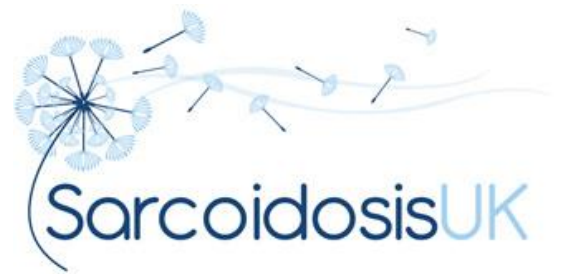


Get ready for your consultation



Date of consultation:

Consultant:

What medication and dose are you taking (including over the counter products or supplements)? Attach a copy of your latest prescription.

-
-
-
-
-

What ongoing symptoms are you experiencing?

Breathing

Cough

Yes/No

Breathlessness

Yes/No

Any Others?

-
-
-
-
-

Have your symptoms changed since your last consultation?

-
-
-
-
-

Do you have any other symptoms that might or might not be related to sarcoidosis?

-
-
-
-
-

Are these being investigated elsewhere? Yes/No

How are your symptoms affecting your quality of life? It might be helpful to look at the Kings College questionnaire on the SarcoidosisUK website - www.sarcoidosisuk.org/research/ksq

Are these manageable/unmanageable? Yes/No

Do you have any problems with pain or discomfort?

Rate your pain on this scale



1

No pain /
discomfort

2

3

4

5

6

7

8

9



10

Worst pain /
discomfort
imaginable

Indicate the position and number if more than one pain or discomfort noted.

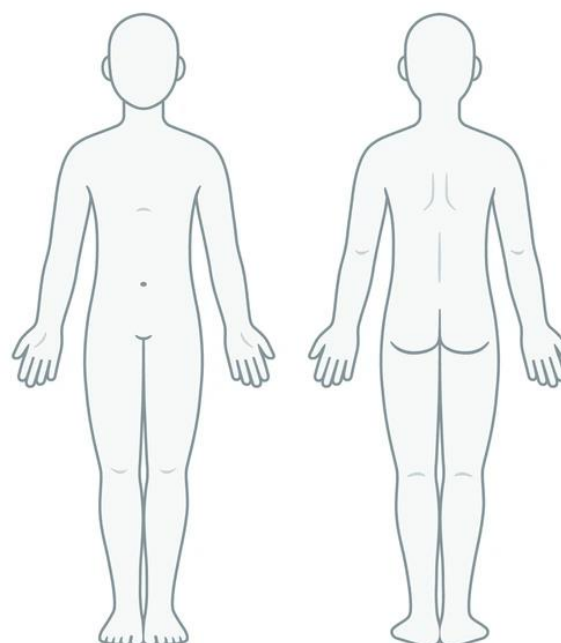
1

2

3

4

5



Have you spoken to your GP or Nurse Practitioner about pain management?

If not, it might be worth discussing this.

What are the 3 things that you most want to discuss with your Consultant at this appointment?

1.

2.

3.

Keep a note of what you are told at the hospital



It's easy to forget some of the things your Consultant and their team might tell you. Use this handy sheet to keep your own summary. We suggest you keep this as a comparison for future appointments.

What test results have you received?

Lung function

Chest X-ray

Scan

Biopsy

Blood Tests

Any others?

What medication (new or continuing) is proposed?

-
-
-
-
-

Are there any possible side effects to be aware of?

Is this treatment needed?

What are the potential consequences if I refuse this treatment?

Are any further tests proposed?

-
-
-
-

Where will these be performed?

What is the timescale for further tests?

When should I have my next appointment?

Is there anything I should research or read up on?

How did I feel about this consultation? Was I honest? Is there anything I want to remember for my next appointment? Is there anything I would like to discuss with my GP?