

Appointment Prep Sheet

Get ready for your screening visit, everything in one place

Why this helps: Screening visits move fast and cover a lot of ground. This sheet makes sure nothing gets forgotten in the room, your medications, your history, and your questions.

Fill it out at home, bring it with you, and hand it over or read from it during your visit.

Visit details

- Date/time of visit:
- Who I'm seeing (name/role):
- Trial or study name:
- Location / virtual link:
- Who's coming with me (if anyone):

My current medications and supplements

Include prescription drugs, over-the-counter meds, vitamins, and supplements — dose and how often.

Medication/Supplement	Dose	How Often	Why I take it
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My medical history

- Conditions I currently have:
- Past surgeries or major procedures:
- Allergies (medications, food, other):
- Hospitalizations in the last 12 months:

Anything that's changed recently

- New diagnosis since my last visit:
- New medication started or stopped:
- Any new symptoms I've noticed:

My questions for the team

Write these down as you think of them in the days before your visit — it's easy to forget once you're in the room.

- 1.
- 2.
- 3.
- 4.
- 5.