

A white speech bubble with a blue outline and a tail pointing towards the top left. Inside, the text 'IT'S ALL ABOUT' is written in blue, uppercase letters.

IT'S ALL
ABOUT

A teal speech bubble with a white outline and a tail pointing towards the top right. Inside, the word 'YOU' is written in white, uppercase letters.

YOU

A large, thick blue speech bubble with a white outline and a tail pointing towards the bottom right. Inside, the text 'TOP TIPS TO PREPARE FOR YOUR APPOINTMENT' is written in blue and green, uppercase letters.

TOP TIPS
TO PREPARE
FOR YOUR
APPOINTMENT

Some people find it useful to think about the things they would like to discuss ahead of their appointment.

You can write these things down in the boxes below and then discuss these in your appointment.

1

2

3

Here are some of the things that people sometimes want to talk about. Tick any that are important to you.

- Sleep
- Medication
- Monitoring my health
- Healthier eating
- Pregnancy and contraception
- Driving/travel
- Benefits/money
- Pain
- School/college/work
- Feeling down/stressed or lonely
- Caring for someone
- Giving up smoking
- My day-to-day health
- Alcohol
- Keeping active
- Relationships/sex life
- My future health



Top tips for clinic

- Feel free to bring a friend or relative with you to your appointment. They are welcome to join you for your consultation if you wish.
- Write down two or three important questions that you would like to discuss during your appointment. We may not be able to discuss everything today but it will help us prioritise what is important to you.
- If you have been waiting more than 20 minutes please check back with a member of staff.
- Don't be afraid to ask if you don't understand.
- You may be required to go for extra tests whilst you are in the department, please allow time for this.
- We will offer you a copy of your clinic letter summarising your consultation, but feel free to take notes as well if you would like.

Alternative Formats:

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **0344 811 8118**

Other sources of information:

NHS 111 NHS Choices www.nhs.uk NICE www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202** Text: **01670 511 098**

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **0344 811 8111**

www.northumbria.nhs.uk

PIN 830/V1
Review date March 2022