

Preparing for Your Appointment

You can prepare for your appointment ahead of time by writing out:

- a detailed description of your symptoms,
- information about medical problems you've had in the past,
- information about the medical problems of your parents or siblings,
- all the medications and dietary supplements you take, and
- questions you want to ask the doctor.¹

Anything you can do ahead of time helps move toward a diagnosis. The sooner you have a diagnosis, the sooner you can seek treatment for your condition.

Source:

1. Mayo Clinic (2011). Fibromyalgia [online]. Retrieved February 7, 2011. From <http://www.mayoclinic.com/health/fibromyalgia/DS00079>.

