

Top Tips

How to get the best from your appointment

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. Do i really need to see the GP or could the nurse or pharmacist help me?

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 view heard; join our patient participation group.