After a Healthcare Provider Visit for ME/CFS
(Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)

If you have been diagnosed with ME/CFS or are waiting to hear back from your provider about an ME/CFS diagnosis, reviewing your visit and preparing for your next one can help you get the most out of your appointments.

AFTER YOUR VISIT

- **Make appointments** for follow up and any additional testing.
- **Record future appointments on your calendar.** Ask a friend or family member to put the appointment(s) on their calendars as well. Ask the provider’s office if they will call or email you with an appointment reminder.
- If you are confused or don’t remember something your provider said, **call the provider’s office for clarification.**
- **Follow your provider’s instructions** as closely as you can.
- **Continue to record symptoms in a journal,** if possible. Some people with ME/CFS find it helpful to include:
  - which treatments have improved symptoms
  - any side effects you have experienced
  - any other new symptoms or changes you have experienced
- **Make a note to give your healthcare provider feedback** about how recommended interventions have worked for you.
- **Write down** any issues you did not have time to talk about at the last meeting.
- **Keep track** of medications, vitamins, herbs, supplements, and over-the-counter drugs you take, using the Current Medications and Supplements List.
- Remind your provider to **share the results of any tests** you have had, if they have not sent you the results or do not bring them up at the next visit.
- Consider reviewing the **Healthcare Visit Checklist for ME/CFS** before your next visit. Many instructions apply to follow-up visits.

For more information on ME/CFS, please visit [www.cdc.gov/me-cfs](http://www.cdc.gov/me-cfs).