

Checklist for things to take/plan for health appointments

Please take any of the list below that are applicable

- ☐ Purple Folder
- ☐ Food/fluid intake diary
- ☐ Seizure charts/monitoring
- ☐ Current medication list/MARs sheets
- ☐ Menstruation Charts
- ☐ Bowel Charts
- ☐ Weight/BMI/Height
- ☐ COVID-19 swab
- ☐ Discharge summaries
- ☐ Care and treatment plans
- ☐ Transport