

YOUR BONE HEALTH APPOINTMENT CHECKLIST

Print out and complete this checklist and take it with you to your GP appointment.

Date of GP appointment:

Before an appointment

Write a list of questions you would like to ask. Plan to ask the most important questions first. You usually only have 10 minutes at a GP appointment.

Your question(s):

If you think you may need longer than 10 minutes, you can request a double appointment. Your GP will consider your request.

Bring a list of current and past health conditions including if you:

- have broken a bone or had a spinal fracture before.
- have had any falls.
- have a family history of osteoporosis.
- are taking any medicines. This includes any supplements you've bought.

It may be helpful to bring some paper and a pen to the appointment to write notes. At your appointment, you can also ask the GP to write down or print important information.

If you want to, you can ask someone you trust to come to the appointment with you. It can be useful to have someone else to listen or write notes.

Try to make an appointment with the GP you usually see. This can help you to feel more at ease and help your discussion. We understand that this is not always possible.

During an appointment

- Be open and honest about side effects and concerns. Try to talk about the things you're most worried about first.
- Trust yourself. You know your body best. It's okay to ask questions and say if you do not understand something. Your GP is there to support you with any concerns and questions you have.
- Whatever the outcome of the appointment, ask the GP why they came to that decision. Understanding why a GP has suggested a certain course of action can help you feel more informed and confident in your bone health.
- Ask for a printout of any test results or any hospital letters.
- Ask about next steps. If you are expecting a follow up appointment or scan, ask when you should hear about it. Also, ask what to do if you do not hear anything.

After the appointment

- Keep any notes or results in a safe place. Some people have folders where they keep their medical information. It can be useful to take the folder to future medical appointments.
- You may also be able to access your results and letters through **Patient Access** and the **NHS App**. You can talk to your GP practice about setting this up.
- Add any follow up appointments to your diary. It can be helpful to add a reminder for when you need to chase up an appointment date that you are waiting for.
- If you would like to connect with other people with osteoporosis the ROS has support groups. Visit theros.org.uk/groups
- We have lots of information on our website to support you after your appointment. Visit theros.org.uk/info
- If you have any concerns or worries about your diagnosis or treatment, you can request a second opinion. Find out more at patients-association.org.uk/getting-a-second-opinion