

Accessing your GP

**Top tips from
The Corner to help
you access your GP
for a range of
services!**



The Corner is funded by Dundee City Council & NHS Tayside

■ **Are you registered?**

Find out who your Doctor is and where the surgery is.

■ **Put your Doctors Phone Number in your contact list on your mobile.**

■ **Get to know your GP Surgery's services and who does what, you can discuss this with a Corner worker.**

■ **Phone them.** (You can use the Corner phones)

■ **Be clear and calm** when calling for an appointment, there are **pre-bookable appointments** available in some surgeries, just ask.

■ **Ask about a double appointment** if you have lots to discuss.

- **Check out your GP Surgery's Website .**
(You can use Corner computers)
- Check out the www.docready.org site which helps you plan for your appointment.
- **Ask a trusted friend or relative** to provide **support** before and after your appointment.
- **Make a list** so you know what you want to say. (Example overleaf.)
- Sometimes a **telephone appointment** is all it takes, they can be with a GP or a Nurse, they may call back to talk to you.
- If your surgery has a **Practice Nurse** they can provide lots of services previously only provided by a Doctor, ask about it.

It may be helpful to fill this in before your appointment:

What is wrong?

How is it affecting you?

How long has it been like this?

Have you had this before?

What makes it better?

What makes it worse?
