



Petal & Paper

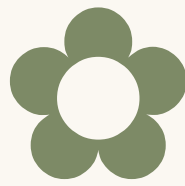
YOUR FREE PRINTABLE

GP appointment preparation sheet



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G P A P P O I N T M E N T

preparation sheet

Appointment date / GP · _____

Main reason for visit (most important first) ·

Symptoms: when started, how often, what helps/worsens ·

How it's affecting daily life · _____

Current medications and allergies ·

My top questions · 1. ____ 2. ____ 3. ____

Before I leave, I understand: · Diagnosis/plan ☐ Next steps ☐
When to follow up ☐

10 MINUTES GOES FAST — LEAD WITH
WHAT MATTERS MOST, AND ASK YOUR
QUESTIONS

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