

# CREATE YOUR OWN PERSONAL GUIDE FOR YOUR MEDICAL APPOINTMENT

Use this guide to support your conversation with your healthcare team about treatment of your multiple sclerosis (MS)



- When it comes to treating MS, there is no one-size-fits-all, because MS affects everyone differently.



- Preparing before your appointment can help you make the best use of the time available with the healthcare team that will be with you along your treatment journey.



- Thinking in advance about your MS, your treatment outcomes and what is most important to you can help facilitate an open and honest conversation.



- Work your way through the questions in this discussion guide, and when you're done, you'll have a practical plan that helps you to have a structured and valuable conversation with your healthcare team.

**REMEMBER TO COMPLETE & TAKE THIS GUIDE  
TO YOUR NEXT APPOINTMENT**



# About Your Treatment Preferences

Here are some general questions to think about regarding your treatment for MS:

## 1. How would you prefer to take your medicine and how often?

- By mouth
- Injection
- Infusion
- No preference
- Ideally, how often? .....

## 2. Your goals and plans for the future?

(Check and expand on all that apply)

- Family (e.g. pregnancy, etc.):.....  
.....
- Career: .....  
.....
- Travel: .....  
.....
- Health (e.g. vaccinations, procedures, etc.): .....  
.....  
.....
- Other: .....  
.....

## 3. What aspects of MS are you hoping your medicine will help control?

(Check all that apply)

- Reduce number of relapses experienced
- Prevent disability from progressing
- Reduce new or enlarging lesions on the brain

Additional notes:

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.....  
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# About Your MS

It may be helpful to consider these questions on how your MS and MS symptoms affect your daily life:

**1. How do you experience MS?**

Physical symptoms

List symptoms: .....  
.....

Mental/cognitive symptoms

List symptoms: .....  
.....

**2. How do these symptoms affect your daily life?**

.....  
.....  
.....

**3. Which symptoms do you want to focus on managing (as a priority)?**

.....  
.....  
.....

**4. Are you experiencing any new or different symptoms since your last appointment?**

Yes

No

If yes, list them here: .....  
.....

**Additional notes:**

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.....  
.....

# About Your Medical History

It is important for your healthcare team to be informed about the following:

**1. Any other pre-existing medical conditions or any changes since your last appointment?**

.....  
.....  
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**2. Other medications or supplements that you might be taking, including:**

- Prescription medication:** .....  
.....
- Over-the-counter medicines:** .....  
.....
- Vitamins:** .....  
.....
- Herbal supplements:** .....  
.....
- Other:** .....  
.....

**3. Vaccination(s) received or planned in the near future:**

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.....

**4. Other medical examinations, tests or procedures:**

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**Additional notes:**

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