

TOP TIPS

1

Buy a file to keep together all your appointment details, written information, medication details and any contact details of consultants and support organisations.

2

Write down your 2-3 most important questions before attending.

3

Take someone with you to take notes and act as a prompt for any questions.

4

Keep a diary to make note of any changes of your symptoms and what (if anything) you have noticed that improves or worsens symptoms. You can use the tracker overleaf if you wish.

5

Don't be afraid to ask questions or ask for clarification if you don't understand something that has been said.

Preparing for your hospital appointment

This handy resource provides some useful questions to ask to help ensure you make the most of the time you have with your consultant.

Diagnosis

- Can you explain my diagnosis?
- Where can I find more information for my family for example?
- Are you certain that's what it is?
- Will I need more tests to confirm the diagnosis?
- When will these be?
- Will I need to stay in hospital for tests?
- How long will it take to get the results?
- Can you explain the results to me?
- Who can I contact if I have any questions?
- Will other members of my family need to be tested?

Symptoms

- What are the symptoms?
- Is the disorder progressive? / How does it progress?
- Is this likely to affect school / work?
- Am I likely to need additional support at home?
- What do I do if I notice any additional symptoms?
- What happens if my symptoms get worse?
- Who do I contact in an emergency? / Is there an emergency plan?
- Do you have any written information?

Treatment and Management

- What is your recommended treatment plan?
- How else can it be managed? / What long term care is needed?
- Are there any side effects to the treatment?
- Is there an alternative treatment?
- How will I get the treatment?
- If medicines will I need to collect them?
- How often will I need to take it / What is the dose?
- Will someone train me how to take this treatment?
- How will I know if the treatment is working?
- Who do I contact if I can't get hold of the medications?
- Who oversees and manages my care?
- What specialists will I need to see?
- Will I need follow-up appointments? / How often?
- What will these involve?

Appointment Tracker

Date of Appointment _____

Consultant Team / Who Did You See? _____

Main Results / Issues	Treatment Plan / Changes	Next Steps / Investigations	Questions to ask / Comments about appointment

Next Appointment ____/____/____ at ____am/pm Location _____ with _____

www.metabolicsupportuk.org

5 Hilliards Court, Sandpiper Way, Chester Business Park, Chester, CH4 9QP

Tel: 0845 241 2173 Email contact@metabolicsupportuk.org

Registered in England and Wales Charity No. 1089588 and in Scotland Charity No. SC044634. Company Limited by Guarantee 4267454