



Checklist

My medical appointment planner

Time and date of appointment:

Name of GP/healthcare professional:

What I want to discuss:

How long it has been affecting me:

The effect this is having on me:



Medication I am taking:

Any other treatment I am having:

Notes on the appointment

Do I need any follow-up appointments?

Are there any tests to book? Who will book these?

Are you prescribing me any new medication or treatment?



Do you have any written information for me? If you need this in another format – large print, easy read, audio – just ask.

Is there anything I can do to help myself, such as exercise or changing my diet?

Who should I contact if there's a problem – for example, my GP or the hospital?



More information

For more information, read our guide

Living well with long-term health conditions.