

Important Appointment Reminders

A practical checklist for what to bring, prepare, and confirm for an NF appointment.

Before the appointment

- ☐ Bring photo ID, insurance information, and required referrals, authorizations, or clinic forms.
- ☐ Bring a concise medical and treatment history, medication and supplement doses, and allergies.
- ☐ Gather relevant records, imaging, genetic test results, and prior clinic notes.
- ☐ Bring provider, pharmacy, and emergency-contact details.
- ☐ Prepare a brief timeline of major symptoms, changes, or concerns.
- ☐ Write down your three most important questions and relevant family history.
- ☐ Bring a support person or arrange interpretation if helpful.

During the appointment

- ☐ State your main concerns and describe when symptoms began and what makes them better or worse.
- ☐ Ask what each test or scan is for and how and when results will be shared.
- ☐ Ask what changes should prompt an earlier call and whom to contact with follow-up questions.
- ☐ Take notes or ask permission before recording; confirm the care plan and next steps before leaving.

Important contacts

Healthcare provider(s) and phone number(s)

Pharmacy and phone number

Emergency contact and phone number

Other reminder or item to bring

One-Page NF Health Summary

A concise overview to share with a new provider or use when organizing your records.

Name

Date of birth

NF diagnosis

Date diagnosed (if known)

Important NF history

Important NF manifestations or health concerns

Tumors or areas currently being monitored

Important surgeries, procedures, or treatments

Current information

Current medications and doses

Allergies or important reactions

Most recent important imaging and date

NF specialist or coordinating provider

What I want providers to understand about my care

Appointment Preparation Sheet

Describe a new or changing concern and identify the questions you most want answered.

Appointment date

Provider or clinic

New or changing symptom or concern

What changed?

Where is it located?

When did it begin?

How often does it happen?

What makes it better or worse?

How does it affect daily activities?

Other details, previous measurements, photos, or providers already contacted

My three priority questions

1

2

3

Other useful questions

State your main concerns. Ask what each test or scan is for, how and when results will be shared, what changes should prompt an earlier call, and whom to contact with follow-up questions. Take notes or ask permission before recording.

Follow-Up and Next Steps

Complete during or soon after the visit so the plan, timing, and responsibilities stay clear.

Appointment date

Provider or clinic

What the provider explained

Tests, referrals, and treatment changes

Tests, imaging, referrals, or medication changes

Who is responsible for each next step?

Timing and communication

When should results be available?

Who should I contact if I do not hear back?

Next appointment or follow-up date

Records to request, send, or update

Notes or questions that remain