

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Influenza (Flu)

Symptoms I am experiencing:

Circle all that apply

- Sore throat
- Stiff neck
- Sneezing
- Headache
- High fever
- Body aches
- Extreme fatigue
- Cough
- Pain in lungs
- Congestion

Frequency Of Symptoms

Write symptom + frequency you experience it

Blank area for writing symptom frequency.

I have treated/managed symptoms by the following:

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

Blank area for listing treatments.

Other Medications I Am Currently Taken Not Related To The Flu:

It is important to list everything including natural supplements

Blank area for listing other medications.

Questions I Have For The Doctor:

Question, Notes

Do you think I have a cold or the flu? How can I tell the difference?

When does a fever become dangerous?

How long do you think my symptoms will last?

How can I prevent an ear infection?

How can I prevent pneumonia?

What should I eat and drink? Anything I should avoid?

What medications do you recommend?

What dose/protocol do you recommend I follow with my medications?

Will they interfere with anything I am already taking?

If they aren't strong enough to manage my symptoms, is there something stronger you can prescribe?

Should I take Tamiflu?

What prevention measures should I take to keep from getting sick again?

If I haven't already gotten the flu shot, should I get it now?

Any vitamins or supplements you recommend?

