

Get the most out of your appointments

Be prepared

- Think about and write down your concerns and questions.
- Consider taking a support person, a second pair of ears.
- You can request an interpreter for your appointment.



Ask questions

- To help you understand your condition.
- To help you understand the benefits and side effects of treatment options including medications.
- Share what you have been experiencing so your clinician can understand more about how your condition is affecting you.

Repeat

- Ask for information to be repeated if you do not understand.
- Ask for pictures to be drawn to help you understand.
- Is there some written information you can take away about your condition and important treatment instructions?

Follow up

- Are there other opportunities where you can learn more about your condition or treatments? i.e. Arthritis NZ.
- Make sure you understand what to do next. Ask for instructions to be written down, including your next appointment.
- Your pharmacist where you collect your prescription is also a good person to ask questions about medications.

**Learn more
and find support**



Scan QR to visit
the Arthritis NZ
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