical condition. Keep track of your symptoms from onset until the time of your visit, making sure to check in often with every part of your being and letting your doctor know everything that you think is relevant to your quest for better health.

## SAMPLE KEY:

≈	Approximately
OTC	Over-the-counter
PT	Physical Therapy
Tx	Treatment
Hx	History
/	Per ex. 2/day = twice per day

## KEY:

## DOCTOR VISIT PREPARATION WORKSHEET

Reason for visit: Groin Pain

Date / Time of visit: Feb 2, 10 AM Date of onset of symptoms: ≈ January 1<sup>st</sup>

Symptoms: After prolonged activity, muscles in groin feel tight + become painful if activity continues. Sometimes pain can last into next day.

Average level of pain:  
Mild Discomfort 0 1 2 3 4 5 6 7 8 9 10 Worst Pain Ever Felt

Does anything make things better? rest and ice

Worse? prolonged movement + certain things like pushing forward

Are your symptoms different at different times of Day? NO.

Medications / Actions taken so far? Results? over-the-counter (OTC) meds, heat, ice, stretching, epsom baths

How would you describe your current mental and emotional health in conjunction with your symptoms? I am an active person, so it is frustrating when I cannot walk far or have to stop working.

Research / Helpful Resources: I don't have any bulging, but I read that groin pain can be a symptom of an inguinal hernia. It also said that these can be harder to diagnose in women, but that pain is the most common symptom.

# DOCTOR VISIT PREPARATION WORKSHEET

Reason for visit: \_\_\_\_\_

Date / Time of visit: \_\_\_\_\_

Date of onset of symptoms: \_\_\_\_\_

Symptoms: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Average level of pain:

Mild Discomfort 0      1      2      3      4      5      6      7      8      9      10 Worst Pain Ever Felt

Does anything make things better? \_\_\_\_\_

Worse? \_\_\_\_\_

Are your symptoms different at different times of Day? \_\_\_\_\_

Medications / Actions taken so far? Results? \_\_\_\_\_

\_\_\_\_\_

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How would you describe your current mental and emotional health in conjunction with your symptoms? \_\_\_\_\_

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Research / Helpful Resources: \_\_\_\_\_

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