St Anthony's
Physician Organization

Patient Notes

Be prepared: Make a list of your concerns: Before your office visit, make a list of what you want to discuss. For example, are you having a new symptom you want to tell the doctor about? Did you want to get a flu shot? If you have more than a few items to discuss, put them in order so you are sure to ask about the most important ones first. (Use the area provided below to make your list.)

Take notes - It can be difficult to remember what the doctor says, use the area below to write down the main points, or ask the doctor to write them down for you. If you can't write while the doctor is talking to you, make notes in the waiting room after the visit. (Use the area provided below to take notes.)

List questions and concerns you'd like to discuss with the doctor and to take notes during your visit:	
Symptoms (including changes in appetite, weight, sleep, energy level, etc.)	Medications (including prescription/non-prescription drugs, eye drops, vitamins, laxatives, etc.)
Instructions from my doctor:	