

- Ask the questions you need to about your care
- Ask for available (written) information e.g. about the condition and any patient support groups you can contact
- Ask for the information to be repeated so that you understand.

*It takes confidence to ask the questions.  
It's okay to ask.*

For more information:

<http://www.networks.nhs.uk/nhs-networks/sha-shared-decision-making-and-information-giving/project-outputs>

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**NHS**

# Just ask me

Your appointment - how do you make the most of it?

*Making an informed choice about what's right for you.*



Questions  
to ask your  
healthcare  
practitioner e.g.  
doctor, nurse,  
pharmacist

- **What are my options?**
- **What are the pros and cons of these options? (benefits and risks)**
- **How likely are these to happen?**
- **What will happen if I choose to do nothing?**
- **What else do I need to know and understand before making my decision?**

... **it's okay  
to ask!**

- There can be a lot of information to take in when you first hear the diagnosis
- There may be more information about medication you are given or about what happens next
- Coming to terms with what you've heard, understanding this and asking the right questions, can be challenging.

Here are some things that you can do, to make this easier:

- Have someone else there to listen as well
- Plan the questions to ask
- Write the questions and answers down
- Use the questions in this leaflet as a way of getting started.

