

Your appointment is over, now what? Here is a checklist to make sure nothing falls through the cracks after your appointment.

- Fill your prescriptions:** Don't wait. If cost is a concern, ask the pharmacist about generics or assistance programs.
- Schedule your follow-up visit** before you forget (if you didn't do it before leaving), call within 24 hours while everything is fresh.
- Write down what was discussed** (e.g. pen and paper, notes app, etc). Log your diagnosis, the plan, and any instructions while you still remember the details.
- Pick up or review your visit notes and lab results:** Check your patient portal or request a copy so you have everything documented.
- Continue to monitor your symptoms:** Note any changes, improvements, or reactions to new medication from this point forward.
- Take your medication as prescribed:** Set a phone reminder if needed and note how you feel in the first few days.
- Follow through on referrals:** If you were sent to a specialist, call to schedule that appointment this week.
- Complete any labs or imaging ordered:** Find out where to go, what to bring, and whether you need to fast or prepare.
- Share the plan with your advocate or support person:** Keep someone in your corner informed so they can support your follow-through.
- Trust your body:** If symptoms worsen, you have a reaction, or if something feels off before your next visit, do not wait. Call. **If you are experiencing a medical emergency, call 9-1-1**