

Chatsworth Road Medical Centre

Patient Participation Group



Making The Most of Your GP Consultation

The NHS allocates 10 minutes for each GP consultation so it is essential that you make the most of this opportunity. To help, here are a few tips that have been put together by your PPG and Practice staff:

- Always be on time, and please respect the Reception Staff.
- Always TURN OFF your mobile phone prior to the consultation.
- Always think carefully about what you want to say.
- Be clear **about your expectations from the consultation** - for example, do you want advice, guidance, medication or just reassurance?
- List ALL your concerns; bring up your most worrying concern first. Your GP will be happy to prioritise these with you.
- If necessary keep a diary of symptoms.
- Be ready to **explain your symptoms** fully.
- If you have gained information from the Internet please bring this to discuss with the Doctor.
- Don't be afraid to ask questions and be sure you fully understand the answers the Doctor gives.

- If you have multiple problems you can book multiple appointments.
- If you think you have two big problems then you can book a double appointment.
- Make sure you fully understand what the Doctor is advising you to do about medication and any follow up that may be necessary.
- Finally, if symptoms persist make sure you see the same Doctor, as this ensures continuity of care. If you can't then you can always write down how you feel and show that to the doctor.

Whilst you are waiting please use the space below for useful notes:

What Do I Want From My Consultation?

What Are My Symptoms and Concerns?

What happened last time I saw a doctor?