



## 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 day.

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I have stopped or changed how I take my medicine.

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My medicines have caused side effects that bother me.

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I have had seizures.

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My seizures have changed.

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I have made progress on my treatment goals.

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

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I am pregnant or I plan to become pregnant.

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I have had trouble paying for my medicines.

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