



# How to prepare for your neurologist appointment

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Make a list of your symptoms & prioritize them



Take your insurance information and primary care doctor's information



Make a list of your medications



Make a list of your questions

# Questions to ask about treatments

- 1. What are the expected results from this type of treatment?**
- 2. For any new treatment or medication ask:**
  - How long will I need to take this?
  - What are the benefits?
  - What are the possible side effects?
- 3. Is this treatment covered by insurance, if not are there alternative treatments?**



# Questions to ask about tests or procedures

1. Why this specific test? What is the expected outcome? Is there an alternative test?
2. How is the test performed and what are the potential risks?
3. How long before I'll receive the results?
4. What are the next steps based on the different possible test results?





# Potential symptoms to discuss

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## Heart and Blood Vessels

Swelling in Hands or Feet  
Chest Pain  
Palpitations  
Fainting Spells  
Bruising  
Bleeding



## Mental Health

Confusion  
Anxiety  
Depression  
Sleep Disorder  
Cognitive Issues



## General

Change in Appetite  
Fever  
Chills  
Sweating  
Hot or Cold Intolerance  
Weight Loss  
Weight Gain



## Respiratory

Coughing  
Wheezing  
Shortness of Breath



## Stomach and Intestinal

Abdominal Pain  
Nausea  
Vomiting  
Heartburn  
Diarrhea  
Constipation  
Incontinence  
Rectal Bleeding



## Urological

Nighttime Urination  
Frequency  
Urgency  
Incontinence  
Burning



## Visual

Eye Pain  
Loss of Vision  
Blurred Vision  
Double Vision  
Haziness  
Infection



## More MS symptoms

Itching  
Tingling & Numbness  
Pain  
Hearing Issues  
Legs & Arms Weakness  
Fatigue  
Balance Issues  
Dizziness  
Muscle Spasms  
Trouble Swallowing  
MS Hug  
Tightening of Your Chest