Milean's Teen Medical Advocacy Checklist

Take This With You to Every Specialist Appointment

Name: _____ Date: _____

Doctor/Practice: _____

Referred By: _____

B.P.O.T.S

Be Part of the Solution

Before the Appointment

☐ I know why I am being referred.

☐ My medical records have been sent.

☐ I have a list of my current medications.

☐ I have a list of my symptoms.

☐ I have copies of recent labs, imaging, or test results if needed.

Medical Records

☐ Records sent by: _____

☐ Sent by: ☐ Fax ☐ Electronic ☐ Patient Portal ☐ Other

☐ Specialist's fax number: _____

☐ Records were sent to: _____

☐ Records received and confirmed.

My Symptoms

☐ What symptoms am I having?

☐ How often do they happen?

☐ What makes them better or worse?

☐ How do they affect school, sports, activities, or daily life?

Medications & Treatments

☐ Bring a current medication list.

☐ Know which doctors prescribed each medication.

☐ Write down medications or treatments that helped.

☐ Write down medications or treatments that did not help.

B.P.O.T.S

Be Part of the Solution

Questions for My New Doctor

☐ Why do you think I'm experiencing these symptoms?

☐ What conditions are you considering?

☐ What testing do you recommend?

☐ What treatment options are available?

☐ What should I do if my symptoms get worse?

☐ When should I follow up?

☐ Other questions:

If Testing Is Ordered

☐ What test is being ordered?

☐ Why is this test needed?

☐ Where will it be performed?

☐ Who will receive the results?

☐ How will the results be shared with me?

☐ How long should results take?

☐ Do I need a follow-up appointment?

☐ Will results be sent to my other specialists?

Be Your Own Advocate 💜

☐ Ask questions if you don't understand.

☐ Take notes during your appointment.

☐ Keep copies of important test results.

☐ Speak up about symptoms and concerns.

☐ Make sure you understand the next steps before leaving.

Remember:

You are the expert on your own body. Your voice matters, your symptoms matter, and it's okay to ask questions until you understand the answer. – Milean 💜

B.P.O.T.S

Be Part of the Solution