

# Vestibular -Migraine.com

## Template for your first Drs appointment regarding your symptoms.

To my Dr,

I am ... of age and i work as ... /i don't work....

I have come to see you because for the last (during of time) i have been having symptoms of (circle all that apply):

Nausea (what time of day)

Dizziness (is this like walking on water/ clouds/ lightheadedness?)

Light Sensitivity (which lights in particular?)

Noise Sensitivity (which noises in particular?)

Headaches (which side of the head and describe it)

### Please answer the below questions to the best of your ability.

Are your symptoms triggered by anything in particular?

How have these symptoms developed over time?

Do you remember when you first started showing symptoms?

Could you describe your typical diet?

How much water do you drink a day?

Do you have any family history of migraines?

As a child did you ever have these symptoms?

Do you have any known food allergies or intolerances?

Have you taken any steps to prevent these symptoms (e.g. over the counter tablets)

Are you on any regular medication?

Have these symptoms restricted any activity (social, work or other)?

Can you identify any reasons for any stress recently?

Please describe your weekly exercise routine (how much you do on a typical week)?

Have you kept any sort of Diary?

### **Questions to ask your Dr**

What tests could they refer you to?

Do they have any idea what has caused your symptoms?

Could they advise how to reduce your symptoms?

What are the side effects of any medication?

Remember your Dr is the best person to advise you on next steps. You may only have a short amount of time so it's important to be as prepared as possible so you don't miss out on anything.

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