

How to prepare for an appointment with your GP if you think you may have cancer or another life limiting illness

Talking to your GP can be very daunting especially if you are concerned about your health. It is important to help your doctor understand what is happening so they can help you as quickly as possible.

To make the most out of the time you have with the doctor we suggest that you prepare for your appointment by:

- writing down why you think you may have cancer
- writing down any changes you have noticed to your health, for example losing weight, pain, coughing etc
- noting when you noticed these changes
- listing what actions you have taken yourself to treat them, for example have you taken any medication from the pharmacist?
- writing a list of any concerns or questions you might have

If you don't understand any information your doctor gives you it is important that you ask them to explain again.