

While seeing your GP

- The average GP appointment lasts 10 minutes
- This is for one person with one problem
- It might seem like a good idea to bring along a number of things to talk to your GP about
 - ⇒ It is often better to come back to your GP and spend more time on a single problem
 - ⇒ When talking about your problem, get to the point and don't keep important issues until the end
- What happens next? If you aren't sure, ask to talk about the plan again and take notes

