

Questions for your doctor



HK Vaccines

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Shingles and continuing pain

Choose the questions that matter to you. Take this sheet to your appointment; keep any written notes private.

If you think you have shingles, contact a doctor promptly. A rash on the eye or nose, or changes in vision, needs urgent medical assessment. Do not wait to finish this sheet.

1. What needs to be assessed about my rash or continuing pain?
2. What changes mean I should seek urgent medical help?
3. How should we review pain that is not improving or is affecting sleep and daily life?
4. What medicine and allergy information should I bring? What should I ask before changing any medicine?
5. When should I return, and who should I contact if symptoms change?
6. When would it be appropriate to discuss future shingles prevention?

Useful information to bring

When symptoms began; what has changed; effects on sleep or daily tasks; current medicines and medicine allergies.

My questions and appointment notes

Write on the printed sheet. No information is submitted to the website.

Vaccination is prevention, not treatment for a current shingles episode or existing PHN.

General information for a clinical conversation, not a diagnosis or personal treatment plan.

Prepared 13 October 2026.

Sources: CHP shingles section; NHS shingles / PHN; CDC current-episode guidance.

[CHP: chickenpox, shingles section](#) [NHS: post-herpetic neuralgia](#) [NHS: shingles](#)

[CDC: vaccination is not treatment of an episode](#)