



Preparing For Your Appointment With PCP, Neurologist Or Other Healthcare Provider

Peripheral Neuropathy, Diagnosis & Treatment, Mayo Clinic September 2, 2023

What you can do

- When you make the appointment, ask if there's anything you need to do in advance, such as fasting for a specific test.
- Make a list of:
 - **Your symptoms**, including any that may seem like they're not related to your reason for scheduling the appointment.
 - **Key personal information**, including recent stresses or major life changes, family medical history and alcohol use.
 - **All medicines**, vitamins or other supplements you take, including doses.
- **Take a family member** or friend along, if possible, to help you remember the information you're given.
- **Questions to ask** your health care professional about your peripheral neuropathy
 - What's the most likely cause of my symptoms?
 - Are there other possible causes?
 - What tests do I need?
 - Is this condition temporary or long lasting?
 - What treatments are available, and which do you recommend?
 - What side effects can I expect from treatment?
 - Are there alternatives to the approach you're suggesting?
 - I have other health conditions. How can I best manage them together?
 - Do I need to limit activities?
 - Are there brochures or other printed material I can take? What websites do you recommend?
 - Don't hesitate to ask other questions.

What to expect from your doctor

Your health care professional is likely to ask you questions, such as:

- Do you have health conditions, such as diabetes or kidney disease?
 - When did your symptoms begin?
 - Have your symptoms been continuous or occasional?
 - How severe are your symptoms?
 - Does anything seem to improve your symptoms?
 - What, if anything, appears to worsen your symptoms?
 - Does anyone in your family have symptoms similar to yours?
 - Have you fallen in the past year?
 - Have you had any injuries to your feet?
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