

# Getting ready to talk about your health



We all need to get the most out of appointments about our health. It's really important that the information we are given makes sense to us.

Then, we can make the best decisions about our care, our health, having tests or treatment as well as taking our medicines in the right way and staying well.

**Before your appointment you might like to think about what matters to you. Here are three questions you might think about...**

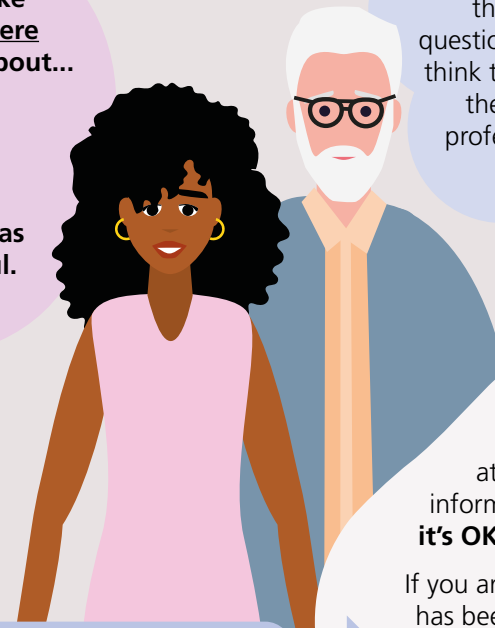
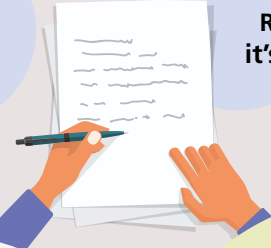
- What is my main problem?
- What do I want to do?
- Why is this important to me?

**Taking a list of your questions as well as your medicines with you is also helpful.**

Some people feel they can't ask questions because they think they are wasting the health care professionals time.

In fact, not only do they really want you to ask questions it is your right.

**REMEMBER: it's OK to ask.**



**It's OK to ask** for any help and support you will need at your appointment and to bring a friend or relative with you.

If you are not sure what will happen at the appointment or any information you have been sent, **it's OK to ask** about that too.

If you are worried about **Coronavirus** or have questions about how it will affect your treatment or anyone that you live with it is **very** important that you **ask** about this too.

If you are still not sure after it has been explained to you, remember that **it's OK to ask** again as its really important that you understand what will happen next.



## Before your appointment

There are many reasons why the answers to your questions may not cover what you need to know.

If this happens it is **always OK to ask** again.



It doesn't matter if your appointment is face-to-face, by phone, on a computer or tablet **it is still OK to ask.**

**REMEMBER** that if you struggle to use computers and mobile phones **it's OK to ask** for help about this too.

## At your appointment

By the end of your appointment, knowing the answers to these **questions** should help you to decide what is best for you.

**It's OK to ask:**

- What is the matter with me?
- What are my choices?
- What are the pros and cons of each choice?

## At the end of your appointment

Once you feel all your questions have been answered you don't have to make a decision on the spot. You might want to think about things or talk to family and friends. Once you have done that, you may have more questions, **It's OK to ask.**