



Before your spine appointment

Fill this in and bring it with you. It helps you get the most from a short appointment.

Where is your pain or other symptom, and when did it start?

What makes it better or worse? How does it affect sleep, work and daily life?

How bad is it on a typical day? (0 = no pain, 10 = worst imaginable)

0	1	2	3	4	5	6	7	8	9	10
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Treatments you have tried so far, and how they went:

Medicines you take (or bring the list or boxes):

Scans you have had: which scan, where and when:

My top three questions:

Useful questions to ask about any treatment:

- ☐ What are the benefits?
- ☐ What are the risks?
- ☐ What are the alternatives?
- ☐ What happens if I do nothing for now?

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General information only, not personal medical advice.

If you are worried about your symptoms, contact your GP,

NHS 111, or in an emergency call 999.

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Scan for the full guide