

# How to get the best from your appointment; top tips

- ☑ **Ask yourself:** How important is it that I'm seen quickly, or would I be better waiting for an appointment with a particular GP? If you have a long-term condition you'll probably benefit from a GP who knows you.
- ☑ **Don't be put off by a GP who runs late** – they may be spending needed time with patients. One day you may appreciate them running late for you.
- ☑ **It's tempting to bring a list of unrelated problems**, but consider what's achievable in 10 minutes. 4 problems in 10 minutes? that's 150 seconds each. It's often better to come back again and spend more time on a problem rather than squeeze as many as you can into one ten minute appointment.
- ☑ **Before you see the GP**, work out in your own mind what you're worried about, and highlight any particular concerns. Consider preparing short notes, including how you would describe your symptoms.
- ☑ **Get to the point:** don't beat about the bush and don't keep important issues until the end.
- ☑ **Wear accessible clothing** if you're likely to need to undress for examination.
- ☑ **Make sure you understand what happens next, if you are not sure** ask to go through the plan again.
- ☑ **Have your say and get your views heard; join our patient participation group.**