

What I want to say to the GP



In preparing for your appointment you can use the [What to say to the GP worksheet](#) to work out what you want to say to the GP. You can use the worksheet with your support person or by yourself.

It's a good idea for you or your support person to make some notes on your phone or on paper about what you want to say to the GP.

If you know the GP's email address, you can send them an email with a short list before your appointment. This can make it easier for you to communicate with the GP at the appointment when you're feeling unwell.

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