

THE LILY PERSPECTIVE



The One-Minute Summary

How to be heard at any appointment.

Appointments go fast — often 15 to 20 minutes — and the first minute sets the tone for the rest. This free guide helps you say the most important things first, clearly, for any condition and any clinician.

FREE FILLABLE PDF · TYPE ON SCREEN OR PRINT

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For education only, not medical advice · Please share it with anyone who needs it

START HERE

Why the first minute matters

When your concerns come first and are specific, it is easier for a clinician to focus the visit on what matters to you.

INSTEAD OF...

"My pain is really bad."

TRY...

"My pain keeps me home from work two days a month, and ibuprofen no longer helps."

The difference is **function**: what the symptom stops you from doing. Numbers, days, and specifics give a clinician something concrete to act on. Fill in the next page before your appointment, then read it out loud or hand it over.

1

Fill it in a few days ahead

Your thoughts will be clearer than in a waiting room.

2

Say it first

Before the clinician starts their questions: "Can I share a quick summary first?"

3

Keep it

Update it after each visit. It gets sharper every time.

A NOTE FROM LILY

I have memories of throwing up in a middle school bathroom from period pain — and being told it was normal. It wasn't. I made this so your first minute counts.

YOUR SUMMARY

My one-minute summary

Type directly into the boxes, or print and handwrite.

I am here today because...

e.g. my period pain keeps me home 2–3 days every month

My most disruptive symptom is...

It started... and has changed by...

when it began, and whether it is getting worse

It affects my life by...

work, school, sleep, relationships, exercise

I have already tried...

medications, treatments, and what happened

Today, I am hoping to leave with...

e.g. a test, a referral, a new option, a plan

BEFORE YOU GO

Five habits that help you get heard

Small moves that make appointments more productive, whatever your condition.

1 Lead with function, not adjectives.

"I can't sit through a work meeting" says more than "it's severe."

2 Bring your treatment history.

What you tried, for how long, and what happened. "Nothing works" is hard to act on; specifics are not.

3 Ask one "what's next?" question before you leave.

"What is the next step, and when should I follow up?"

4 Write it down, or bring someone who will.

"Can you give me a moment to write that down?" is always a fair request.

5 Get it in writing.

Request your visit notes and results. If a request is declined, you can ask for the decision and reason to be noted in your chart.

WANT THE FULL KIT?

This page comes from **The Lily Perspective Appointment Prep Kits**: fillable workbooks with a symptom snapshot, treatment history, guideline-based diagnostic roadmap, the questions worth asking, scripts for hard moments, and visit notes.

Starting with endometriosis, with more conditions and tools on the way. Check the link for what's available now.

Find them at [@b.lilyperspective](https://b.lilyperspective) (link in bio)

Created by Lily Niehaus, MA, a clinical research coordinator and chronic illness educator. This guide is for education only and is not medical advice. Seek urgent care for sudden, severe, or frightening symptoms.