JUSTaGIRLwithSpots

FREE DOWNLOAD

DOCTOR VISIT PREP SHEET

Appointments go fast, and it is very easy to freeze up in the room and remember the important thing in the parking lot. Fill this in at home so you can say what you need to say.

WHAT HAS CHANGED

SKIN

JOINTS AND STIFFNESS

FATIGUE AND SLEEP

MOOD AND STRESS

WHAT I HAVE TRIED

MEDICATIONS AND HOW IT WENT

PRODUCTS AND ROUTINES

MY TOP THREE THINGS TO COVER

1.

2.

3.

QUESTIONS TO ASK (CHECK, THEN ADD YOUR OWN)

- [ ] What are my options if what I am doing is not working?
- [ ] How will we know a treatment is working, and how long will that take?
- [ ] What should I do on a bad day between visits?
- [ ] Could my joints, fatigue, or morning stiffness need a closer look?
- [ ] Who do I contact if something changes before my next visit?

BEFORE I LEAVE

WHAT WE DECIDED

NEXT APPOINTMENT

I am not a doctor, and this is based on my own experience living with psoriasis and psoriatic arthritis. Talk with your health care provider about what is right for you.