



Questions for the Doctor

Get ready for a GP or hospital appointment — on one page to take along

Get ready for a GP or hospital appointment: note what's changed and the questions you want to ask, and this builds a one-page sheet to take along, with space to write the answers. It helps you get the most from the appointment — whether your mum or dad goes alone or with family.

WHAT IT DOES

- **The appointment and what has changed** — who it's with, when and where, the main thing you want to talk about, and what has changed and since when.
- **Your own questions, plus the four BRAN questions** — Benefits, Risks, Alternatives and what if we do Nothing, from Choosing Wisely UK — and a few practical ones if you want them.
- **Space for the answers** — tick each question once it's answered, with room for notes from the appointment and a reminder to take the medication list.

PRACTICAL

- **Free.** No sign-up, no account, nothing to buy — it runs in a web browser.
- About **five minutes** to fill in; it makes **one page** to print, or to save as a PDF.
- **Private:** nothing you enter is saved or sent.
- **Six languages.** Goes well with the free **Medication List** — take both along.

WHAT IT ISN'T

This is not medical advice. It helps you prepare your questions; the doctor or nurse is the one to answer them. In an emergency, call 999 — or NHS 111 if it isn't an emergency.

WHO IT'S FOR Families helping a parent get ready for a GP or hospital appointment, whether the parent goes alone or with family — and the carers who help them prepare.

What should I ask the doctor?

OPEN IT, FREE

valoraparentis.com/tools

New and free. If your team helps families get ready for appointments, we'd love to hear what would make it better.

