

# Before my appointment

Date: \_\_\_\_\_

To help prepare for your appointment, please write down some notes before you see your health care worker.

## My main problems:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## What makes things better? What makes things worse?

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## Do I have any questions or other problems?

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# Take home notes

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To help you remember, please write down some notes during your appointment.

**After my appointment - what do I need to do and how often**

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**Medication - how and when to take them and for how long**

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**Next appointment:** \_\_\_\_\_

**Health care worker:** \_\_\_\_\_

 03 9810 3000

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