

# Appointment Companion Checklist

## Talking to Your Doctor About Weight

Many patients have questions about their weight, including during pregnancy. Your obstetrician-gynecologist can help answer questions you may have about weight and this form can help you before, during, and after your health care appointment.

### Before the Visit

To prepare for your visit, write down your questions, concerns, symptoms, and a list of any medications you're taking ready (including over-the-counter medications like Tylenol, vitamins, and supplements). You can talk about all of this with your doctor. You can write your own questions or use some of the example questions below. If you want, you can also make a copy of this form for your doctor.

My doctor's contact information: \_\_\_\_\_

#### MY QUESTIONS

- 1.
- 2.
- 3.

#### MY CONCERNS AND SYMPTOMS:

#### MEDICATION AND SUPPLEMENT LIST

Drug Name	Strength	Dose	Frequency	Reason

#### EXAMPLE QUESTIONS:

- What should I do if I am having a hard time losing weight?
- Who can help me with my weight management goals?
- How can weight affect my pregnancy?



## During the Visit

When asking your doctor questions, make sure you understand their answers. Ask for simple, clear explanations. Take notes to look at after the visit. Your doctor may make suggestions or give you a referral to see another specialist. At the end of the visit, ask your doctor to repeat their recommendations.

### ANSWERS TO MY QUESTIONS

- 1.
- 2.
- 3.

### MY DOCTOR'S RECOMMENDATIONS

- Do I need a referral?** If so, write the referral contact information: \_\_\_\_\_
  - Do I need to schedule a follow-up appointment?** If so, write the date and time: \_\_\_\_\_
  - Do I need a new medication?** If so, write the prescription information: \_\_\_\_\_
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## After the Visit

After your visit, you may have some things to do based on the recommendations from your doctor. You should also think about how you're feeling after the visit. Think about the conversation you had with your doctor and if you have any more questions. Call or message your doctor's office to ask your questions.

### MY THOUGHTS

### MY FOLLOW-UP QUESTIONS

