



# Pre-Appointment Notes

Prepare before · take notes during · capture what's next after

**PETSLIKEMINE**  
ARTHRITIS & MSK SPACE

PET NAME	DATE & TIME	VET / PRACTICE
_____	_____	_____

APPOINTMENT TYPE     Routine follow-up     New diagnosis     Something has changed     Specialist referral     Difficult conversation

## 1 Before the appointment PREPARE AT HOME

### WHAT'S CHANGED SINCE LAST TIME

*Time-bound where you can. "Slower on the second half of the morning walk for the last 4 weeks" beats "a bit slower lately".*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### SPECIFIC CONCERNS I WANT TO RAISE

*In order of priority. Consultations are short; lead with what matters most.*

\_\_\_\_\_

\_\_\_\_\_

### QUESTIONS I WANT TO ASK

*Pick the two or three that matter most. Two good questions beat ten generic ones.*

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

## 2 During the appointment AT THE PRACTICE

*Write briefly. You can tidy it up later. A few words per line is plenty.*

### PLAN AGREED

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### NOTES & EXPLANATIONS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### MEDICATION CHANGES

DRUG	DOSE	FREQUENCY	WHAT TO WATCH FOR
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## 3 After the appointment BACK AT HOME

NEXT APPOINTMENT	WHAT IT'S FOR	PREPARE BY
_____	_____	_____

### THINGS THAT CAME UP LATER

*Questions and thoughts that arrive in the hours and days after. Bring them to the next visit.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**How to use.** Fill in zone 1 at home before you leave. Use zone 2 in the consulting room — short phrases are fine. Complete zone 3 within a few hours of getting home, while the conversation is still fresh. File the sheet somewhere you'll find it next time.

**BRING THIS WITH YOU TO YOUR APPOINTMENT**