



DOCTOR VISIT CHECKLIST

Keep on top of your health and make the most of your next visit to the doctors with this checklist.



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BEFORE YOUR VISIT make sure to:

- Write down any medications you are on
- Make a list of any symptoms or concerns to discuss

DURING YOUR VISIT make sure to:

- Take notes regarding doctors comments and advice
- Make a note of any changes in medicine
- Make a note of any required follow up appointments

VACCINATIONS

- Influenza
- Pneumococcal
- Shingles
- Diphtheria booster
- Tetanus booster
- Whooping cough booster

RISK ASSESSMENTS

- Cardiovascular diseases
- Osteoporosis

TESTS

- Hearing
- Eye
- Diabetes
- Cholesterol and lipids
- Blood pressure
- Blood tests for vitamin levels etc

- Falls assessment
- Mental health

SCREENINGS

- Prostate cancer
- Breast cancer
- Skin cancer
- Bowel cancer
- Cervical cancer

OTHER

- Visit a dentist
- Visit an optometrist

Please note, this checklist is a general list of medical checks for people over 60 years of age. This is general advice and not a complete or thorough checklist for all doctor appointments, nor will this checklist apply to everyone. Speak to your health professional for expert advice. Source: www.health.gov.au/ and www.healthdirect.gov.au/