

# While I'm waiting...

Whilst waiting for your appointment, there are some questions you can consider to help you get the most out of your appointment.

**1. What is the most important thing I want to discuss today?**

**2. If time, what else is important to discuss?**

**3. How have I tried to address these things myself?**

**4. Thinking about it now, is there anything else I could do?**

**5. What support would I like from my Doctor/Nurse to help me?**