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GLP-1 follow-up checklist

Fill it in the day before. Put your top three questions first, because appointments run out of time before lists do.

Appointment _____

With _____

Last visit _____

Bring

- [ ] The medicine's name and strength, as printed on the pharmacy label
- [ ] A list of every other medicine and supplement you take
- [ ] Your dose record: dates taken, late or missed
- [ ] Your weight trend since the last visit, not just today's number
- [ ] Waist and other measurements, if you take them
- [ ] Side effects: what, when, how bad, how long, what helped
- [ ] A typical day of eating, with protein and fluids
- [ ] Activity and sleep, roughly
- [ ] Readings or results from other clinicians (blood pressure, blood tests)
- [ ] Insurance details and any prior authorization renewal date

Mention

- [ ] Anything new in your health or other medicines
- [ ] Planned surgery, procedures or sedation
- [ ] Pregnancy plans, or birth control pills
- [ ] Supply problems: running low, pharmacy stock, cost
- [ ] How you are feeling, not only what you weigh

Before you leave

- [ ] What, if anything, changes from today
- [ ] What to do about side effects that do not settle
- [ ] Which symptoms mean call straight away, and who to call
- [ ] When the next review is, and what will be looked at
- [ ] Whether you need blood tests or a referral before then

MY TOP THREE QUESTIONS

_____

_____

_____

SINCE MY LAST VISIT

_____

_____

_____

WHAT WE AGREED

_____

_____

_____

A record for your own use. Not medical advice — follow the instructions from your prescriber and the leaflet in your medicine's box.

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