

Self-Advocacy Checklist for Your Doctor's Appointment

Before Your Appointment

- ☐ Track symptoms in a diary (type, frequency, triggers, severity, impact on life).
- ☐ Write down your top three concerns / questions.
- ☐ List all medications and supplements you take.
- ☐ Consider asking a trusted person to accompany you.

During Your Appointment

- ☐ Clearly state your main symptoms and their impact on your daily life.
- ☐ Refer to your notes/diary.
- ☐ Ask your prepared questions.
- ☐ If you feel dismissed, calmly say: "I'm concerned about X, what can we do to investigate this further?"

After Your Appointment

- ☐ Review any notes you or your support person took.
- ☐ If you feel unheard or your concerns weren't addressed, actively plan to seek a second opinion.
- ☐ Follow up on any agreed actions (e.g., scheduling tests, referrals).
- ☐ Check your coverage for free incontinence supplies with Aeroflow Urology.