

## PET RESOURCE

# Vet Appointment Preparation Sheet

A concise preparation sheet for records, medicines, observations, questions and follow-up at a veterinary appointment.

PET NAME

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SPECIES / BREED

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APPOINTMENT DATE

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VETERINARY PRACTICE

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## Before the appointment

- ☐ Confirm time, location and whether any preparation is required.
- ☐ Ask whether food, water, samples or normal medication instructions apply.
- ☐ Arrange access to previous clinical records if this is a new or referral practice.
- ☐ Use a secure carrier, lead or harness as appropriate.

## Medication and background

- ☐ Exact medicine/product name, strength, dose and frequency.
- ☐ Last dose given and any missed or delayed dose.
- ☐ Supplements, flea/worm products, special diets or non-prescription products.
- ☐ Vaccination, microchip, insurance and usual-practice details where relevant.

## What has changed

- ☐ When the change was first noticed.
- ☐ How often it happens and how long it lasts.
- ☐ Appetite, drinking, toileting, mobility, breathing, sleep, behaviour or energy changes.
- ☐ Photographs or short videos of intermittent symptoms when safe and useful.

## Questions to ask

- ☐ What is the working assessment or next step?
- ☐ What tests or treatment are being considered and why?
- ☐ What side effects or warning signs should I watch for?
- ☐ When should I seek urgent help?
- ☐ When is follow-up due and what should I monitor at home?

## After the visit

- ☐ Write down medication or feeding/activity instructions.

- ☐ Record tests performed and results awaited.
- ☐ Keep invoices, consent forms, reports and discharge instructions together.
- ☐ Set reminders for doses, rechecks, repeat prescriptions or vaccinations.

**Use with the full guide**

Do not delay urgent veterinary care to complete this sheet. Never start, stop or alter medicine unless a veterinary professional instructs you to do so.

**Guide:** [first-notification.com/guides/pet/what-to-take-to-a-vet-appointment/](https://first-notification.com/guides/pet/what-to-take-to-a-vet-appointment/)