

Guide to Preparing for Doctor Appointments

Regularly seeing a neurologist or a movement disorder specialist is an important piece to managing symptoms, finding the right treatments and marking disease progression. Bringing your questions, taking notes during appointments and asking for a visit summary are key to making the most out of your appointment. Use this guide to help you be prepared before, during and after your appointments.

Questions to consider before each visit:

- When did each of my symptoms start? When was the last time I felt “normal?”
- What were the first symptoms I experienced?
- Have my symptoms progressed, and how?
- What are my current symptoms?
- What are the one or two symptoms that bother me the most right now?
- What diagnostic testing have I had done?
- What treatments have I tried?
- What other medical problems have I had in my life?
- What surgeries and hospitalizations have I undergone?
- Does anyone in my family have neurologic signs or symptoms?

What to bring to appointments?

- Notes on the questions above
- Concise and up-to-date medication list (including dosages, times taken, etc.)
- A family member or a friend
- Medical records
- Results of any testing that has been done (MRI, CT, DaT scan, etc.)
- Walking assistance, if used (such as a cane or walker)

How to stay prepared between visits?

- Continuously note changing symptoms.
- Write down any questions that pop up.
- Note any significant medical events since your last visit.

Helpful tips to consider?

- Dial in or FaceTime a friend or family member to join you for your appointment if they cannot be there with you in person!
- Ask for explanations of medical terms, medication changes, recommendations for therapies, etc.