

Who can I contact if I have more questions or change my mind after my appointment?



Preparing for your appointment

How to make the most of your appointment with a healthcare professional



What happens next?

For example: What will happen if I continue to manage my condition as I do currently? For example: What do I need to do and what can I expect from my healthcare team? Are there support groups?



What's important to you is important to your healthcare.



To find more information about personalised care, please visit www.birminghamsolihull.icb.nhs.uk/personalised-care

Making the right choice for you.

When you have an appointment with a healthcare professional, you may need to make choices about your healthcare.

If there are different treatment options available to you, your doctor will share their expert opinion on the best option.

You know your personal circumstances best, so it's important for you to ask questions and share how the options will affect you. Let the healthcare professional know about anything you are doing to manage your condition.

Before your appointment, you could use the space to the right to consider what is important to you, including your values, beliefs, hobbies, plans or caring responsibilities. Then, you and your healthcare professional can discuss your options, and, together, you can find the right choice for vou. This is known as a shared decision making conversation.

What is important to me?

At your appointment, here are four questions you can ask...

What are the benefits? What are the risks? What are the alternatives? What if I do nothing?

Asking these four questions and then considering what matters most to you will help you to choose the option that is best for you.

After your appointment, you might want to talk to your friends and family about what you have discussed. It is okay to change your mind. If you have more questions, please speak to your healthcare professional.

Please use the space below to make notes.



For example: What will a good result look like if I choose this option?

() Risks

For example: What happens if the treatment is unsuccessful? What are the possible side effects?