

# Prompt sheet for patients

When you are feeling unwell and/or worried it can be hard to think of all the things you want to ask.

## What is important to you?

- People often have questions and concerns when they come to their appointment
- Thinking of your questions and concerns **before** your visit will help with your appointment
- Common questions and concerns for appointments are listed here, these may or may not be important to you



## Your next appointment

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Healthcare professional: \_\_\_\_\_

## Before your visit

- Some people find it helpful to talk with family and friends about their appointment
- Write down all your questions and think about which ones are the most important **to you**

## During your visit

- Ask your most important questions early in the visit
- Take notes of your conversation to help you remember what was said
- Ask your healthcare worker if you don't understand the words used or if you want more information
- If it would help, ask for a picture or drawing that helps explain your illness or treatment
- Repeat what your healthcare worker says in your own words

## After your visit

- Write down what you have learned, next steps, treatment, medication and questions as they occur

*Making conversations easier*

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Many people have questions during their visit.  
Here are some common things people have questions about:

## My Illness

- What has caused my illness?
- Can I pass it on to someone else?
- Can it be cured?/Might it get better by itself?

## My Treatment

- What are my options?
- What are the pros and cons of each option for me?
- How do I get the support to make a decision that is right for me?

## My Tests

- What are the tests that I should have?
- What are the pros and cons for these tests?
- What are the results of the tests that I have had?

## My Care

- Who else might be able to help me?
- Where can I read more about my care?
- When should I come back to see you?

## My questions BEFORE my appointment

Large empty box for writing questions before the appointment.

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Many people have thoughts and ideas they would like to discuss.  
Take some time to think about and write yours here.

## These may help you form your questions and concerns

Can I... I wonder... I feel...  
I am scared about...  
Should I... I don't understand...  
What if... I am worried that...  
I sometimes think that...

## Things about my family/my life Important for my care

## Ideas

## Concerns

## Expectations

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## After my appointment

### Things I need to remember

### Notes about my visit

### Next steps for me