GLP-1 appointment checklist

MAX HP

What to bring, what to ask, and room to write down what you decide together.

Name _____ Appointment date _____ Prescriber _____

Bring or know

- ☐ Your medication, its form (pen, vial or pill) and current dose
- ☐ The date each dose started
- ☐ Doses missed, late or taken on a different day
- ☐ Side effects at each dose: which, how strong, how many days
- ☐ Your weight trend since the last appointment
- ☐ Injection-site reactions, and at which sites
- ☐ Supply or pharmacy problems
- ☐ Other medications and supplements, and any changes
- ☐ Anything new: other conditions, surgery coming up, plans to become pregnant

Questions you might ask

- ☐ How is this dose working for me, from what you see?
- ☐ What do I watch for, and when do I call?
- ☐ What's the plan for my dose from here?
- ☐ Is there anything I'm doing that I could do differently?
- ☐ When is my next appointment, and what will we look at then?

My own questions

What we decided

Dose from here (as prescribed) _____ Next appointment _____