

Getting the most out of your GP appointment

GP time is very pressured presently and we want you to get the most from your appointment with your doctor. It may be helpful to bear in mind the following points :-

- Routine GP appointments are planned for 10 minutes.
- Dealing with multiple problems may be difficult to manage in the allotted time. It is helpful if you can raise your most important concern early on in the conversation rather than saving it until the end.
- If you have multiple problems then the GP may prefer to concentrate on the most pressing issue(s) and ask that you come back another time to discuss other concerns.
- If you think you may need longer with the GP because you have multiple or complex problems you can ask to book a 'double' appointment to allow more time.
- If you are bringing along children or other persons into your consultation the GP will not be able to deal with any medical problems they have unless they also have an appointment booked.

Thank you for your help