

Appointment planner

Jot down what matters before you see Dr Syed, so nothing gets forgotten on the day.

Date of appointment

Why I am coming in

List the most important concern first. If you have several, a longer appointment may help – mention this when you book.

1.

2.

3.

About my main concern

When did it start? Is it getting better, worse or staying the same?

What makes it better or worse? What have I already tried?

How is it affecting my sleep, work, relationships or daily life?

Questions I want to ask

1.

2.

3.

4.

What I would like to leave the appointment with (a plan, a test, a referral, reassurance...)

Appointment planner

Jot down what matters before you see Dr Syed, so nothing gets forgotten on the day.

Things to bring

- ☐ Medicare card (and DVA or concession card if you have one)
- ☐ A list of all medicines, vitamins and supplements – or the packets themselves
- ☐ Recent test results, letters or reports from other doctors
- ☐ Your symptom diary or tracker, if you have been keeping one
- ☐ Glasses or hearing aids, and someone to support you if you would like

Need an interpreter? Free phone and on-site interpreting is available through TIS National (131 450). Dr Syed also speaks Bangla, Hindi and Urdu.

Notes from my appointment

What we discussed and the plan

Tests or referrals arranged

Follow-up – when and why
