

How to Chat With Your GP: Support Planner

A calm, structured guide to help you prepare for medical appointments with confidence and clarity.

Purpose

Medical appointments can be brief, and when symptoms overlap—ADHD, menopause, mood, sleep, and energy—it's easy to lose track of what to say.

This planner helps you **stay focused, feel heard, and leave with a clear next step**. You can print it, complete it digitally, or use it as a journaling prompt before an appointment.

Step 1: Gather Before You Go

Bring copies, screenshots, or notes for anything below that applies to you:

- **Symptom logs:** menopause, cycle, PMDD, mood, or sleep.
- **Executive Function Profile Tool.**
- **Current medications/supplements:** ADHD meds, HRT, vitamins, herbal aids.
- **Relevant test results or clinic letters.**
- **Your top 2–3 concerns:** clearly written on the front page.

Tip: *Highlight the section of your symptom log which best captures “what’s changed.” Clinicians appreciate a one-minute summary.*

Step 2: Describe What's Changed

Area	Describe the change	Since when?	Impact on daily life?
Mood or motivation			
Sleep or energy			
Concentration or focus			
Memory or word-finding			
Physical symptoms (temperature, flushes, pain, cycle)			
Medication effects			

Remember: You can note if it's cyclical, constant, or triggered by stress, time of day, or hormone changes.

Step 3: Your Top Three Priorities

Consider your three most significant changes. Be concise, as these will be used to guide your appointment and help your clinician focus on what matters most to you.

1. _____
2. _____
3. _____

Step 4: Questions to Ask

Question	Why I'm asking	Priority (0-5)

Prompt ideas:

- Could these symptoms relate to hormonal changes, medication timing, or both?
- Would tests (e.g., thyroid, oestrogen, B12, cortisol) help clarify what's happening?
- What support or referrals are available locally?
- What are my short-term vs. long-term options?

Step 5: Notes During the Appointment

Advice / plan	Follow-up date	Actions for me	Actions for clinician

Tip: Write key instructions or make a note of you next review date before leaving the room—it's easy to forget once you're home.

Step 6: After the Appointment

1. Record any new medication or dose change (include timing).
2. Set reminders for follow-up blood tests or check-ins.
3. Send a short thank-you or summary email if you need to confirm the plan—clarity helps everyone.
4. Revisit your symptom log after two weeks to note improvements or side effects.

Remember: *You are not being “difficult” by being prepared. You are collaborating. These notes turn a ten-minute appointment into a meaningful conversation.*