

How to get the most from your appointment

If you think about what you want to say, it can help you get more from your appointment. It can also help your doctor or nurse.

Making notes before you go in may also help.

Say why you have come. What led you to make an appointment with the doctor or nurse today?



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Say what you expect or want from your appointment. For example do you want a diagnosis, a prescription, reassurance, to see a specialist, or something else?



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Say what you think is going on. Do you have any ideas about what is causing or is part of your problem? It helps the conversation if you share these with your doctor or nurse.



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You may find it helpful to write notes during your appointment. It can help you remember any suggestions that your doctor or nurse makes. Your doctor or nurse will think it's a good idea and will not think it's rude. They may also make some notes for you to take with you.



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Agree a plan of action and what to do if things don't go as expected. Before you leave, make sure you are clear on what will happen next. For example, do you know what to do if your symptoms get worse, you don't hear from the hospital, or you have problems with your medication?



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