**We have prepared this sheet to help you make best use of your consultation with your GP. Please fill it in while you are waiting for your appointment.**

1. **Please could you list the problems you want to address and say how long you’ve had each one:**
2. **Which of these is the most important one that you want to deal with today:**
3. **What do you feel might be the cause of this problem?**
4. **Is there anything you are concerned it might be?**
5. **What would you like to achieve from your appointment today?**

**Please give this sheet to the doctor when you come into your appointment. You can leave this with the doctor for the surgery records, or keep it, as you wish.**

**Please let us know if you have found this sheet helpful.**

**SOME QUESTIONS TO CONSIDER**

* **Is this test, treatment or procedure really needed?**
* **What are the benefits and what are the downsides?**
* **What are the possible side-effects?**
* **Are there simpler or safer options?**
* **What would happen if I did nothing?**