



## Making the Most of Your GP

- It is important to see a GP that you trust and feel comfortable talking to.
- Try to see the same GP if possible, the more people involved in your care, the more confusing
- Between visits, make a note of any problems that occur or anything you may want to ask at your next appointment, as you may forget during the appointment
- Just before your visit, go through the list and decide exactly what you will ask, or want to know about
- Make a list of any medication or over the counter vitamins or supplements that you use. The list should include: medication name, brand name, what dose you take, how often and what it is for. Try to keep this with you always; it will be very useful in an emergency
- Keep your medication sheet up to date, if a medication is stopped, write next to it when and why, so in the future if you do see another doctor they will know
- If you think your appointment will take a while, tell the secretary when making the appointment, so you are not rushed
- It is also beneficial to keep a list of your diagnoses especially if you see different doctors or are travelling.
- Try to remember to turn up to every appointment made as a review, as here they will assess your progress
- Answering questions honestly is important as it helps the GP assess the effect of your medication and your progress
- If you don't understand or are unhappy about something don't be afraid to say so
- If a treatment plan is organised which you know you cannot do, tell the doctor so a more practical plan can be made
- Take notes at the appointment so you can remember all the important issues discussed, or take a friend or family member with you
- Remember you and your GP are an important team in your health care, so open honest communication is essential

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