

Patient Visit Preparation Guide

Common health check-up checklist

Use this guide to prepare for a routine appointment, specialist consultation, or health check in Hong Kong. It is general educational information and does not replace advice from your doctor or clinic.

Before the appointment

- Confirm the appointment time, location, building access, and whether you need to bring identification.
- Ask the clinic whether fasting, medication changes, or other preparation is required.
- Write down your main concern in one sentence.
- Note when symptoms started, how often they occur, and what makes them better or worse.
- Record allergies, previous serious reactions, and important medical conditions.

What to bring

- Hong Kong Identity Card or relevant registration details.
- Your medication list, including prescription medicines, pharmacy products, traditional medicines, vitamins, and supplements.
- Original medicine packaging or clear photographs of labels when possible.
- Previous reports, imaging results, discharge summaries, vaccination records, and home blood-pressure or glucose readings when relevant.
- A trusted companion or interpreter if you may need support communicating or remembering information.

Questions to ask

1. What is the purpose of each test, medicine, or treatment?
2. Do I need to fast or change any medicine before the appointment?
3. What benefits, risks, side effects, or alternatives should I know about?
4. When and how will I receive results?

5. Who should I contact if symptoms worsen or I have a side effect?

During and after the visit

- Tell the healthcare professional if you are pregnant, might be pregnant, breastfeeding, or taking blood thinners.
- Ask the professional to explain unfamiliar terms in plain language.
- Check that you understand the dose, timing, duration, and purpose of every new medicine.
- Write down the follow-up date and any warning signs that require urgent help.
- Do not stop or change prescribed medicines unless a qualified healthcare professional tells you to do so.

Urgent safety note: This checklist is not an emergency service. Seek urgent medical help for severe breathing difficulty, chest pain, sudden weakness, severe confusion, uncontrolled bleeding, or a serious allergic reaction.

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