

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 left. 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
- Eating the right amount
- 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.

Northumbria Healthcare NHS Foundation Trust  
General Enquiries **0344 811 8111**  
**[www.northumbria.nhs.uk](http://www.northumbria.nhs.uk)**