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).