



<https://ca2deficiency.duckdns.org/> · Educational organizing tool — not a diagnosis or treatment plan

Follow-up Visit Checklist

Since the last visit — what you notice at home only. Do not treat any symptom as proof of a specific HCO₃ or K level.

Has this improved since the last visit? Better / Same / Worse / Unsure

Item	Better	Same	Worse	Unsure
Activity	☐	☐	☐	☐
Lethargy	☐	☐	☐	☐
Unusual hyperactivity	☐	☐	☐	☐
Fatigue	☐	☐	☐	☐
Appetite	☐	☐	☐	☐
Amount of food	☐	☐	☐	☐
Nausea	☐	☐	☐	☐
Constipation	☐	☐	☐	☐
Diarrhea	☐	☐	☐	☐
Vomiting	☐	☐	☐	☐
Abdominal pain	☐	☐	☐	☐
Urine amount	☐	☐	☐	☐
Urine frequency	☐	☐	☐	☐
Urine color	☐	☐	☐	☐
Urine odor	☐	☐	☐	☐
Pain/burning with urination	☐	☐	☐	☐
Nocturnal enuresis	☐	☐	☐	☐
Dark appearance under eyes / appearance change	☐	☐	☐	☐
Specific pain	☐	☐	☐	☐
Mood	☐	☐	☐	☐
Psychological state	☐	☐	☐	☐
Medication acceptance	☐	☐	☐	☐
Missed/delayed doses	☐	☐	☐	☐
Spitting medicine	☐	☐	☐	☐
School/social behavior	☐	☐	☐	☐
Vision	☐	☐	☐	☐
Hearing	☐	☐	☐	☐

Usual order of the visit day (approximate)

1 Registration	2 Weight/height	3 Clinic	4 Blood gas/labs	5 Return to clinic	6 Evaluate results	7 Evaluate dose
8 Review symptoms	9 Medication/nutrition advice if needed	10 Next appointment				

Today's lab results

	Previous visit	Today	Doctor's decision
pH			
HCO ₃			

	Previous visit	Today	Doctor's decision
K			
Na			

Dose decision:

☐ Unchanged ☐ Increased ☐ Decreased ☐ Formulation changed

Potassium:

☐ No change ☐ Dietary advice ☐ Medication prescribed by physician

Before leaving the clinic

☐ New dose written ☐ Prescription renewed ☐ Next appointment booked ☐ Next lab date known

☐ Kidney follow-up date checked ☐ Imaging follow-up checked ☐ Important question answered

Top 3 things we must discuss today

After-visit summary

New dose

Start date

Next appointment

Next labs

Doctor's note

Educational and organizational only. Does not diagnose, set doses, or replace a clinician. What you notice at home is not the same as what is in the medical record, and not the same as what the doctor decides.