HOW TO PREPARE FOR YOUR FOLLOW-UP CONSULTATION?

When you experience symptoms of chronic rhinosinusitis, it is important to talk to your healthcare provider to receive a correct diagnosis, treatment plan and/or referral to a specialist for further evaluation.

Our guide will help you prepare for the follow-up visit with your healthcare provider. It encourages you to think about your health journey, reflect on key issues you want to discuss during your consultation, and consider how your treatment is working – both the benefits and any side effects.

With this preparation, you'll feel more confident, make the most of your time with your healthcare provider, and take an active role in managing your health.



BEFORE your follow-up consultation

1 How have I been feeling?

Please indicate with a vertical line how bothersome your nasal symptoms have been in the past week:

Example:



Not at all bothersome — Very bothersome

Your evaluation:



Not at all bothersome — Very bothersome

Your doctor might request that you fill out additional questionnaires before your appointment to evaluate how your symptoms have evolved with your current treatment. You can access examples of these forms on our Patient Portal.

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2 Overview of my symptoms

Below is a list of symptoms related to your nasal condition. Please **rate how bothersome each symptom** has been for you over the past two weeks, using a scale from 0 to 5, where 0 means no problem at all and 5 means as bad as it can be. Also, for each symptom, please indicate how often it occurs: occasional, seasonal, or always.

Type of symptom	Symptom severity in the past two weeks	Symptom frequency
 Stuffy/blocked nose	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always
 Runny nose	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always
 Facial pain/headache/pressure	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always
 Loss of smell	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always
 Mucus dripping into the back of the throat	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always
Other: _____	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always
Other: _____	0 - 1 - 2 - 3 - 4 - 5	Occasional–seasonal–always

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3 My medication overview

Please list all the medications and supplements you are currently using. This includes not only tablets but also liquids like nasal sprays, syrups, eye drops; topical treatments (creams, ointments); and any other forms of medication. Be sure to include both prescription medications and any over-the-counter treatments (those you buy without a prescription).

Example:

Medication name	Reason	Dose unit	When, how much I take
Paracetamol	Pain management	1000mg	Max. 3 times per day, 1 tablet
Hydrocortisone cream	Eczema	1% w/w	Once a day, 1 fingertip

Medication name	Reason	Dose unit	When and how much I take

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4 Experience with my first treatment

1. Name of the medication: .....

My experience

Positive: .....

Negative (side effects/unexpected effects): .....

Are you encountering any practical difficulties with your treatment, such as how to use it, how often to take it, when to take it, or remembering to take it? Is there anything in your treatment plan that you find confusing?

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2. Name of the medication: .....

My experience

Positive: .....

Negative (side effects/unexpected effects): .....

Are you encountering any practical difficulties with your treatment, such as how to use it, how often to take it, when to take it, or remembering to take it? Is there anything in your treatment plan that you find confusing?

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5 Thought prompts

Below is a detailed list of thought prompts designed to guide a thorough and productive conversation with your treating physician:

- **New treatment:**
  - How will this treatment be different from my previous one? What are the expected benefits and downsides?
- **Alternative treatment options:**
  - Are there other treatment options available? What are the pros and cons?
  - Would surgery be an option for me? Why (not)?
  - What are the risks of not starting this treatment now?
- **Additional tests or investigations:**
  - Why are these tests necessary? What will we learn from it? What happens if I don't get this test?
  - What are the costs, benefits and potential downsides?
  - What is likely to happen next, after I have the test?
- **Progress monitoring:**
  - How will we know if this treatment is working for me? What symptoms or changes should I watch for?
- **Written resources:**
  - Are there any resources that you could recommend to me (websites or apps) to learn more about my condition or treatment?
- **Impact on daily life:**
  - Will the current/newly proposed treatment affect my daily activities, work or lifestyle?
- **Duration of treatment:**
  - How long will I need to continue this treatment?
  - Will the dosage or the way I take my treatment change over time?
- **Medication interactions:**
  - Is the proposed treatment safe to use with my other medications or supplements?
  - Am I allowed to drink alcohol while using this newly suggested treatment?
- **Follow-up plan:**
  - When should I schedule a follow-up appointment?
  - What should I do if my symptoms worsen or if I do not notice a significant improvement?
- **Long-term lookout:**
  - Is there a chance that my condition might lead to long-term effects or complications?
  - Will my treatment cure my condition or just manage the symptoms?

Notes:

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BEFORE your follow-up consultation

1 My questions

Make a list of what you want to discuss during your visit. For example, do you have a new symptom that concerns you? Or is there a side effect from your treatment that you want to address? If you have more than a few items to discuss, prioritize them and start with the most important one to you first. Don't wait until the end of the visit to bring up what's really on your mind. Start with your top questions/concerns to make sure they get the attention they deserve.

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2 Tips/tricks and information provided by my doctor

Taking notes during your consultation can be very helpful, especially since it can feel overwhelming to get a lot of information at once. You can even ask your doctor to help you write down the key points so you don't forget them. This might include important details about your health or condition, tips to manage it, and advice on how to use your treatment properly.

General information

Tips/tricks to help improve my condition:

Advice on how to use or take my medication/treatment correctly:

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This document does not provide medical advice!

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All patients are encouraged to direct their specific questions to their physicians.

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