
Tips For getting the most out of your appointments



It is important that you get the most out of appointments with members of your health care team, that you give them accurate information and that you understand what they tell you.

The following tips may help you prepare **before, during and following** your medical and health-related appointments.

Tips to consider before an appointment



Aim to be clear about these things before the appointment, especially if it is your first visit:

- Confirm the name of the person you are to see and why you are to see them.
- Ask what sort of appointment options are available – phone, face-to-face or video
- Confirm the day, time and location of where you are to attend; ask the staff to give you these details in writing, including relevant maps.
- Ask whether there is anything you must bring with you (e.g. scans, blood test results, medications, referral letter).
- Ask whether there is anything you must do ahead of your appointment (e.g. not eat or drink water, what you should wear).
- Ask how long the appointment might take (important for parking and for anyone who is coming with you).
- If you require an interpreter, tell the receptionist or staff member, so that this can be arranged before your visit.
- If you have any specific cultural or religious preferences, such as the need to see a male or female doctor/staff member, tell the receptionist when making your appointment.
- Ask whether you can bring someone with you.
- Ask about nearby parking and public transport, so you know how you will get to your appointment.
- Write down any questions or key things that you want to remember to talk about.