

SMART CHATGPT PROMPTS FOR MEDICAL CLARITY



✦ Step 1: Know Your Goal

Before you ask, decide what you want to understand.

Try starting with:

- "I want to understand my lab results."
- "I'm tracking symptoms to find a pattern."
- "I'm preparing for a second opinion."
- "I want to know if a medication could be causing a side effect."

✦ Step 2: Give Context

Add key facts:

- ✓ Your symptoms
- ✓ Your conditions (like POTS, EDS, MCAS, etc.)
- ✓ What test or info you're asking about
- ✓ If this is for a doctor visit, second opinion, or just clarity

✦ Step 3: Ask Smart, Specific Questions

Here are ready-to-use prompts:

1. "Can you summarize this CBC panel in plain English?"
2. "Are there any patterns between these symptoms and my blood work?"
3. "Could any of my current medications be causing this fatigue or dizziness?"
4. "What follow-up tests should I ask about based on these results?"
5. "Can you create a timeline from these doctor notes and symptoms?"
6. "What red flags should I bring up with my doctor?"
7. "What might a specialist want to know based on this info?"

✦ Step 4: Refine the Answer

Use these follow-ups for better clarity:

- "Explain that like I'm five."
- "List the top 3 takeaways from this."
- "Can you make this more conversational?"

- "What's one concern I should prioritize?"

⚠ Remember:

ChatGPT is here to support your thinking, not replace your doctor.

Use this tool to get organized, prepare smarter, and feel more confident — then bring your findings to your care team.

@TheZebraNetwork.com ❤

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