



Before your appointment

A little preparation. A better conversation.

Things to take

- ☐ Previous reports, scans and prescriptions
- ☐ A list of current medicines and supplements
- ☐ Notes on symptoms and period dates
- ☐ Documents requested by your hospital

My three main questions

What matters most to me

My agreed next step / follow-up

A practical planning sheet. Follow your own clinician's advice.