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GP & Broadcaster

Top Tips for Getting the Most Out of Your Doctor's Appointment by Dr Sarah Jarvis



Plan ahead

Be clear with what you want to say and make a note of your symptoms, worries and any questions you have.



Prioritise and get to the point

Let your GP know which symptom(s) are causing you the most distress and avoid other unrelated health concerns.



Prepare for personal questions

When talking about more sensitive issues, be prepared for your GP to ask you personal questions – it's essential to get you the help you need.



Walk away happy

Ensure you agree with and understand advice given by your GP and don't be afraid to ask questions.



For the full list of practical advice and tips; visit www.theramex.com and download our guide

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