

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