

Questions for your doctor

Don't hold back, ask away

This Worksheet is your opportunity to think ahead about all of your concerns and questions and put them down in writing so you are sure to cover everything in your visit.

Even the things that you feel are trivial, and do not need to be mentioned should be. Be specific in explaining what affect fibromyalgia has had on your life and express how you really feel. Ask questions openly, and if you don't understand something your doctor has said, ask for it to be explained again.

Make sure you record your doctor's answers that way you will always have a personal record of your medical history.

Why not start by asking these questions, and remember, you ask the questions and let your doctor do the talking.

1. What treatment approaches have you used in the past with other patients?

Answer: _____

2. What do you recommend in my case and why?

Answer: _____

3. Is it normal for fibromyalgia symptoms to appear and disappear?

Answer: _____

4. Why do I have better and worse days?

Answer: _____

5. The pain and fatigue are both so bad, which is better to attack first?

Answer: _____

6. Are there any foods I should stay away from, or eat more of?

Answer: _____

7. Sometimes if I sit for long periods of time, my muscles begin to stiffen, is it alright for me to do stretches? What kind is best for me?

Answer: _____

8. _____?

Answer: _____

9. _____?

Answer: _____

10. _____ ?

Answer: _____

11. _____ ?

Answer: _____

12. _____ ?

Answer: _____

13. _____ ?

Answer: _____

14. _____ ?

Answer: _____