MP-006 · v1.0 · 09/09/2026

Prepare for my appointment

Write only what you remember and want to discuss. Use your own words and mark approximate dates as approximate. This is a blank worksheet, not a form to submit online.

Copy record pages for additional entries

What I want to discuss

My main reason

When I first noticed it

What concerns me most

What I want from this appointment

My brief timeline

Approximate date

What happened or changed

Related document, if available

What I have and what I still need to gather

Complete reports and available images

Medicines and supplements I use

Allergies or previous reactions I want to mention

History, operations or treatments I want to discuss

My three questions

1.

2.

3.

To complete with what we discussed

What I understood and what remains unclear

Agreed next step

Who will explain results and how

Agreed follow-up or contact

Personal planning sheet. It does not diagnose, recommend treatment or determine whether it is safe to wait. You may leave spaces blank; completing it is not required to seek care. Keep your sheet and share it only with your care team.

Context reference: National Institute on Aging

MP-001 · v1.0 · 09/09/2026

My bleeding record

Write only what you remember and want to discuss. Use your own words and mark approximate dates as approximate. This is a blank worksheet, not a form to submit online.

Copy record pages for additional entries

Context I want to discuss

Approximate date of my last period

Contraceptive method I use, if applicable

Medicines and supplements I use

Recent changes I want to mention

Entry - repeat as needed

Date and time of day

How I describe the bleeding in my own words

Product used and changes I remember, if applicable

Other observations or discomfort

How it affected my activities

What I want to show at my appointment

Changes I have noticed in my entries

My main question

Personal planning sheet. It does not diagnose, recommend treatment or determine whether it is safe to wait. You may leave spaces blank; completing it is not required to seek care. Keep your sheet and share it only with your care team.

Context reference: National Health Service

MP-002 · v1.0 · 09/09/2026

My pelvic and menstrual pain diary

Write only what you remember and want to discuss. Use your own words and mark approximate dates as approximate. This is a blank worksheet, not a form to submit online.

Copy record pages for additional entries

What I would like to explain

My main concern

What I would like to return to or improve

One episode - repeat as needed

Approximate date and time

Where I felt it

What it felt like and how intense it was, in my own words

How long it lasted, if I remember

What was happening when it started

What coincided with it improving or worsening

Other symptoms I noticed

Activity, rest or relationship that was affected

For the discussion

What stood out when I reread my entries

What I want to ask

Personal planning sheet. It does not diagnose, recommend treatment or determine whether it is safe to wait. You may leave spaces blank; completing it is not required to seek care. Keep your sheet and share it only with your care team.

Context reference: National Health Service

MP-005 · v1.0 · 09/09/2026

My cervical results timeline

Use one entry per test, ordered by date. Copy the result exactly as written in the complete report. If a report is missing, mark it as outstanding; do not reconstruct it from memory. This worksheet is not submitted online.

Copy record pages for additional entries

One test or procedure

Test or procedure date.

Test type: HPV, cytology, colposcopy, biopsy or other.

Result exactly as written in the report.

Virus type, if specified in the report.

Subsequent procedure or treatment, if any.

Next step explained by the clinician and the agreed date.

Complete report available: yes / still to obtain.

My outstanding question.

Personal planning sheet. It does not diagnose, recommend treatment or determine whether it is safe to wait. You may leave spaces blank; completing it is not required to seek care. Keep your sheet and share it only with your care team.

Context reference: National Cancer Institute