Living with immune thrombocytopenia (ITP) can be challenging. It’s important to work with your doctor to manage your treatment. Because the time you spend with your health care team is limited, planning ahead can help you make the most of each visit.

Use the statements below to help you identify and prioritize what’s important to you. Discuss your answers with your doctor before your next appointment.

**HOW LIVING WITH ITP AFFECTS ME**

Since my last visit, I’ve physically felt

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

The hardest part of managing ITP is

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

The part of managing ITP I feel most confident about is

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

ITP gets in the way of me doing

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

When I think about ITP, I wish I knew more about

__________________________________________________________________________________________________________

__________________________________________________________________________________________________________

**MY ADDITIONAL CONCERNS**

Raising questions with your health care team will help them understand what’s most important to you. They are there to help you. Use the space below to record any additional topics you want to talk about or questions you want to ask.

__________________________________________________________________________________________________________

_____________________________________________________________________________________________________