

Questions to Ask Your Doctor When You Suspect a Chronic Illness

A simple appointment guide to help you organize your concerns, ask questions, and keep track of next steps.

Before Your Appointment

- What symptoms am I experiencing, and when did they begin?
- How often do my symptoms occur?
- Are my symptoms getting better, worse, or staying the same?
- What seems to make my symptoms better or worse?
- How are my symptoms affecting my daily life, work, school, sleep, or relationships?
- What have I already tried to manage my symptoms?
- Is there a family history of similar symptoms or conditions?

Questions to Ask Your Doctor

- Could my symptoms be related to an underlying condition?
- What possible causes should we consider?
- Are there tests or bloodwork that could help us understand what is happening?
- What are you looking for with these tests?
- Are there other conditions that can cause similar symptoms?
- If my tests come back normal, what should we consider next?
- Could I be referred to a specialist? If so, what type?
- What symptoms should I keep track of between appointments?
- What should I do if my symptoms get worse?
- When should I follow up with you?

Talk About Function, Too

Your symptoms matter even when they aren't visible. Don't be afraid to explain what your symptoms prevent you from doing—not just what they feel like.

- I can do this sometimes, but I can't do it consistently.
- After doing _____, I need _____ time to recover.
- My symptoms interfere with my ability to work, attend school, care for myself, or complete daily activities.
- People may not be able to see what is happening, but it affects my daily life.

My Notes

Symptoms or concerns I want to discuss:	
Questions I don't want to forget:	
Tests, results, or information to remember:	
Next steps:	
Follow-up date:	

Important: This resource is for educational purposes only and is not medical advice or a substitute for evaluation and treatment from a qualified healthcare professional. Your symptoms and concerns deserve to be heard and discussed with your healthcare provider.

