

symptoms checklist

This checklist allows you to **keep track of the symptoms you've been experiencing**. Print out the checklist and bring it with you to your next doctor's appointment.

MS Symptoms Checklist

Sometimes it can be tough trying to remember everything you'd like to discuss with your doctor about your MS. But keeping track of what you're feeling and when it occurs can help you and your doctor make the most out of your appointment.

| MS symptom | Is it old or new? | Is it worse? | Description and how long it lasted |
|--|-------------------|--------------|------------------------------------|
| Issues with memory, attention, problem solving | | | |
| Depression or mood swings | | | |
| Vision problems | | | |
| Muscle stiffness or spasms (spasticity) | | | |
| Weakness | | | |
| Fatigue | | | |
| Pain | | | |
| Abnormal feelings and sensations | | | |
| Walking and balance problems | | | |
| Bowel or bladder problems | | | |
| Sexual issues | | | |
| Heat sensitivity | | | |

FOR OFFICE USE ONLY

Name

ID number

Date of visit

Physician signature

Questions or comments to discuss with your doctor:

What new medications, if any, have you started since your last visit?

Any new health care providers?

What's going well? What's changed?

What other prescriptions need to be filled?

Have you had any insurance changes?

Top 3 things to discuss with your doctor:
