

After the Appointment

Write this down now. It fades fast.

● WHAT THEY ACTUALLY TOLD ME

In my own words, not theirs:

● WHAT CHANGED IN THE PLAN

If anything did:

● BEFORE THE NEXT APPOINTMENT

What I need to do:

● IF SOMETHING COMES UP BEFORE THEN

- ☐ Patient portal / message
- ☐ Nurse line — number: _____
- ☐ Emergency room

● ONE THING I WANT TO REMEMBER FROM TODAY

— once you've written this down, it belongs in your *With You* journal too —