

Doctor Visit Preparation Sheet

Please provide this to your healthcare provider at check-in

Personal Information

Name: John A. Doe

SSN: ***-**-5678

Phone: 555-123-4567

Address: 123 Main Street, Apt 4B, Anytown, CA 90210

Date of Birth: January 1, 1955

Blood Type: A+

Email: john.doe@email.com

Emergency Contact

Name: Jane Doe (spouse)

Email: jane.doe@email.com

Phone: 555-867-5309

Address: 123 Main Street, Anytown, CA 90210

Allergies

Penicillin — causes hives and swelling

Sulfa drugs — causes rash

Physicians

Physician	Specialty	Phone	Fax
Dr. Sarah Williams	Primary Care	555-100-2000	555-100-2001
Dr. Rajesh Patel	Cardiology	555-100-3000	555-100-3001
Dr. Maria Garcia	Endocrinology	555-100-4000	555-100-4001

Current Medications — Prescriptions

Medication	Dose	Frequency	Prescriber
Lipitor (Atorvastatin)	20 mg	Once daily	Dr. Williams
Metformin	500 mg	Twice daily	Dr. Garcia
Lisinopril	10 mg	Once daily	Dr. Williams
Amlodipine	5 mg	Once daily	Dr. Patel
Metoprolol Succinate	25 mg	Once daily	Dr. Patel
Mirtazapine	7.5 mg	Once at bedtime	Dr. Williams
Ozempic (Semaglutide)	0.5 mg	Once weekly	Dr. Garcia
Cyclobenzaprine	10 mg	As needed	Dr. Williams
Zolpidem	10 mg	As needed at bedtime	Dr. Williams

Over the Counter

Medication	Dose	Frequency
Aspirin	81 mg	Once daily

Vitamins / Supplements

Supplement	Dose	Frequency
Vitamin D3	125 mcg (5000 IU)	Once daily
Zinc	50 mg	Once daily
Vitamin E	180 mg	Once daily
CoQ-10	200 mg	Once daily
L-Lysine	250 mg	Once daily

Special Medical Notes

2 Xience V drug-eluting stents placed January 2020
 Left Anterior Descending (LAD) artery — distal and mid segments
 Implanting physician: Dr. Patel, Cedar Valley Medical Center
 Stents are MRI conditional at 1.5T and 3T
 Do not stop antiplatelet medications before consulting Dr. Patel

Visit Details

Physician: Dr. Sarah Williams — Primary Care Date: March 15, 2026
 Visit Type: In-person

Medication Changes to Discuss

New medications since last visit:

- Ozempic (Semaglutide) 0.5 mg — prescribed by Dr. Garcia

Dosage changes:

- Metformin increased from 500 mg to 1000 mg twice daily

Refill Requests

Medication	On Hand	Days Left	Depletion	Prescriber
Lisinopril 10 mg	12 tablets	12 days	Mar 27	Dr. Williams
Metoprolol Succinate 25 mg	8 tablets	8 days	Mar 23	Dr. Patel
Mirtazapine 7.5 mg	5 tablets	5 days	Mar 20	Dr. Williams

Questions & Concerns

- Should I be concerned about the interaction between Metoprolol and Amlodipine?
- Is it safe to take Cyclobenzaprine with my current heart medications?
- My blood pressure has been higher in the mornings — is that normal?
- Can we review my Ozempic dosage? I have been experiencing nausea.

Symptoms & Side Effects to Report

Symptom / Side Effect	Related Medication	Onset
Nausea and reduced appetite	Ozempic (Semaglutide)	~3 weeks ago
Morning dizziness on standing	Lisinopril	~1 week ago
Mild ankle swelling	Amlodipine	~2 weeks ago

Recent Health Measurements

Measurement	Reading	Date
Blood Pressure	138 / 86 mmHg	March 10, 2026
Blood Pressure	142 / 90 mmHg	March 7, 2026
Weight	192 lbs	March 10, 2026
Blood Sugar (fasting)	118 mg/dL	March 9, 2026
Pulse	72 bpm	March 10, 2026

Additional Notes

Please also review recent lab results from Cedar Valley Medical Center (Feb 2026).
Patient requests referral to physical therapy for lower back pain.