

# Free Doctor Visit Prompt Sheet

## Eight Example Instructions You Can Type or Say

A **prompt** is simply an instruction you give Gemini. These examples are **not steps** - use any one, change the wording, or create your own questions and instructions.

**Quick start:** Go to [gemini.google.com](https://gemini.google.com) -> sign in with your Google account -> type one example below. Basic use should not require a credit card.

**Type or speak:** Typing is simplest, but if you see a microphone button, you can also speak your question. Fill in the **[brackets]** with your own words.

### Example 1: Understand a health word

**Instruction:** Explain **[health word]** in plain English. What are 3 good questions I could ask my doctor?

*Example: Explain eGFR in plain English. What are 3 good questions I could ask my doctor?*

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### Example 2: Understand what your doctor said

**Instruction:** My doctor mentioned **[word or topic]**, but I did not fully understand it. Explain what it usually means in plain English.

*Example: My doctor mentioned inflammation, but I did not fully understand it. Explain what it usually means in plain English.*

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### Example 3: Make a short note for your doctor

**Instruction:** Help me turn these notes into a short, clear summary I can bring to my doctor: **[type your notes]**

*Example: Tired in the afternoon, sleep not great, occasional dizziness, started after new medication.*

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### Example 4: Prepare for an appointment

**Instruction:** I have a doctor appointment coming up. Help me make a short numbered list of questions about **[topic]**.

*Example: I have a doctor appointment coming up. Help me make a short numbered list of questions about high cholesterol.*

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### Example 5: Organize symptoms

**Instruction:** I have been feeling **[symptom]**. Help me make a short list of what to tell my doctor. Keep it practical and easy to read.

*Example: I have been feeling dizzy in the morning. Help me make a short list of what to tell my doctor.*

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### Example 6: Understand a lab result

**Instruction:** Explain this lab result in plain English: **[type result]**. What should I ask my doctor?

*Example: Explain this lab result in plain English: LDL cholesterol 3.5 mmol/L. What should I ask my doctor?*

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### Example 7: When a result worries you

**Instruction:** This result worries me: **[type result or topic]**. What are 3 calm, practical questions I should ask my doctor?

*Example: This result worries me: low eGFR. What are 3 calm, practical questions I should ask my doctor?*

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### Example 8: Ask about medication

**Instruction:** What are the 3 most important questions I should ask my pharmacist about this medication: **[medication name]**?

*Example: What are the 3 most important questions I should ask my pharmacist about rosuvastatin?*

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# Free Doctor Visit Prompt Sheet

Make It Your Own

## Create your own question or instruction

You can write your own simple instruction, such as:

- **Explain this in plain English.**
- **Help me think of 3 questions to ask my doctor.**
- **What should I ask my pharmacist?**

Use your own words. Gemini does not require perfect wording.

## If the answer is too complicated

If Gemini's answer is too long or confusing, try one of these:

- **Explain this more simply.**
- **Make this shorter and easier to read.**
- **Turn this into a short note I can print or bring to my doctor.**

## Your own notes or questions

Use this space to jot down your own health word, question, result, medication, symptom, or appointment topic before typing or speaking it into Gemini.

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## Quick privacy tip

For general questions, leave out names, addresses, health numbers, and other personal details unless your question depends on them. **Try:** A family member was told their cholesterol is high. What questions should they ask their doctor?

## Common-sense limits

Gemini can help you understand, organize, and prepare. Do not use it to start, stop, or change medication, decide whether a symptom is serious, or delay care. If something feels like an emergency, get medical help right away.

*For general education only. Gemini is not medical advice. Always check personal health decisions with your doctor, pharmacist, or another qualified healthcare professional.*