

THIS LEAFLET IS NOT INTENDED TO REPLACE THE  
ADVICE OF YOUR SPECIALIST HEALTHCARE TEAM

sanofi



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# CONSULTATION CHECKLIST

HOW TO GET THE BEST FROM  
YOUR MEDICAL APPOINTMENTS

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# CONSULTATION CHECKLIST

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Every medical appointment is an opportunity for you to find out more about your condition and ways that you can live as healthily as possible. Remember it is **your** consultation, so a bit of preparation can help you to get the most out of the time you spend with any member of your specialist healthcare team.

This is only a guide and you will probably have other questions and topics you might want to talk about. The questions you ask may also vary depending on which member of your healthcare team you are seeing. However, if you are concerned about **anything** then do feel free to talk about it with any of your doctors, nurses or associated healthcare professionals.

Top tip: Make a list of any questions before your appointment and make sure you tick them off and write down the answers (or take a friend with you to make notes)

**Symptoms:** Talk about any symptoms that have changed or are bothering you. This list isn't everything you might be experiencing, so make sure you think about what is right for you. E.g.

- |  |                                      |                                      |   |
|--|--------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Fatigue or lack of energy | <input type="checkbox"/> Bruising    | <input type="checkbox"/> Bleeding    | <input type="checkbox"/> Gastrointestinal (GI) symptoms |
| <input type="checkbox"/> Muscle weakness           | <input type="checkbox"/> Weight loss | <input type="checkbox"/> Feeling low | <input type="checkbox"/> Swallowing problems            |
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**Medicines:** For the medicines you currently take you may want to:

- Tell your doctor or nurse if you sometimes miss doses and they will help you (they won't be cross)
  - If you are concerned about any side effects, ask your doctor or nurse for information and help
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For any new medicines prescribed you might want to ask:

- How will this treatment help?
  - How often will I need to see you during treatment?
  - What side effects can the medicine cause and what can I do about them?
  - How soon will I notice a difference?
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**Tests:** You're likely to have a range of regular tests. Make sure that you:

- Know what your tests are for

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- Understand how the tests are done and how often

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- Understand what your test results mean

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- Ask about any tests you have read about that you think would be useful

**General health and wellbeing:** Your healthcare professionals are not only interested in your lysosomal storage disorder, they will also want to know about and help you with:

- Other health problems you've had
- Your general wellbeing
- Any concerns you have

**Dietary advice:** Ask to see a qualified dietitian for personalised advice on the diet changes that might be helpful for you. If you don't have access to a dietitian, your specialist healthcare team will help. Topics to discuss might include:

- Does my diet have the right proportions of protein and carbohydrate?

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  - Am I getting enough energy from my food?

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  - Am I getting enough vitamins and minerals from my food?

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  - Is my weight within a healthy range?

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  - Is there anything I can do to reduce GI symptoms?
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### Additional information sources used in developing this guide

- Fabry Community. Questions to ask for yourself. Website, last accessed December 2023
- WebMD. How to Talk to Your Doctor About Gaucher's Disease. Website, last accessed December 2023

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