



PREPARING FOR YOUR VISIT TO THE MS CLINIC

Please ensure that you have everything you need for your visit to the MS clinic. This will enable you to have more time with your MS team.

Before your visit

- Ensure that your blood tests (if required) are up-to-date
- Please let us know in advance if your employer or insurer needs a letter confirming your attendance at the clinic
- Confirm the date and time of your appointment

Documents you will need

- Health care card
- Hospital card (if applicable). Ensure your address is correct if you have recently moved.
- A list of all the medications you are taking
 - This includes non-prescription drugs, alternative/complementary therapies, and vitamin/mineral supplements
 - Please jot down the doses you are taking of each medication and why you are taking them
- A list of any medical procedures (e.g. surgery) or health issues since your last visit
- The name of your family physician
- Any changes to your drug insurance coverage – this can affect the medications you are prescribed

Remember:

- 1 Your eyeglasses
- 2 Any mobility aids you need, such as a cane or walker
- 3 To wear well-fitting shoes with a low heel, easy to take off and put back on (avoid slippers or beach shoes)
- 4 To tell your doctor if you need a renewal of your prescriptions
- 5 To bring the medications you need to take at a fixed time
- 6 To bring money for parking – not all parking lots or meters accept credit/debit cards