UIXXIE

# PCOS Appointment Guide

Bring this with you to help organize your concerns, questions, and follow-up steps.

## 1 Appointment details

Date: _____ Time: _____

Provider / clinic: _____

Reason for visit: _____

## 2 What I want to discuss

- Symptoms or body changes: _____
- Cycle concerns: _____
- Medication questions: _____
- Fertility concerns: _____
- Weight or metabolic concerns: _____
- Other: _____

## 3 Questions I don't want to forget

_____

_____

_____

_____

_____

## 4 Current medications & supplements

_____

_____

_____

_____

_____

## 5 Notes from my provider

Tests ordered:

_____

_____

Recommendations:

_____

_____

Diagnoses / comments:

_____

_____

Follow-up plan:

_____

_____

## 6 My next steps

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ]