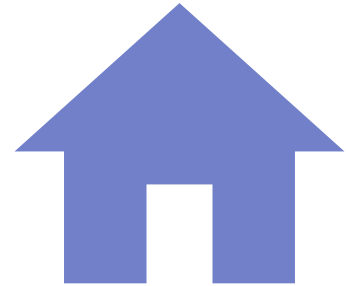


# APPOINTMENT CHECKLIST

## BEFORE

- BOOK YOUR APPOINTMENT
- MAKE NOTE OF WHEN YOUR APPOINTMENT IS
- WRITE DOWN HOW YOU ARE FEELING
- WRITE DOWN 2 OR 3 QUESTIONS FOR THE DOCTOR
- PLAN YOUR JOURNEY



## DURING

- WRITE DOWN INFORMATION GIVEN BY DOCTOR
- ASK QUESTIONS IF NOT CLEAR
- FIND OUT INFORMATION ABOUT MEDICATION
- ASK WHAT YOU CAN DO NEXT



## AFTER

- BOOK ANY TESTS IF NEEDED OR A FOLLOW UP APPOINTMENT
- FIND OUT WHO TO CONTACT IF YOU NEED MORE HELP
- PICK UP MEDICATION FROM THE PHARMACY
- WRITE DOWN WHAT YOU SPOKE TO THE DOCTOR ABOUT

**NEXT** →



**Ambitious  
about Autism**

**NHS**

**Whittington Health**  
NHS Trust

# APPOINTMENT QUESTIONS

- Can you explain this again?
- Why do I need this test?
- Is there anything I can do to help myself?
- Will this medication have side effects?
- What will happen next?
- Can you send this information in writing?
- What should I do if things get worse?
- Where can I find more information about this?

