

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Alcoholism

Symptoms I am experiencing:

Circle all that apply

- Frequent intoxication
- Drinking before noon
- Underage drinking
- Binge drinking
- A decline in self-care and hygiene
- Blackouts or memory lapses while drinking
- Drinking alone
- The ability to consume a good deal of alcohol without getting drunk
- Hiding your possession of alcohol or sneaking drinks
- Relationship problems due to too much drinking
- Behavioral changes while drinking or intoxicated
- Neglect of other activities due to alcohol
- Changes in your personality
- Drinking and driving (or drinking in other dangerous situations)
- Family history of alcohol abuse or alcoholism

Frequency Of Symptoms

Write symptom + frequency you experience it

I have treated/managed symptoms

Explain any medications you have used, lifestyle treatments, natural remedies

Family History

List any family members/relatives who have been alcoholics

Other Medications I Am Currently Taken Not Related To Alcoholism

List them here

Questions I Have For The Doctor:

Question, Notes

- Do you think I have a drinking problem?
- Have you helped other people with drinking problems?
- Where can I get more help for my drinking problem?
- What are the next steps I should take?
- How concerned should I be regarding my symptoms?
- What effects does drinking have on my body?
- I'm concerned I've damaged my body due to drinking, so do I need a physical exam or any tests?
- What other health problems might result of my drinking?
- If I continue my drinking habits, am I putting myself at risk of more serious health complications?
- What medical and nonmedical treatments are available to me?
- What are the benefits, risks, and side effects of the treatments available to me?

- How long do these treatments last?
- Can you refer me to a support group?

Possible Diagnostic Tests

- Questions and surveys
- Physical exam
- Lab tests and imaging tests
- Blood tests
- A psychological evaluation
- The Diagnostic and Statistical Manual of Mental Disorders

