



IT'S OKAY TO ASK

By asking questions about your care you can make sure:

- Your individual needs are prioritised.
- You understand the benefits and risks of the different options.
- You can make a choice that suits you best.



Before your appointment

Many appointments are now being carried out over the telephone or online. If you have any specific needs that mean it will be difficult for you to participate in the type of appointment that you have been offered, please speak to your individual service.

It might be helpful to think about:

- What is my main concern?
- What do I want to achieve from my appointment?
- Why is this important to me?

Don't forget:

Make a list of your current medications. Think about whether you want to bring someone with you to your appointment.

During your appointment

By the end of your appointment you should know the answers to these questions:

- What are my options?
- What are the benefits and risks of each option for me?
- What happens next?
- Who do I contact if I have questions after I leave?
- Where can I go to get more information?

Remember you can always ask the healthcare professional to explain things differently, explain things again, or to write down information for you.

After your appointment

You might want to discuss your options with friends and family.

- It's okay to change your mind.
- It's okay to go back to your healthcare professional to ask more questions.

