

English v4.8 patient appendix

Patient Tool 1 — My One-Page Urology Visit Brief

My main concern:

It began or changed on:

The pattern, triggers, and severity:

Other symptoms that occur with it:

What I have already tried and what happened:

The result I am most worried about:

The function I most want to protect:

Medications, supplements, allergies, and blood thinners:

Relevant operations, procedures, imaging, cultures, or pathology:

Educational preparation only; not a substitute for personalized medical care. Seek appropriate care for urgent symptoms.

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Patient Tool 2 — My Testing and Results Map

Test and date:

The question this test was meant to answer:

What the result showed in plain language:

What the test could not rule in or rule out:

The decision that changed because of it:

Next measurement, owner, and due date:

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Patient Tool 3 — My Treatment Comparison

Treatment option:

Its job and expected benefit:

Evidence category—established, guideline-supported, emerging, off-label, or clinical judgment:

Side effects and complication rescue plan:

Anesthesia, catheter, recovery, work, travel, and caregiver burden:

Durability, retreatment, and future options:

How success will be measured and when:

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Patient Tool 4 — My Follow-Up Loop

Working diagnosis:

Function or organ being protected:

Next action:

Person or office responsible:

Due date:

Expected result or recovery milestone:

Trigger for escalation or second opinion:

Warning sign that should not wait:

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Patient Tool 5 — Medication and Procedure Safety Record

Name, dose, or procedure:

Why I am using it:

Start or procedure date:

Expected benefit and timing:

Important side effects or warning signs:

Who to call after hours:

Stop, continue, or reassess date:

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