

Appointment Checklist

Going to the doctor regularly is important for overall health. However, for those with Alagille syndrome, there is a lot to remember and there are complicated topics to discuss—and that can make your doctor’s visit overwhelming.

To better prepare for and make the most of your appointments, download and complete this checklist, and then bring it with you to your next doctor’s visit.

BEFORE *Things to bring:*

- List of relevant medical events**, such as surgery or NG tube placement (if applicable)
- List of medicines** being taken and any new or worsening side effects
- School-related forms or information**, such as an Individualized Education Program (IEP) statement, special accommodations, or a list of medicines taken during school hours
- Lab results and reports** that your doctor may not have (eg, blood tests from other facilities, doctor notes from other organizations, etc)*
- Itch Quiz summary**
–Answer 10 questions and download your summary at AlagilleSyndrome.com
- Itch✓ app reports**
–Not using Itch✓? Learn more about the app and get started at AlagilleSyndrome.com
- Photos** of any flare-ups or recent changes related to growth, itch, etc
- Notes** about any new or worsening symptoms
- Specific questions** you’d like answered

DURING *Topics to discuss:*

- Height, weight, and growth concerns**
- Diet and nutrition**, including vitamins, supplements, and/or anything in particular that should be avoided/supplemented
- The itch**, making sure to note the severity of the itch at its worst
- Daily life**, including social activities and family life
- Sleep schedule**, including any difficulties falling asleep and/or staying asleep
- Emotional well-being** and mental health
- New or worsening symptoms**
- Lab tests** that may be recommended
- Current medicines** and how they’re working
- Potential treatment options** that may be appropriate for your or your child’s symptoms
- Support**, including care coordination, financial options, and mental health
- Other:** _____

Notes: _____

*Many doctors’ offices accept print or digital records. Visit your specialist’s Patient Portal (if applicable), or contact the office directly for all medical records.

AFTER

Next appointment date: _____
(MM/DD/YYYY)

Changes to the treatment plan and/or tests to follow up on:

Specialists to follow up with and any relevant questions for them:



Track Symptoms Between Appointments

Daily symptom tracking is more convenient than ever. Easy to download and easy to use, the Itch✓ app allows you to create a detailed journal of symptoms and observations, which can then be shared at upcoming appointments.

Download Itch✓ in the App Store® today.

Get the Support You Need, When You Need It

The Alagille Syndrome Alliance (ALGSA) is a non-profit organization that aims to inspire, empower, and enrich the lives of people and families affected by Alagille syndrome.

Join the close-knit community at [Alagille.org](https://www.alagille.org)

Developed in partnership with:



Alagille Syndrome Alliance
Stay strong. Press on.



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