

# How to prepare for your first appointment with your LLMD or LLND

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Going in prepared for your appointment will not only save time for your doctor, but will also allow you to think ahead on what you feel is important for him or her to know. If it's not written down, you may forget it on the day of the appointment.

1. **Bring your list of symptoms** – Either use the Manitoba Lyme Symptom chart, or create a timeline on a word doc with each symptoms, the date they started & the duration in days/weeks/months. Create a good picture for the doctor to see the pattern as it played out. Look back prior to when the symptoms started to ramp up because often it can start slowly, and play out for years with seemingly small issues that eventually grow into big issues. The more information your doctor has the better.
2. **Bring copies of all of your medical test & results** as well as what diagnosis the doctors had come up with. Write this out in an overall timeline as well.
3. **Bring a list of medications** - This will include what you've been on since you've been sick, and also should include any herbal/natural remedies. Some medications/herbals don't interact well together within your body, so this allows your doctor to instruct you on what to continue, or what to drop. p
4. **Write down your list of questions**
  - How long will I be on this treatment protocol?
  - When should I start to feel better?
  - What is this medication, herb etc for?
  - When will you need to see me again?
  - Can I stay in touch with you via email/phone if I have any questions?
  - <<< any other questions you may have >>>
5. **Bring an outline of your diet** – Some LLND/LLMD's don't touch on the diet, but you should ask what their thoughts are on it because some won't bring it up unless you ask. Be prepared for a diet change as some Lyme literate doctors have a diet plan for their patients.
6. **Bring an outline of your entire experience** – Create a timeline using specific dates that starts with your initial experience with the uncanny health symptoms and end with the present day. Be sure to include major events that may have started it like a trauma/accident/surgery. Also which activities improve or worsen symptoms. Providing a clear timeline of events in chronological order will create a perspective for the doctors, further increasing the accuracy of your diagnosis.

## Additional Tips

- **Bring a tape recorder** or a cell phone with an application capable of recording for an extended period of time. A lot of information will be presented to you but not all of it will be retained for future reference.
- **Bring a friend or family member** to your initial appointment. Not only will your memory capacity increase but you'll be a little more comfortable.
- **Bring photographs** you may have taken of a rash, markings etc.
- **Ask your doctor how to contact them after the** appointment if you need help or have questions, and which means of communication is preferred (e.g., e-mail, telephone, or webcam)
- **Make a copy of every document you plan to give to your doctor** including medical test results for your records. Some medical test results may no longer be attainable.
- **Question all that is not understood.** Remember to approach the consultation with the knowledge you already know about Lyme Disease.

## Journal

- Keep a journal for yourself so you can keep track of your symptoms, and the changes in them. This will help with subsequent doctors' appointments and at a glance you can tell how you've been doing since your last appointment.

### **DISCLAIMER**

The Manitoba Lyme Disease Group does not endorse any drug or treatment. Information it provides is intended merely to keep people informed. The manifestations and severity of Lyme disease and tick borne infections vary. Individualized medical management is therefore essential.

The Manitoba Lyme Disease Group strongly recommends that all drugs and treatments be discussed with one or more doctors or health care providers to ensure proper evaluation and treatment.