

Your Medical Visit Summary

Symptoms:

Headache, Stomach cramps, Dizziness, Fatigue

Guidance:

****Guide for Patients: Headache, Stomach Cramps, Dizziness, Fatigue****

****1. Possible Causes:****

* ****Simple things:**** Stress, lack of sleep, not enough water, poor diet.

* ****More complex things:**** A bug (viral infection), food trouble, inner ear issues, low blood sugar. These can make you feel quite unwell.

* ****Serious (less common):**** These are rare, but include things like dehydration or a more serious illness. It is best to see the doctor to rule these out.

****2. Five Priority Questions for the Doctor:****

* How long have I had these signs?

* What tests might help find the cause?

* Are these signs linked to each other?

* What should I watch for? This will help you know if things get worse.

* What steps can I take to feel better while we find the cause?

****3. Appointment Preparation Tips:****

* ****Write down your signs:**** Note when they began, how long they last, and how bad they are. Rate the pain on a scale of 1-10 (1 being mild, 10 being worst pain ever).

* ****List all your meds:**** This helps the doctor see if any drugs may cause side effects. Include over-the-counter pills, vitamins, and herbal things.

* ****Note down key facts:**** When was your last meal? Any recent travel? Any recent stress? Any known allergies?

* ****Take someone with you:**** A friend or family member can take notes and help you recall details.

* ****Arrive early:**** Allow time to fill out any forms. This helps the visit go smoothly.