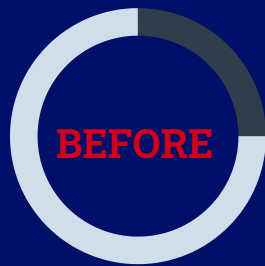


HOW TO PREPARE FOR A MEDICAL CONSULTATION?

TIPS & QUESTIONS TO ASK YOUR DOCTOR



THINGS TO DO BEFORE THE CONSULTATION

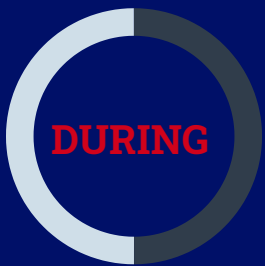


✓ Ask a relative, friend, partner, carer or advocate to accompany you to your appointments

- Make a list of questions you would like an answer to
- Make a list of all medicines and pills you take, including vitamins and supplements
- Write down details of your symptoms, including when they started and what makes them better or worse



THINGS TO REMEMBER DURING THE CONSULTATION



- Do not be afraid to ask your doctors to repeat and/or clarify anything they say
- Ask if you can record consultations on your smartphone



THINGS TO DO BEFORE YOU LEAVE THE CONSULTATION



- Ask a family member to take notes for you
- Check you have asked all the questions on your list
- Know what the next steps are
- Ask who you can contact if you have any problems or further questions
- Ask for reliable sources of information about your disease and treatment options



THINGS TO DO AFTER THE CONSULTATION



- Keep all your notes safe - in case you ever need to refer to them
- Book dates for the next appointments in your diary
- Discuss the results of the consultation with your loved ones

IT'S YOUR CONSULTATION!