

# On the Day of Your Office Visit for ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)

On the day of your appointment, try to arrive a little early but also be prepared to wait a bit if the provider is running late. Everyone likes to be seen on time, but sometimes a provider needs to take more time with other patients. Use the time to make sure your paperwork or forms have been filled out. Make sure the front desk has your correct information. The list below can help you get the most out of your visit.

## DURING YOUR VISIT



**Prioritize**



**Share**



**Ask**



**Answer**



**Clarify**



**Print**

- Since office visit time is often limited, it will help to **make a list** of why you are coming in for a visit. Start with your most concerning issues (sometimes called “chief complaints”).
- Focus on **talking to your provider** as this can be the most valuable part of the visit. If your provider still needs any of your past medical records, **ask to sign required forms** to give your permission to have these records sent.
- **Ask questions**, starting with the most important ones. Don’t hesitate to ask your healthcare provider to clarify the answers if they are not clear to you.
- Be prepared to **discuss your activity levels and what activities make your illness worse**.
- **Answer the provider’s questions**. Explain how you feel. Be straightforward, and don’t be embarrassed to talk about anything.
- Let your provider know if there have been any changes to your **prescribed medications and supplements**.
- Make sure you **understand the next steps**. Repeat back what the provider has told you to check for understanding. (For example, you might ask: “So, I should go to the lab next week with this paperwork to get my blood drawn?”). Additional questions could include:
  - Will I need additional tests?
  - When and how will I get test results?
  - When should I return for another visit?
- **Ask for a visit summary**. You can also ask the provider to write down any instructions, medication names, etc. for you. If there are changes to your treatment plan, make sure you understand what to do. For new medication, ask why it is being given and what you should expect by taking this new medication.

CS320795-C



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

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