When to see the GP: an agreed plan

Agree in advance when a symptom should be checked, and when to wait.

Name _____ Date _____

Health anxiety can pull in two directions: going to the doctor again and again, or avoiding doctors altogether out of fear. A clear plan, ideally agreed with your GP, takes the decision out of the anxious moment.

> **Always**
> In an emergency, call 112 or 999. This plan is a guide for everyday worries and does not replace medical advice.

Routine care I will keep up (check-ups, screening, ongoing prescriptions)

A new symptom is worth a GP visit when... (for example: it lasts longer than a period we agree, or it is on a list my GP gives me)

Before booking, I will... (for example: wait the agreed time, note the symptom once a day without checking in between)

What I will ask the GP, and what I will not ask again once it is answered

After an appointment, I will not...

- [ ] Seek a second opinion on the same thing
- [ ] Search online
- [ ] Ask others to confirm

Who has agreed this plan with me, and the date

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