

Doctor Visit Checklist



How To Get The Most Out Of Your Doctor Visit

Condition: Chronic Headaches/Migraines Doctor Checklist

Symptoms I am experiencing:

Circle all that apply

- Dull, aching head
- Tenderness in neck/scalp/forehead
- Severe burning/piercing pain in one spot
- Redness in the face/flushing
- Sinus ache/pain
- Intense, pulsing, deep pain inside head
- Sensitivity to light/sound
- Nausea
- Headaches during menstruation
- Widespread pain across entire head
- Throbbing pain on both sides of head, post physical activity
- Vomiting
- Double vision
- Rigidity in neck
- Unconsciousness
- Intense, painful pulsing
- Changes in vision
- Tingling
- Nosebleed
- Chest pain
- Shortness of breath
- Numbness

Frequency Of Symptoms

Write symptom + frequency you experience it

A large, empty rectangular box with a light gray background, intended for the patient to write down the frequency of their symptoms.

I have treated/managed symptoms by the following:

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

Other Medications I Am Currently Taken Not Related To Headaches:

List them here

Family History:

List any family members/relatives who have had chronic headaches/migraines

Questions I Have For The Doctor:

Question, Notes

What type of headache do you think I am experiencing?

What is causing my headaches?

How can I pinpoint what is triggering my headaches?

Is there more than one condition that may be causing them?

Are there any tests you want to run?

How accurate are the tests?

Are there any risks to taking these tests?

What is the long-term prognosis?

What are my treatment options?

How effective are each of my options?

Do they come with any side effects?

What do you think about hypnosis, biofeedback or other non-drug treatments?

Are there any lifestyle changes you recommend?

If my symptoms continue or worsen, when should I come back to see you?

These are my current medications _____. Will they interfere with your recommended treatment?

