

My visit to my doctor

My doctor is:

Date:

Before I go I have...

- Had a think and made some notes about the questions I want to ask.
- Got my pills ready to show the doctor or made a full list of all the medicines I'm currently taking.
- Made a note of my symptoms, including when they started and what makes them better or worse.
- Asked someone to come with me - if that is right for me.
- Asked for some language or communication support if I need it.
- Packed a pen and paper, glasses or hearing aids, and this checklist, so I can make notes on what is said.
- Made sure I'm in clothes that make it easy for me to be examined, or have my blood pressure taken etc. in case that is what the doctor needs to do.

During my appointment I will remember to ask...

- My doctor to repeat things for me, or to say things in a way that makes sense to me. If I want to, I will ask the doctor to write things down for me.
- If I have to take some tests, what are the test for? How and when will I get the results? Who do I contact if I don't get any results?
- If I am getting treatment, what are my treatment options? Are there any side effects or risks? How long I will need the treatment for? And how will I know if it is working?
- What can I expect if I don't have the treatment?
- Do I have to stop, or avoid doing certain things? And are there any ways I can better help myself on my own?

Before I leave I will check...

- Have I told the doctor everything I wanted to say? Have I asked all my questions? Have I made a note of the answers and do I understand them?
- For more appointments, do I have the times, dates, where I need to go, what I need to do in advance (e.g. stop eating for a period), what the appointments are for, and how I will get any results? And is it all written down?
- If I am having treatment, do I know what it is for? How I'm going to receive it? And am I clear about how I will know if it is working?
- Do I know who, and how to contact someone, if I have any more questions or problems?
- Are any other support groups, community help, or more useful information I can access to make all this easier for me?

