



# Tips for getting the most out of your GP appointment

These tips will help you make the most of your visit and support your GP to give you the best possible care.

## 1. Don't put off seeing your GP

- Discussing any health concerns with your GP as soon as possible is vital to your good health.
- If you're not comfortable with a face-to-face appointment, you can book a telephone or video appointment. However, your GP might suggest a face-to-face appointment because sometimes that's necessary to give you the best possible care.

## 2. Think about what you need to get out of the appointment

- If you have lots of issues you wish to discuss, consider booking a longer consultation or booking two separate consultations.
- Because GPs are often very busy, you might have to wait longer to find an available time for a longer consultation. Booking two separate standard consultations might be easier.
- You're important to your GP, but remember they look after lots of patients. Being organised for your appointment makes things easier for your GP and gives you the best possible outcome.

## 3. Write down the questions you need to ask

- This helps you remember everything you want to talk to your GP about, so you don't leave thinking 'I wish I'd remembered to ask ...'
- Give your list of questions to your GP when you first sit down. Your GP can look at the list and prioritise the things that are urgent.
- If you need a prescription renewed, put that at the top of your list. This will give your GP time to complete any necessary authorisations and get the new prescription to you by the end of your visit.

Follow this helpful guide to get the most out of your next GP visit and stay healthy.

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