

# Getting the most from your appointment

Experience shows that appointments go better for you and your doctor when you think about these three things:

## Saying what you want to get from today

You know why you've come today but have you thought about what you expect or want to happen? For example: a diagnosis, a prescription, reassurance, to see a specialist. It's useful to let your doctor know.



## Saying what you think's going on

If you have any thoughts about what's causing the problem, do say so. It helps the conversation if you share these ideas with your doctor.



## Agreeing a plan of action and what to do if things don't go as expected

Before you leave, are you clear on what needs to happen next? Do you know what to do if, for example, your symptoms get worse, you have problems with your medication, or there are delays with your hospital referral?

Developed as part of the 'Right Conversation at the Right Time' project



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