

TOP TIPS

Before you see the clinician:-

- Work out what you are worried about
- Think about how to describe your symptoms

In the consultation:-

- Say the important information first
- Explain your concerns

Help Us, Help You

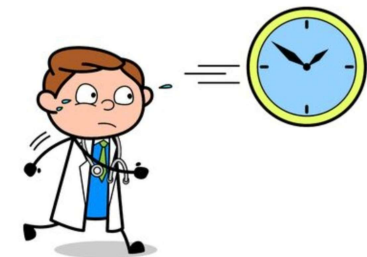


**ONE APPOINTMENT
ONE PROBLEM
ONE PATIENT**

**IT IS TEMPTING TO BRING A LIST OF PROBLEMS
PLEASE CONSIDER WHAT IS SAFELY ACHIEVABLE IN 10 MINUTES!**



- Too many problems is unsafe.
- It distracts the clinician from dealing with your main problem thoroughly.



- Clinicians may be more likely to rush and make a mistake
- The clinician can arrange a follow-up appointment if required to deal with another problem.