

After your appointment

This resource will help you make sure you have everything you need to follow up on things you need to do after the appointment.

1. Before you leave the GP clinic

Make sure you understand what the GP has told you, who to contact if you have questions or difficulties with the instructions.

Make sure you have all prescriptions, referral letters and forms for tests or scans that the GP (General Practitioner) has recommended. You also need to know how quickly you need to see another professional or have tests or scans done.

Make another appointment with your GP if they asked you to.

Put the new appointment in your phone, diary or other reminder system.

2. Immediately after leaving the appointment

Do something that helps you to rest and recharge.



“After an appointment I can feel overloaded. I manage this by having some quiet time before travelling home.”

To help you understand your treatment plan better, it may be useful to discuss this with your support person or a trusted person. If you have any concerns or queries, go back to the psychologist or the GP to get the information you need or seek a second opinion from another psychologist or GP.

3. Following up after the appointment

If you were given new prescriptions:

Take these directly to the pharmacy to get the medications.

If the pharmacy doesn't have the medication available when you go there, you may need to collect them later that day or the next day.

Set a reminder to take the medications (or add them to your current medications and reminder).

If you were given forms for blood tests or scans:

Be sure you know if these need to be done at a certain time of day or with any instructions (for example, before you eat).

Make an appointment if required or ask your support person to make the appointment. Get these done as soon as possible.

Contact the GP clinic to check on the results if you haven't heard in a week. They may not contact you automatically. (Many clinics will ask you to come in for an appointment rather than give private medical information over the phone).

Share information about the appointment follow up with your support person. You can ask for help in booking appointments and organising tests if you need it.

If you need to find a new psychologist read the [finding a psychologist resource](#). If the GP has referred you to another Allied Mental Health professional you can use these links to find:

- [a mental health social worker](#)
- [a mental health occupational therapist](#), select 'mental health' as the Area of Practice in the dropdown menu.

For a worksheet that outlines the steps download the After the visit worksheet from the AASPIRE healthcare toolkit.

Helpful strategies

Ask my support person to help me remember to take my medication.

Ask my GP to send the referral to the psychologist or specialist.

Set a reminder in the calendar in my phone for my next appointment or to take my medication.

Read the information from my appointment & follow the instructions.



"I put reminders for medical appointments in my phone and sync it to my fitbit. It buzzes when there's a reminder."