ASPIRE COMMUNITY CARE

# ED Doctor Visit Checklist

Free and printable
Bring it to your visit

Use this page to get ready for your visit so you can make the most of your time with your doctor.

## Before your visit

- [ ] Write down your symptoms and when they started
- [ ] List every medicine, vitamin and supplement you take, including over-the-counter ones
- [ ] List your health conditions, such as diabetes, high blood pressure or heart problems
- [ ] Write down your questions
- [ ] Bring your partner if you'd like support

## What to tell your doctor

- [ ] Whether you have trouble getting an erection, keeping one, or both
- [ ] How often it happens and how long it has been going on
- [ ] Whether you have erections in the morning or during sleep
- [ ] Any change in your interest in sex
- [ ] Stress, worry, low mood or relationship concerns
- [ ] Whether you smoke, drink alcohol or use recreational drugs
- [ ] Any heart problems, or past surgery on your prostate or pelvis

## Questions to ask

- [ ] What might be causing my ED?
- [ ] Could any of my medicines be playing a role?
- [ ] Should I be checked for heart disease or diabetes?
- [ ] Which treatment options make sense for me?
- [ ] Is ED treatment safe with my heart and my other medicines?
- [ ] What lifestyle changes could help?
- [ ] What side effects should I watch for?
- [ ] When should I follow up?

## Tests your doctor may suggest

- [ ] Blood pressure check
- [ ] Blood sugar test, such as an A1C, to check for diabetes
- [ ] Blood tests for heart health, such as cholesterol
- [ ] Testosterone blood test, when your symptoms point to it
- [ ] Urine test

## After your visit

- [ ] Schedule any follow-up visits and tests
- [ ] Take medicines exactly as prescribed, and don't stop any medicine on your own
- [ ] If the first option doesn't work, tell your doctor. A different dose or another treatment may help
- [ ] Get help right away for an erection lasting more than 4 hours, or vision or hearing loss after an ED medicine

**My notes and questions:**