

Patient Passport:

Appointment Questions & Notes Sheet

This active worksheet stays open on your lap during your doctor's appointment. Use the left column to write down your questions before you walk into the room, and use the right column to write down the doctor's exact answers and clinical reasoning.

Appointment Date: (MM/DD/YYYY)

Doctor / Specialty: (Dr. Name / Department)

Primary Appointment Goal: (e.g., Get referral to GI, discuss lab results, address dizziness)

Pre-Appointment Checklist

- ☐ Handed Patient Passport Part 1 (Health History Briefing Sheet) to the nurse/doctor at intake.
- ☐ Opened my Symptom Tracker app/log or printout to show documented patterns.
- ☐ Prepared for Appointment by pre-reading Advocacy Scripts.
- ☐ Have a pen ready to take notes in the right-hand column below.

Active Appointment Dialogue & Note-Taking Matrix

Questions for the Doctor (Written BEFORE Visit)	The Doctor's Reasoning & Plan (Filled out DURING Visit)
1. Primary Symptom Question: (e.g., "My dizziness and heart rate spike every time I stand up. What physical testing can we order to evaluate this?")	Doctor's Response & Next Steps:
2. Lab Work / Diagnostic Inquiry: (e.g., "My fatigue has gotten worse over the past month. Can we check my Ferritin (iron stores) and inflammatory markers today?")	Doctor's Response & Ordered Tests:

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3. Treatment / Medication Clarification: (e.g., "Before starting a new medication, what specific root cause are we attempting to treat, and what are the potential side effects?")	Doctor's Explanation:
4. Differential Diagnosis / Root Cause: (e.g., "If we look beyond stress or anxiety, what other physical conditions are on our differential diagnosis list today?")	Doctor's Considered Conditions:
5. Referral Request: (e.g., "Given the severity of my joint cracking and pain, can you place a referral to a Rheumatologist or Dysautonomia clinic?")	Referral Outcome / Status:

The "Appointment Pivot" Log

Use this section if the doctor hesitates, dismisses a concern, or declines a test/referral.

- **If a test or referral is declined:**
 - **My Pivot Script:** "Could you please document your specific clinical justification for declining this test in my medical record?"
 - **Doctor's Stated Reason:**
- **If symptoms are attributed to "Anxiety" or "Stress":**
 - **My Pivot Script:** "I understand anxiety affects health, but these physical symptoms occur regardless of my stress level. What physical causes can we rule out first?"
 - **Doctor's Agreed Next Step:**

End-of-Visit Action Summary

- **Tests Ordered Today:** (e.g., CBC, Iron Panel, Tilt-Table, MRI)
- **Prescriptions / Modifications:** (e.g., Dosage change, new supplement protocol)
- **Referrals Placed:** (e.g., Cardiology, Gastroenterology)
- **Follow-Up Appointment:** (e.g., Return in 4 weeks / After lab results come in)