

# Tips before you go to the Practice Nurse



Phone your nurse for an appointment

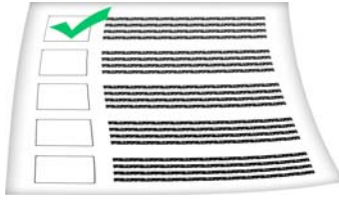
**Ask for a double appointment if you need more time**



Take a friend with you for support



Write down the **day, date** and **time** of your appointment



## Write a list



When you became unwell/ill  
What are your symptoms



What makes them worse



What makes them better



Any medicine you are taking

# At your appointment



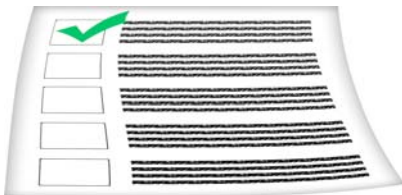
Try to relax



Listen carefully



Don't be afraid to ask questions



Check your list



If you are given new medicine



Ask the nurse to write down



Name of medicine

When you have to take it

How long for

Any side effects



Ask the nurse

What to do next if you don't  
feel any better