



# Appointment Checklist

- Write down the exact time and address of the appointment
- Bring a friend or family member to help remember questions and answers
- Arrive early to fill out forms - come with your health card (hospital card if required)
- If you have questions for the doctor, mention that at the beginning of the visit. This ensures the doctor leaves time at the end of the appointment
- Prepare a one sentence summary of the reason for your visit
- Prepare a list of the events or symptoms you have recently experienced, in date order
- Prepare a list of medications that you take and allergies you have, including herbal supplements, naturopathic substances, essential oils or any other over-the-counter products
- Be prepared to explain your liver-specific medical history, even if you have told it to other doctors. Each doctor may ask you different questions based on what you tell them, based on their knowledge and expertise. Since PBC is rare, you may be the first PBC patient your doctor has seen