

Advoca appointment prep sheet

1 My number one concern

This is personal to you. What's worrying you most about your health right now? And what would be the best outcome from this appointment?

2 My symptoms

	Symptom (what, where, what it feels like)	When it started	How it affects my life
1			
2			
3			

3 Appointments I've had about this

How many? ☐ This is my first ☐ 2-3 ☐ 4-5 ☐ More than 5 ☐ Lost count

Where? ☐ GP ☐ Specialist ☐ A&E ☐ Urgent care ☐ Private ☐ Other

4 Things I've tried to help my symptoms

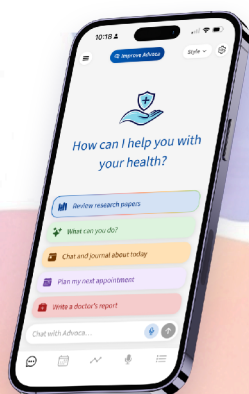
What I tried (medicines, physio, diet...)	For how long	Did it help?	Any side effects

5 My background

Current medications (incl. shop-bought)	Dose	How often	What for	Diagnoses (and when)

Plan from my last appointment (if any)

Allergies And what reaction I had



Get more from every appointment with Advoca

- ✓ Track all your symptoms
- ✓ Plan for upcoming appointments
- ✓ Get trusted health information
- ✓ Record your appointment

Taking this sheet with you? To record your appointment with Advoca, just ask: "Can I use my notetaker?"

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