

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Hypothyroidism

Symptoms I am experiencing:

Circle all that apply

- Fatigue
- Increased sensitivity to cold
- Constipation
- Dry skin
- Weight gain
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory

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 conditions related to the thyroid

Other Medications I Am Currently Taken Not Related To Hypothyroidism

List them here

Questions I Have For The Doctor:

Question, Notes

- What are your initial thoughts regarding my symptoms?
- Do you think there are underlying conditions causing my thyroid trouble?
- What treatment do I need?
- Will I need medication?
- How often will I need to take medication?
- How will you figure out my dose?
- How do I take a thyroid hormone?
- What happens if I forget a dose?
- Can I switch to a different thyroid drug?
- How long will I need to take medication?

- What are the side effects of the medication?
- What other health problems does hypothyroidism cause?
- Is it safe for me to exercise?
- Should I change my diet?

Possible Diagnostic Tests

Tests doctor may want to run

- Physical examination
- Blood tests
 - TSH test
 - T4(thyroxine) Test