HEALTHLOG

Your appointment checklist

Print this page. Add your questions. Bring it to your appointment.

Date / time: _____ **Place:** _____

1. What I want to ask

Put your most important question first.

2. What to bring

- [ ] My current medicines list, including supplements
- [ ] Any letters, notes or results the clinic asked me to bring
- [ ] My appointment details and questions

3. Before I leave

- [ ] Ask for an explanation if anything is unclear
- [ ] Write down the agreed next steps and when they should happen
- [ ] Check who to contact if I have questions afterwards

Next step / who / when:

Who to contact / how:

Keep your health information together

Organise the medications, appointments, notes and documents you save.

HealthLog for iPhone and Android: myhealthlogapp.com/download

Keep completed copies private. This is a printable worksheet, not an online form.

For organising your conversation, not medical advice. Follow your healthcare professional's instructions and ask if anything is unclear.

Sources: NHS - What to ask your doctor

HSE - Preparing for a healthcare appointment

Sources checked 19 November 2026. NHS review due January 2026.