



Information to bring to your Family Doctor / Primary Care Provider

Medication List:

any vitamins or multivitamins you may be taking.

Note: You can have a printout done by your pharmacy.

Name of Medication	Dosage	Times per day

Symptom Tracker:

Write each of your symptoms below, try to be descriptive on what the symptom is, if/ what any triggers are, the date it started and how often it happens.

Symptom & Description (i.e. trouble sleeping, depressed)	Start Date YY/MM/DD	How often? 1-2x/ wk 3-5x/wk 6-7x/wk



Symptom & Description (i.e. trouble sleeping, depressed)	Start Date YY/MM/DD	How often? 1-2x/ wk 3-5x/wk 6-7x/wk

Questions for Family Doctor

Here is where you can list any questions you have before your appointment, so you can remember to ask them during the appointment.

1.
2.
3.
4.
5.



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List of referrals

During your appointment with your Family Doctor they may refer you to other specialists. In order to keep track, you can have the Doctor or nurse explain to you where you are being referred to, and the therapy you are going for.

Name of Clinic	For (e.g. physiotherapy, neuropsychology)	Date Referred	First appt on: