

Doctor Discussion Guide

for In-person Doctor Visits



Choose the topics and questions that best apply to your journey with relapsing MS (RMS).
Then, use the response options to organize your thoughts **before, during, and after** your appointment.

1. Since my last visit I'm feeling:

2. My top 3 current symptoms are:

3. To me, the most significant aspects of RMS treatment are:
(choose all that apply)

Treatment effectiveness

Safety concerns

Side effects

How treatment is given (infusion, injection, or pill)

Other

4. RMS affects me most in the following areas:
(choose all that apply)

Financial

Family

Employment

Social

Emotional

Physical

None of these

5. I'm satisfied with my current treatment:

Strongly Agree

Agree

Neither Agree or Disagree

Disagree

Strongly Disagree

Not Applicable



Lists to have on hand during your visit

- Prescriptions, over-the-counter medications, and any supplements you're taking.
- Medications you've started taking since your last appointment.
- Past and current symptoms.
Make it easy, use our [symptom tracker!](#)
- Questions or concerns you don't want to forget.
- Your pharmacy's phone number and address for any new prescriptions.

Questions to ask your doctor about treatment:

○ What should I do to proactively manage my RMS?

○ What side effects have been reported for this medication?

○ How do I know if my treatment is helping or if it's time for a change?

○ Can you help tell me about the efficacy, safety, and tolerability of possible treatments?

○ What are the different types of administration? How could they fit into my lifestyle?

○ How long should it take for the medication to take effect?

○ What considerations do I need to make about my treatment?

○ What precautions do I need to take while on this treatment?

○ How could RMS treatment affect my goals?

○ How often should I follow up with my healthcare team?



From the
Nurses' Station

Goals don't have to be extravagant or daunting. What's important is that you're setting goals at all.

Even having a conversation with your doctor about your current medication and goals is an accomplishment that can set you on the right path for a successful year. And remember, you can set goals and make changes any time.



Try the RMS
Symptom Tracker

Knowing how your symptoms change over time can help you and your doctor discover key information that can help you manage your RMS—now, and in the future.

Ready to start tracking? Get your record at:
MSOneToOne.com/rms-tools-resources/symptom-tracker