



Checklist

My medication and treatment

Before your appointment

Make a list of any medication you're taking and details of other treatment you're already having. You could also take your prescription list with you to the appointment.

Medication I'm taking (prescription and non-prescription)

Other treatment I'm having



Questions to ask

Are there any alternatives to this treatment?

What treatments do you recommend?

Are there any side effects or risks of this treatment/medication that I need to know about?

What are the benefits of this treatment/medication?



When will my treatment start?

How will I know if the treatment/medication is working?

What would happen if I stopped having this treatment/medication?

What should I do if I miss a dose?

Do I need to make any changes to my lifestyle while I'm having this treatment – for example, diet, alcohol, exercise?



Is it okay to take other things with it – for example, painkillers, indigestion tablets, vitamin supplements?

How long will I need to have this treatment/take this medication for?

Who should I contact if there is a problem or I have any questions?

What are their contact details?



More information

For more information, read our guide
Living well with long-term health conditions.