

Make the most of your appointment

- ☑ **Ask yourself:** How important is being seen quickly, or would I be better waiting to see a GP who knows me and my condition?
- ☑ **If a GP runs late** – are they spending needed time with patients? One day you may appreciate them running late for you.
- ☑ **It's sensible to bring a list**, but consider what's achievable in 10 minutes. 4 problems? That's 150 seconds each. It's usually better to come back again rather than squeezing everything into 10 minutes.
- ☑ **Beforehand**, Work out what's really worrying you. Make short notes that describe your symptoms.
- ☑ **Get to the point:** don't beat about the bush and don't "save" important issues until the end.
- ☑ **Wear accessible clothing** if you're likely to need to undress for examination.
- ☑ **Make sure you understand** what's been agreed and what's happening next.