



TELEHEALTH APPOINTMENT CHECKLIST

Fill out paperwork online prior to your visit. This will allow the provider to jump right into the session without needed to make sure you've completed all your outstanding document. Medical practices will typically send you a reminder if you have unresolved documents that need to be filled out prior to the visit.

Make a list of your questions and have them by your side for quick reference. All too often, patients get so embroiled in the appointment that they forget their list of questions which they really wanted answered.

Find a quiet space for your appointment and for a potential ostomy appliance change. Your provider will likely want to see your stoma and the skin around your stoma, so prepare your space to be able to complete this task. If this won't work, a photo you can send the provider is a BIG help. I typically request patients change their appliance so I can see them in action and spot a potential vital step there are forgetting.

Prop your phone/tablet in a stable and convenient location. Holding the phone and trying to change the appliance or read through paperwork is difficult to do!

Gather your supplies for the appointment so it's convenient to grab something while you are describing it to your provider. Product numbers and descriptions as well as visuals will help your provider know exactly what you are talking about since they aren't in the room with you.

Have a partner there to help listen and take notes during the appointment. If someone is helping you with your ostomy care, it's important the provider hears comments and information from them, too!