



Get  
*prepped*

# Your women's health *appointment checklist*

Appointments can feel rushed. Important details get forgotten.  
Questions go unasked. Preparation changes that.

When you write things down and know what you want to say,  
you're more likely to feel confident, ask clearly, and leave with answers.

Use this checklist to help you be heard before, during,  
and after your appointment.

## Before your appointment

I booked a double appointment if I needed more time.

I've written down my key symptoms, including when they started,  
how often they happen, and how they affect my daily life.

I've thought about my questions, concerns, and expectations.

I've gathered relevant test results, letters, or scans.

I've arranged support if I want someone with me.

## During your appointment

I clearly explained how this is impacting my daily life.

I spoke up about all my concerns, even if they felt small.

I asked for clarification if anything wasn't clear.

I wrote down key points or asked to record the conversation.

I confirmed next steps, including tests, referrals and timelines.

## After your appointment

I've booked follow-up if needed.

I know how to access or request my medical records.

I've recognised myself for advocating for my health.