

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Stroke

Symptoms I am experiencing:

Circle all that apply

- Numbness in the face, arm, or leg, especially in one side of the body
- Sudden confusion
- Trouble speaking
- Difficulty understanding speech
- Trouble seeing out of one or both eyes
- Trouble walking
- Dizziness
- Loss of balance
- Lack of coordination
- Severe headaches without a known cause

Frequency Of Symptoms

Write symptom + frequency you experience it

I have treated/managed symptoms by the following:

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

Family History:

List any family members/relatives who have experienced a stroke

Other Medications I Am Currently Taken Not Related To Stroke:

List them here

Questions I Have For The Doctor:

Question, Notes

- What caused my stroke?
- Do I have permanent brain damage due to the stroke?
- What kind of stroke did I have?
- How long will it be until I fully recover?
- Is my short-term memory loss permanent?
- What kind of rehabilitation procedures do you recommend?
- How long will I need rehab?
- What are my chances of having another stroke?
- What would happen if I had another stroke?
- How can I prevent another stroke?
- Is it safe for me to exercise/smoke/drink?

Possible Diagnostic Tests

- Computed tomography (CT) scans
- Magnetic resonance imaging (MRI)
- Blood tests
- Physical exam
- Carotid doppler
- Transcranial doppler
- MRA
- Cerebral arteriogram
- Chest x-ray
- Pulse oximetry