

Making the most of My 10min slot



1. DON'T BE SHY

Be upfront, we will deal with you in the strictest confidence.

2. USE YOUR PRECIOUS TIME WELL

- avoid requesting regular drugs***
- avoid form filling***
- our nurses do routine 'MOT' checks***

3. HERE IS SOME SPACE TO LIST WHAT YOU MAY WANT TO DISCUSS WITH YOUR GP...

Do you smoke? Yes No

***If so would you like Yes
help with quitting? No***

HAND THIS TO YOUR GP