A LITTLE LESS “I FORGOT TO ASK.”

My next visit. *My questions, ready.*

A free, printable worksheet for prenatal, postpartum or pediatric appointments. Write here, or print a blank copy to take with you.

This visit is for

Date & time

Provider or office

My chapter

The questions I most want to ask

Put your most important question first.

What I have noticed

Changes, dates and context I want to mention.

What I want to bring or check

For example: my recorded notes, a medicine list, or a form the office requested.

Notes from the conversation

What we discussed, in my own words.

My next steps

What we agreed to do, who will do it, and when.

What I want clarified before I leave

How to reach the office, when to follow up, or anything I want explained again.

This worksheet organizes your questions and notes. It is not medical advice or an emergency service. For a health concern, contact your provider; do not wait for an appointment because of this worksheet.