

How to Prepare for Your GP Appointment

- 1. Book a Double Appointment (if needed):**
If your issue needs extra time, call the GP surgery in advance to book a double appointment.
- 2. Take a Chaperone:**
Bring a friend, family member, or healthcare professional for support. If you need one provided, ask when booking.
- 3. Send Information in Advance:**
Send any relevant documents (e.g., medical records or test results) ahead of time to help your GP prepare.
- 4. Request Reasonable Adjustments:**
Let the GP surgery know if you need any adjustments, like accessibility support or a translator, when booking.
- 5. Take Notes:**
Bring a list of queries or concerns to ensure you don't forget to ask anything. Take notes on key advice, diagnoses, and instructions, or ask someone to take notes for you.
- 6. Confirm Next Steps:**
Ask about follow-up appointments, referrals, or prescriptions before leaving to ensure you understand the plan.
- 7. Plan Your Journey:**
Allow extra time for travel to avoid rushing and cancel any conflicting commitments.
- 8. Bring a List of Medications and Allergies:**
Take a list of your current medications and any known allergies.
- 9. Allow Time After the Appointment:**
Plan to have free time after your appointment to reflect, travel, and process the information.
- 10. Address Concerns:**
If you're unhappy with the service or advice, contact your GP surgery and request a follow-up appointment with a different doctor.