

# Preparing for an appointment with your Doctor or Nurse



Preparing for a doctor's or nurse's appointment can help you make the most of your time and ensure you cover everything important. Here are some tips for preparing:



**List Your Symptoms or Concerns**

- Write down any symptoms you've been experiencing, even if they seem unrelated.
- Include when the symptoms started, how often they occur, and how severe they are.
- Don't forget to note any changes in your physical or mental health.



**Make a Medication List**

- Bring a list of all medications you're currently taking, including prescription medications, over-the-counter drugs, supplements, and vitamins.
- Include the dosage and frequency of each medication.



**Prepare Your Medical History**

- Be ready to share any significant medical history, including past surgeries, chronic conditions, and family health history.
- Mention if there are any recent tests or treatments you've undergone.



**Write Down Questions**



- Think of any questions or concerns you want to ask. Some examples might include:
  - "What can I do to manage my condition?"
  - "Are there any lifestyle changes I should consider?"
  - "Are there alternative treatments or therapies?"
- Bring these questions with you so you don't forget to ask them.



**Track Your Lifestyle Habits**

- Consider your diet, exercise, sleep patterns, stress levels, and any other habits that could be relevant.
- If you're seeing your doctor for a specific concern (like weight, anxiety, etc.), jot down anything that might be helpful to discuss.



**Be Honest and Open**

- Share any concerns, even if they feel uncomfortable. Your doctor or nurse is there to help and provide the best care possible.
- It's important to be honest about your lifestyle, symptoms, and how you're feeling.



**Bring a Support Person if Needed**

- If you're nervous or need help understanding the information, consider bringing a trusted friend or family member with you.
- Make sure your support person knows your concerns and questions so they can ask on your behalf if you forget or become nervous.



**Know Your Insurance Details (if applicable)**

- If you are using Private Health Insurance, make sure your appointment is authorised and you have all the relevant details.



**Review Your Previous Appointments or Test Results**

- If you have any relevant test results, medical reports, or documents from previous appointments, make sure to bring them with you.



**Plan for Follow-up**

- If the doctor recommends follow-up visits or tests, be sure to clarify what's needed and schedule any follow-up appointments as necessary.

By preparing ahead of time, you'll help ensure that your appointment is as productive as possible and that your healthcare provider has all the information needed to offer the best possible care.



If you have Heart Failure and are meeting with your doctor or nurse, it's important to ask questions that will help you understand your condition, treatment options, and ways to manage your health. Here are some key questions you might consider:

Feel free to tailor these questions based on your specific situation and concerns. It's also helpful to bring a list of your medications and any symptoms you've been experiencing to the appointment.

## UNDERSTANDING YOUR CONDITION



- **What is the cause of my Heart Failure?**
- **What type of Heart Failure do I have: HFrEF (Heart Failure with reduced Ejection Fraction), HFpEF (Heart Failure with preserved Ejection Fraction), or HFmrEF (Heart Failure with mildly reduced Ejection Fraction)?**
- **What symptoms should I watch for that may indicate worsening Heart Failure?**
- **What is the best way to contact a Heart Failure nurse and/or GP Practice if I do notice any changes in symptoms?**

## MONITORING AND MANAGEMENT



- **How often are my appointments?**
- **What tests will I need regularly, and how will they help manage my condition?**
- **How can I monitor my weight and symptoms at home to detect changes early?**
- **How will I be notified when my next appointment or test is?**

## LIFESTYLE AND SUPPORT



- **What exercises are safe for me to do?**
- **Discuss the exercise you may have done before your diagnosis and how relevant could this be now?**
- **Can you recommend resources (support groups, educational materials) for living with Heart Failure?**
- **How can I manage other health conditions (like diabetes or hypertension) alongside Heart Failure?**

## TREATMENT OPTIONS



- **What medications will I need to take, what do they do and what are their side effects?**
- **Are there lifestyle changes I should make to help manage my Heart Failure?**
- **Do I need to limit my salt or fluid intake?**
- **What are the potential benefits and risks of any recommended procedures or surgeries?**

## PROGNOSIS AND FUTURE PLANNING



- **What is the long-term outlook for my condition?**
- **What signs should prompt me to seek immediate medical attention?**
- **How will this affect my work life? Do I need to have a conversation about reducing hours or role change? Do I need to take time off? Do I need to inform my employer?**

## PERSONAL CONCERNS



- **How will this condition affect my daily life and activities?**
- **Are there any specific dietary recommendations I should follow?**
- **Am I fit to travel?**

Learn about what benefits you may be able to claim - visit [www.gov.uk/browse/benefits](https://www.gov.uk/browse/benefits) or visit [www.citizensadvice.org.uk](https://www.citizensadvice.org.uk)

Many questions are answered in the support guide section on our website community hub. Find it here or scan the QR code [qr.pumpingmarvellous.org/SupportGuides](https://qr.pumpingmarvellous.org/SupportGuides)



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