



Prepare for Your Next Appointment

Allergy appointment preparation guide

Use these simple questions to help lead your conversations with your healthcare provider.

? Why did you make an appointment?

? What are your primary concerns?

? What symptoms have you been experiencing, and when did they occur?

? Briefly write down any medical events you have experienced that are relevant for your doctor (e.g. hospitalizations, past reactions, symptoms, etc.).

? What is your current treatment plan? Are you happy with it? Why or why not?

? Have you done any research? What questions do you have? Make sure to explain your findings, questions, and the source of the information.

Find out more at allergyinsider.com