

Doctor Visit Book

Questions or concerns you have for your doctor:

1.

2.

3.

Discuss these important topics:

Falls

Have you fallen since your last visit?

Physical Activity

What's the right amount for you?

Bladder

Have you had any issues with
bladder control?



Any other health or life changes
since your last visit?

Review your medications with your doctor:

Ask your doctor to review any prescriptions, over-the-counter medicines, vitamins, and supplements you currently take. Bring your medications to your appointment or list them below.

My medications:

1.

2.

3.

4.

5.

6.

Notes from your visit:

Review your notes at a later date or share
with a loved one or caregiver.
