

## Preparing for an appointment with the GP

What I want from my appointment:

Why did I book this appointment?

What is bothering me, causing me pain, or making me feel uncomfortable?

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What I have been experiencing:

*e.g., Symptoms, worries, feelings, sensations*

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How long for?

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What support or help I would like this:

What do I need to help me feel better?

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Questions I have:

I don't want the appointment to finish until I have asked:

1.
2.
3.