

Doctor Appointment Prep Checklist for Adults

A sensory-aware printable to help you plan before the visit, ask for what you need, and recover afterward.

Appointment date / time _____	Clinic / provider _____
Main reason for visit _____	Phone / portal note _____

Before you go

- Confirm the address, arrival time, parking, and whether you need to arrive early.
- Ask whether there will be forms, labs, fasting, imaging, or other prep before the visit.
- Write your top 2 to 3 concerns in the order you want to mention them.
- List medicines, allergies, supplements, and recent changes.
- Bring insurance card, ID, payment method, and any referrals or records.
- Plan recovery time after the visit if appointments usually leave you drained.

Sensory plan

- Waiting room: I may want a quieter spot, shorter wait, or a place away from TV/noise.
- Light: I may want sunglasses, a hat, or to look down during bright-light moments.
- Sound: I may want earplugs or headphones while waiting.
- Touch: Please tell me before touching me or moving quickly into an exam.
- Blood pressure cuff / pulse ox / temperature can feel intense, so I may need a pause.
- Conversation pace: I may need slower explanations or written next steps.

What to bring

- Headphones or earplugs
- Water or snack if allowed
- Sunglasses, hat, or visor
- Quiet fidget or comfort item
- Medication list, allergies, and questions
- Phone charger, notes app, or printed notes

Helpful scripts

"I do better with clear step-by-step explanations."

"Please tell me before you touch me or start the exam."

"I may need a short pause if I get overloaded."

"If possible, please keep instructions short and write down the next steps."

Questions I do not want to forget

1. _____
2. _____
3. _____

After the visit

- I know the next steps and when to follow up.
- I know whether I need labs, imaging, referrals, or medication changes.
- I asked for written instructions if I needed them.
- I have a plan for food, rest, quiet time, or decompression afterward.

Notes for later

What helped? What was hard? What should I do differently next time?

Personal use only. This printable is not medical advice and does not replace care from a qualified clinician.