



My Doctor Visits— How Can I Get Ready?

Prepare before you go to your doctor's office. Check off the statements that apply to you and discuss with your doctor.

Since my last visit:

I have not taken my medicines as directed every single day.

My medicines have caused side effects that bother me.

I have had seizures.

My seizures have changed.

I have made progress on my treatment goals.

I have felt "down" or "hopeless" some of the time.

I have had problems at school or at home.

- **Bring** this list with you to your next doctor visit.
- **Bring** all your medicines with you to each visit, including vitamins and supplements.