

Doctor Discussion Guide



Helping you prepare, feel confident, and get the most out of your next appointment

How to Use This Guide

Living with unexplained symptoms can be frustrating and overwhelming. This guide is designed to help you organize your thoughts and feel prepared for your appointment with your healthcare team.

Fill out and bring this guide to your next appointment to help:

Prepare what you want to share

Bring the questions that matter to you

Have a plan for your next steps after your appointment

Step 1: Before Your Appointment

Taking a little time before your appointment to gather your thoughts can make a real difference.

What's Been Happening: In Your Own Words

Use the space below to jot down a few notes before your appointment.

You could describe:

- What symptoms you've been experiencing
- How they've been affecting your day-to-day life
- Any patterns you've noticed, like when they tend to happen or how long they last



Bring your PBH Episode Tracker to your appointment. It may help you and your healthcare team better understand what you've been experiencing. **Don't have the tracker yet?** Scan the QR code to download or follow the link [here](#).

What Do You Want to Get Out of This Visit?

Your appointment is a chance to talk openly with your healthcare provider.

Taking a few minutes to think about what matters most to you can help guide the conversation.

- | | |
|---|---|
| ☐ Better understand my symptoms | ☐ Feel heard, reassured, and supported |
| ☐ Talk about whether PBH or another condition might explain what I'm feeling | ☐ Understand possible next steps after the visit |
| ☐ Understand what might be causing my symptoms | ☐ Something else (<i>specify</i>): |
| ☐ Learn about ways episodes can be managed | |
| ☐ Ask whether seeing a specialist could be useful | |
| ☐ Find out whether I might need tests or further evaluation | |



Tips for a Productive Appointment

Here are a few things that may help:

Bring your PBH Episode Tracker

entries to help support your conversation

Consider bringing someone with you

for support or to help take notes

Ask if you can record the conversation

so you can listen back later

Write things down during the appointment

since it can be easy to forget details afterward

Ask questions if something isn't clear;

it's always okay to ask again

Step 2: During Your Appointment

Questions to Help Guide Your Conversation

These questions may help you get the conversation going.

- 1 Could my symptoms be related to my medical or surgical history?
- 2 Could something be triggering my symptoms?
- 3 Could my blood sugar be playing a role?
- 4 What else could be causing these symptoms?
- 5 What kinds of tests or next steps might help us better understand what's going on?
- 6 Would using a continuous glucose monitor (CGM) or glucometer be useful to track my blood sugar?
- 7 How long might it take to understand what's causing these symptoms?
- 8 Would referral to an endocrinologist be helpful?
- 9 What should I do if these symptoms happen again before my next appointment?
- 10 What resources does your office offer (support groups, dietitian, accessibility and support services, etc.)?
- 11 Could this be post-bariatric hypoglycemia?

Note down any other questions that are important to you:



Write Down What Was Important to You

Use this space to write down anything you want to remember from your appointment.



Step 3: After Your Appointment

Possible Next Steps

Your healthcare team may suggest some next steps. These may include:

Additional tests
to help better understand
your symptoms

Seeing a specialist,
such as an endocrinologist
if blood sugar is involved

Using a PBH Episode Tracker
if you haven't
already started one

**Getting a
CGM/glucometer**
to track blood sugar

Did You Get What You Needed?

Take a moment to reflect on what you hoped to get from this visit. How did you feel the appointment went?

☐ I got what I came for ☐ There are still things I'd like to follow up on ☐ I still have questions I'd like to discuss

What would you like to make sure you cover at your next appointment?

Getting answers can take time. Keep tracking your episodes and bring your notes to your next appointment. You are not alone in this – your healthcare team is there to support you.