

# Doctor Visit Checklist



## How To Get The Most Out Of Your Doctor Visit

### Condition: Meningitis

#### Symptoms I am experiencing:

*Circle all that apply*

- Nausea
- Vomiting
- Fever
- Confusion or disorientation (acting “goofy”)
- Drowsiness or sluggishness
- Sensitivity to bright light
- Poor appetite
- Seizures or coma
- A rash

#### 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 had meningitis*

***Other Medications I Am Currently Taken Not Related To Meningitis***

*List them here*

**Questions I Have For The Doctor:**

Question, Notes

- What are your initial thoughts regarding my symptoms?
- What conditions might cause the symptoms I have?
- What exactly is meningitis?
- How concerned should I be regarding my symptoms?
- How serious is my meningitis?
- What treatment is available for me?
- What medications or treatment plan do you recommend?
- What are the side effects of these medications?
- How long until I make a full recovery?

## **Possible Diagnostic Tests**

Tests doctor may want to run

- Blood tests
- Physical exam
- CT Scan
- Lumbar puncture
- Meningitis Diagnosis test