

Preparing for your GP appointment

When booking your appointment:

- Consider booking a double appointment if you need to discuss more than one issue
- Book the appointment for a time of day most suitable for you (e.g. taking into account your energy or pain levels)

Preparing for your appointment:

- Use the attached sheet as a guide
- Note down your symptoms
- Prioritise the issues you would like to discuss
- Prepare some questions

During the appointment

- Consider taking someone with you for support
- Discuss your main concern first
- Ask questions
- Take notes on the attached prompt sheet
- Ask your GP what the next steps will be and note these down

After your appointment:

- Keep track of your symptoms and any changes
- Do not be afraid to ask more questions

Other sources of advice

- Your local pharmacy
- The practice nurse
- Calling NHS 111
- Visiting [nhs.uk](https://www.nhs.uk) for medical advice for people aged 5 or over
- Visiting the [NASS website](https://www.nass.org.uk) for general advice about axial SpA (AS)

Use these prompts during your appointment

Date and time:

Name of healthcare professional:

What is the main reason for your appointment?

What questions would you like answered?

What medications are you currently taking? What medications have you previously tried?

Use this space to write down notes in your appointment:

What are the next steps?

Do you need to book a further appointment? Yes No

If yes, how soon?

Further notes:

