

What to say to the GP worksheet

This worksheet can help you to get ready for your appointment with the General Practitioner (GP).

Booking the Appointment

A standard GP appointment is less than 10-15 minutes long. In these appointments you'll only have time to talk about one health issue, or two if they're both simple.

If you want to discuss your mental health or get a mental health care plan, it will probably take longer. Ask the receptionist for a long appointment and ask what the cost will be.

You can tell them you need a mental health care plan, but you don't have to say what the appointment is for if you don't want to. You can say, "I'd prefer not to say."

During the appointment

The GP will ask you about your life and your health habits. You can write down some notes on this worksheet before your appointment to help you to remember and communicate clearly with the GP.

I am here to get help with:

1.

2.

3.

Even in a long appointment, you may not have time for more than three items. Always start with the most worrying or serious item on your list. This will allow the things worrying you the most to be given more attention during the appointment

Questions that may be asked

The GP may ask you if any big **changes** have happened in your life recently. This means things that are big or important to you. For example, someone close to you dying, moving to a new house, your pet getting sick, losing your job. Lots of other things may be big or important to you. Write down any big changes in your life in the space below.

Write down any **medications** you're taking. This includes over the counter medicines and supplements, like vitamins. Also write down any recreational drugs that you may use.

The GP may ask you about your **sleep**.

Write down what's normal sleep for you, and if there's been a change.

The GP may ask you about your **diet**.

Write down what's normal for you, and if there's been a change.

The GP may ask you how much **alcohol** you drink. If you drink alcohol, write down how much you drink each week and if there's been a change.

See other sections of this guide or download the complete guide [here](#).