



Lab Appointment Prep Checklist™

Bring the details that can help make your appointment more focused and useful.

1 Gather Your Health Details



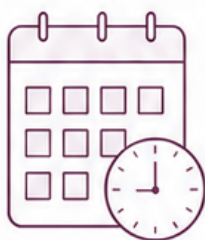
- ☐ Your current symptoms and when they began
- ☐ Recent diagnoses or health changes
- ☐ Relevant family health history
- ☐ Previous lab results or imaging reports
- ☐ Names of other healthcare providers you see

2 List What You Take



- ☐ Prescription and over-the-counter medications
- ☐ Vitamins, minerals, herbs and other supplements
- ☐ Dosages and how often you take each one
- ☐ Anything you recently started, stopped or changed

3 Notice Helpful Patterns



- ☐ What makes your symptoms better or worse
- ☐ Changes in sleep, energy, mood or digestion
- ☐ Menstrual or menopause-stage changes
- ☐ Changes in eating, movement or stress

4 Write Down Your Questions



1. _____
2. _____
3. _____

Bring With You



- ☐ Photo ID and insurance information
- ☐ Your completed lists and notes
- ☐ A pen or a way to record next steps

Gentle Reminder



You do not need to arrive with every answer. A few clear notes can make the conversation easier.

Martine's Midlife Wellness Tip

Circle the two concerns you most want to discuss.
This helps keep the visit focused if time is limited.