

Prepare for Lyme Doctor Visit

You must be a full partner with the physician in obtaining and understanding medical care for Lyme disease and other tick-borne illnesses.

1. Symptom list: On large paper list symptoms. Across top, number days 1 – 31. Each night rate each symptom on a scale of 1 through 5, one being "absent" and 5 being "severe." Sample charts are on web site.

2. Medications: keep list with exact dates of starting and stopping. Also possible reactions, herxes*, feeling better, etc.

3. Bring copies of any lab tests, for both routine and tests for other tick-borne diseases, e.g. Babesiosis, Anaplasmosis, Ehrlichiosis, Rocky Mountain Spotted Fever.

4. For first visit with new doctor, bring a more extensive summary of previous treatment.

5. For subsequent visits, bring a one paragraph summary of previous visit to remind doctor, who has seen many patients since then.

6. Questions for doctor: write them out; give copy to doctor, check off answers on your copy.

7. Emphasize your biggest concern and ask doctor about the best way to address this issue.

8. Ask doctor about best way to communicate between visits. Could you call or email or fax him or staff with questions or concerns. Many doctors have a website for communications.

9. Bring an advocate to the meeting, especially if you have trouble communicating or taking notes.

* Herx or Herxheimer Reaction occurs when a patient gets worse when starting or changing treatment. Thought to be caused by the products of dying Lyme disease bacteria (spirochetes.)