

## Attending your GP appointment



- **tell the receptionist you will wait outside** until your name is called if you don't like sitting in the waiting room of the GP clinic



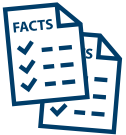
- **ask if there are risks with your medications** or discuss concerns you have if the GP says you must take medications (you can also ask them why you need the medications)



- **ask the GP what the reasons are for tests or treatments you may need** (for example if you need your blood pressure taken each time you visit ask them why).



- **ask the GP any questions you have about your treatments or tests**
- **ask the GP to write down what you have been told** if you think you may not remember what was said.



- **ask for any fact sheets** that may be available
- **ask for a follow-up appointment** if you need to make a decision on something and you're not ready yet

# MANAGING YOUR GP APPOINTMENTS



## Making an appointment with a GP



- **ask for a longer appointment** if you think you will need more time to talk with the GP (most appointments are 10-15 minutes)



- **ask if you have to pay for your appointment** (if you are receiving Centrelink benefits most GPs will not ask you to pay for your appointment and will bulk bill you through the Medicare system)



- **ask for the first appointment of the day** or directly after the GP returns from lunch if you don't like waiting in the waiting room before your appointment



- **ask for a video or phone appointment** (telehealth) if you don't feel comfortable going to the clinic (you can only ask for this if you have seen a GP at that clinic in the last year)



- **ask how accessible the GP clinic is** (if you need this) for example if there is a ramp or automatic entrance doors

- **ask if there is accessible parking** close to the clinic entrance



- **ask for an interpreter in your language** or an AUSLAN interpreter



- **ask the GP to make changes to the appointment to suit your ability** if you need (tell the receptionist what your special needs are when making your appointment)



- **ask for a male or a female GP** if you would prefer

- **ask what the name of the GP is** who you will be seeing

## Getting ready for your GP appointment



- **think about what information you need to give you GP** so they can help you with your health concerns

- **make a list of the things you want to discuss with your GP** and take this with you to the appointment



- **take your health information with you** to your GP appointment (for example test results or medical scripts you may have)



- **take any medications that you are using** with you to your GP appointment

- **take someone with you to the appointment** if you would like support (tell the receptionist when you arrive that you have a support person or advocate with you)



- **tell your support person or advocate how they can support you** while seeing the GP



- **call the GP practice before leaving for your appointment** and ask if the GP is running on time. If the GP is running late you can ask reception to call you when the patient before you will be seen to give you time to get to the appointment and not have to wait