

MAKING THE MOST OF YOUR APPOINTMENT

DATE:

TIME:

WITH:

Doctors appointments are 10 minutes long, within this time they call you in, listen, examine, diagnose, propose treatment or referral and then enter this information onto your medical record – all in ten minutes.

By following some of the tips below you can help ensure your ten minutes are used effectively, helping the doctor run to time and not keep other patients waiting.

Talk about the most important thing that is troubling you first – even if it is the most embarrassing or worrying.

It may help to write everything down (with questions) beforehand so you can refer to your notes.

Be specific about your symptoms if possible, with a timeline.

What would you like the doctor to do? (e.g give re-assurance, prescribe medicine, suggest treatment, give advice, refer you for private treatment)

Explain if any big life events may be affecting your mental or physical health

Be honest if you haven't taken the medicine or other action prescribed by the doctor after your last visit.

If this is the first time you are visiting the GP practice bring a full list of the medication you are currently taking.

If you don't understand what you have been told, don't be afraid to ask again.

Ask a friend or family member to come with you, if you would like the benefit of their help in understanding what the GP is recommending.

Make sure you know what happens next.

MAIN REASON FOR APPOINTMENT:

Talk about the most important thing that is troubling your first even if it is the most embarrassing.

DETAILS OF YOUR SYMPTOMS:

When did they start, does anything make them better or worse?

During your appointment:

Do not be afraid to ask if you do not understand. For example: "Can you say that again? I still do not understand."

Before you leave your appointment:

Check you understand you know what should happen next – and when. Write it down.