

Get the most from you GP – top tips

The average GP appointment is only 10minutes long!

We would like to give you longer but the number of appointments we must offer per week is dictated by government.

Here are some top tips to get the most out of your doctor's surgery and help you understand how we work.

- **Did you know that your problem might be able to be dealt with using a telephone consultation or via an online consultation? Or even by a pharmacist?**

Use E-consult via our website or call and ask for a telephone consultation if you think it could. Often this is best for advice or follow up appointments. Emails are answered within 1-2 working days.

If you think there's a chance you might need to be examined then this probably isn't the choice for you.

- **What if I have multiple problems?**

Sometimes patients have more than one problem and feel it's more efficient to save problems up before seeing a GP.

Try and be realistic about what your GP can fit into 10 minutes, they might feel rushed or unable to do multiple problems justice within time constraints.

Our doctors will always do our best to discuss your problems but it can often be best to make another appointment for another problem. Talk about your most important issue first.

- **Worried about something in particular?**

If you have a particular concern about something, please tell the doctor. They might not be thinking the same thing and might not know to discuss that particular issue with you or reassure you.

- **Try not to feel too embarrassed.**

You may be having your first smear or prostate examination but it's likely to not even be the doctor's first one that day. We will always offer you a professional and calming environment with a chaperone. If you would like a chaperone and haven't been offered one, please don't be afraid to ask.

- **My GP is always running late.**

We will always try not to rush you and we know some problems take longer than 10minutes to help you with but sometimes we can be running late due to time constraints, unforeseen emergencies or very sick patients.

Please try and be patient with us.

- **Try and be on time**

Yes GPs are often running late but this can sometimes be down to patient's turning up late. Remember if your 5 minutes late, that's half your appointment gone and will make all subsequent patients late too.

If you arrive 10minutes late I'm afraid you have missed your appointment and will need to rebook.

- **What about home visits?**

Home visits are reserved for the truly housebound. If you are able to make other appointments we expect you to be able to come in and see us.

We can usually see sick children on the day if it is urgent.