



Getting the most out of your consultation.

A guide for patients to help you use your consultation time effectively.

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Getting the most out of your consultation.

Did you know that our standard GP appointment time is 15 minutes. If you have more than one problem or a problem that you think may take more than 15 minutes please ask the receptionist to book a double appointment.

To help you and the doctor get the most out of your 15 minute appointment the BMA's Doctor Patient Partnership offers the following advice to help you use this time effectively.

Be Prepared:

- Make a list of any questions / problems you wish to discuss before hand.
- Take a pen and paper as you may want to note down important points.
- Wear loose clothing if it's likely you will be examined.
- Be prepared to tell your doctor of any non-prescription medicines or supplements you are taking.
- You can bring someone with you for support.

During the appointment:

- Don't be afraid to ask questions.
- If you don't understand, ask your doctor to repeat it or write it down.
- If you are prescribed a drug, make sure you know why it has been given to you, how long to take it for etc.

- Remember pharmacists are experts in medication and a very useful source of information.
- Be direct, if you have a problem that you find embarrassing or difficult to talk about, don't leave it to the end of the appointment before mentioning it. Remember your problem is likely to be a common one for your GP, who is there to help you.

One problem at a time:

- If you have several problems it is more effective in the long run to concentrate on just one problem during the consultation than to have to rush through a list of problems. Be prepared to make another appointment so that each problem can be given the time it needs to be sorted out.

Be on time:

- Be on time for your appointment, or inform the surgery as soon as possible, if you wish to cancel your appointment.

Separate appointments:

- Please make a separate appointment for each member of your family.

Under 14 year olds:

- Accompany under 14 year olds. If however, a young person strongly wishes to be treated without his/hers parent's involvement, his/her confidentiality will be respected.