

# A Healthcare Visit Checklist for ME/CFS

## (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)

This checklist is designed to help patients and caregivers get the most out of visits with healthcare providers for ME/CFS.

### Before the Visit

- Ask the new provider's office if they need **paperwork** signed so your medical records can be sent to them directly.
- Keep a **journal or a list** for a week or two to document your activities, symptoms, their severity, and anything that made you feel better or worse.
- Prepare a brief **report** that summarizes your experience and symptoms, and describes your best and worst days.
- Make a list of your **current medications/supplements**.
- Make a list of **questions to ask your healthcare provider**; identify which ones are a priority for you (in case time is limited).
- Make a **plan for remembering** your conversation with your healthcare provider — e.g., taking notes or bringing a friend.
- If needed, arrange **transportation** to your appointment.

### During the Visit

- Tell your provider the most important **symptoms or issues** you'd like to discuss.
- Answer the **provider's questions**.
- Share your **medication/supplement list**.
- Discuss your **level of activity**.
- Ask your own questions**, starting with your priorities and issues.
- Make sure you understand the **next steps**, such as tests, follow-up, referrals, and future appointments.
- Ask for a **visit summary**. If needed, ask the provider to write down or print out any instructions, medication names, or diagnoses.

### After the Visit

- Make appointments** for follow up.
- Record future appointments**, including tests, in your calendar. If others will go with you or drive you to future appointments, make sure the appointments are on their calendars too.
- Follow your **provider's instructions** to the best of your ability.
- Contact your provider's office with any **questions or clarifications**.
- Continue to record symptoms and keep your **journal**, so you can refer to updates or changes during your next visit.
- Update and keep track of **medications and supplements**.

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



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases