



PREPARING FOR SPECIALIST MEDICAL APPOINTMENTS

Mitochondrial disease (mito) may require treatment from a team of specialists. To gain the most benefit from your appointments, it is important to come prepared.

Booking an appointment

- Ask the receptionist about getting to the clinic, if there is parking, and if it is wheelchair accessible. If you are travelling interstate, ask about accommodation options ([Click here](#) to find out more). Having this information before the appointment can avoid stress on the day.
- Specialist appointments are often made weeks or months in advance. If you require an appointment with little notice, ask if the receptionist can put you on a wait list for last minute cancellations.
- Keep a symptom diary in the weeks in the lead up to your appointment, especially if you experience day to day changes in symptom severity.

Prepare for your appointment

- Write a list of questions or concerns in order of priority. Check them off as they are answered to make sure everything is covered.
- Write a list of medical information, including your medical history, what prescription and non-prescription medicine and supplements you take etc. Some patients find it helpful to create a folder for this information. The [MedicineList+ smartphone app](#) can also store information on the medicines you take.
- Write down any new symptoms, including when you first noticed the symptom, how frequently it occurs, and how it is impacting you.
- Keep a symptom diary in the weeks in the lead up to your appointment, especially if you experience day to day changes in symptom severity.

You should also bring:

- Any relevant referrals, scans, or test results.
- Details of other medical specialists you see.
- The amount of information you receive may be overwhelming, so if possible bring a friend, family member, or partner to take notes for you.
- Your Medicare card, and other concessions or health insurance information that may impact payment.

During your appointment

- Write notes to refer to later, or to show other health professionals. Keep your notes for your next visit to help you see how you are progressing.
- Write down your specialist's recommendations to ensure that you follow them, and to evaluate their impact at your next appointment.
- A clinic nurse may be available between appointments. Ask your specialist if there is a way you can contact the clinic if you have questions about your symptoms or treatments.

Confusion about your condition can be stressful, so ask your specialist to clarify anything you are unsure of - there is no such thing as a silly question.

For more information on visiting a specialist, visit betterhealth.vic.gov.au/health/servicesandsupport/seeing-a-specialist