medical appointment guide and checklist

# What to bring to your appointment

Your health journal or binder with a log of your questions, symptoms, events, and any other health information.

A list of your medical and surgical history. (May be printed from your patient portal or personal electric medical record).

List of medications with dosages, including vitamins and supplements. (May be printed from your patient portal or personal electric medical record).

List of allergies and reactions to medications.

A list of any co-pays for medications or medical appointment visits that are unmanageable.

# Questions to ask your medical doctor on sexual health

What can be done during, before, and after treatment to ensure best outcome in maintaining sexual health?

Specialties needed to help with preserving sexual health such as urologist, endocrinologist, pelvic floor therapy?

Should I consider fertility preservation (if of childbearing age and/or there is a possibility of wanting children in the future).

Contact information for fertility preservation health care team: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are there any assistive devices that may help to conduct sexual intercourse?

How will this treatment affect my sexual health overall?

Can you provide me with educational material or handouts on your recommended treatment plan and side effects?

# Things to consider to Empower you along your journey

Therapy and/or counseling to help with processing the information and talking it out with your significant other.

Look up information to gain knowledge and empower yourself when asking questions.

Get involved with support services and local support groups that have similar experiences as you.

Consider advocating for a consult for Pelvic Floor Therapy as it can be effective for men & women for incontinence of urine and/or stool, as well as sexual dysfunction.

Contact your medical doctor for mental health services or the 988 Suicide & Crisis Lifeline if ever in need of help. (Dial 988 for 24/7 support-USA).