Doctor-Visit Checklist - Starting Out

For the visit where you start, or seriously consider, a GLP-1 medication.

Bring:

- [ ] My complete, current medication list
- [ ] Notes on my health history
- [ ] My questions, most important first
- [ ] A second set of ears, if I can

Ask:

- [ ] Is this a good choice for me, given my age and conditions - any reason it might not be?
- [ ] Any reason I should not take it (personal/family history of medullary thyroid carcinoma, MEN 2, past serious allergic reaction)?
- [ ] Which of my current medications might need adjusting as I eat less?
- [ ] How will we increase the dose, and how slowly?
- [ ] What weight change is realistic for me, over what time?
- [ ] Which side effects should I expect - and when do I call instead of wait?
- [ ] Which lab tests, and how often?
- [ ] When do I come back - and how do I reach you between visits?
- [ ] If I cannot tolerate it, what are our options?
- [ ] Should we plan for cost and coverage?

This page helps you organize information. It is not medical advice - always work with your own doctor.

Doctor-Visit Prep - Every Visit

Fill in the night before. Hand your numbers to the doctor - do not recite from memory.

My numbers since last visit

Weight: started _____ now _____ about _____ per week _____

Strength (chair-stand count) trend: _____

Blood pressure readings, if tracked: _____

Symptoms to report (what, how strong, how long, what I tried)

_____

_____

_____

My top questions, most important first

1. _____
2. _____
3. _____

Before I leave, I can answer:

- ☐ What changed in my plan today?
- ☐ What should I watch before next time?
- ☐ When is my next visit or lab draw?