



DISCUSSION GUIDE PREPARING TO SPEAK WITH YOUR DOCTOR

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HOW TO USE THIS DISCUSSION GUIDE

This printable discussion guide is intended for people who are experiencing symptoms to complete and share with their doctor. It's designed to make your initial appointments easier and help you get answers. It has three sections:



Preparing for your appointments

Write down any questions or concerns so you can easily bring them up at your doctor's appointment.



Symptom tracker

Keep track of your symptoms to help your doctor understand what's going on.



My test results

Record your test results to paint a picture of your overall health, and see how well your body is working.

You have the freedom to print off as many pages as you need, based on your own health journey.

PREPARING FOR APPOINTMENTS

Doctor's appointments can be confusing, stressful and even overwhelming, especially if you're experiencing symptoms without knowing the cause. To help you get the most out of your appointment, it can be helpful to spend time reflecting on how your symptoms are affecting you and the questions you'd like your doctor to answer. That way you don't have to worry about trying to remember everything during your appointment.

Here are some ideas to get you started:

Questions to ask yourself:

Questions to ask your doctor:



Your symptoms

- What symptoms am I experiencing?
- How are my symptoms affecting me from day to day?
- How long have I had these symptoms?
- Have my symptoms changed over time?

- What could my symptoms mean?
- What can I do to relieve these symptoms?
- Should I be concerned about my symptoms?



Your mood

- How am I feeling emotionally?
- Are my symptoms affecting my mental health?
- Am I concerned that my symptoms could be something serious?

- What mental health support is available and how can I access it?



Your medications

- What medications do I currently take?
- Do I have any problems or questions about these medications?
- Am I taking any other medication or food supplements that could be relevant to mention to my doctor?

- Could my current medications be causing any of my symptoms?
- Should anything be adjusted in my current medication schedule?



Next steps

- What do I want to get out of this appointment?

- What tests do I need to investigate my symptoms?
- What are my current test results looking like?
- Is there anything else I can do to improve my health situation?

SYMPTOM TRACKER

It can be difficult to recall all your symptoms during a doctor's appointment, so you might find it helpful to record them in this symptom tracker instead. You can fill out your symptoms along with how often and how long you've been experiencing them.

How often do you have symptoms?

Symptom	Daily	Weekly	Monthly	Annually	Never

How long have you been experiencing symptoms?

Symptom	0-4 weeks	1-3 months	3-6 months	6-12 months	> 12 months

