

GP appointments

English

- › Write down your symptoms to discuss (include physical and mental symptoms).
- › Write down 2 or 3 most important questions for the GP.
- › Ask a friend or family member to go with you, if you like.
- › You can ask for a female or male GP if you prefer. It will depend on availability.
- › You are entitled to an interpreter for GP and other NHS appointments. Staff will book this. Try to give as much notice as you can.
- › You can ask for a double appointment of 20 mins, instead of the usual 10 mins. This will depend on availability but it is ok to ask.
- › If you don't understand something ask the GP for an explanation.
- › Ask what will happen next and when. Write it down.
- › GPs can refer people to other services if needed (including psychology and psychiatric services).
- › If you are unhappy you can ask to see another GP at your practice.
- › You can ask for advice if you need to make a complaint.
- › You can get more info about GP appointments at www.nhsinform.co.uk/Rights/Publications/Leaflets/ItOkayToAsk



Miadi ya GP

(GP appointments)

Swahili

- › Andika dalili zako ili kujadili (jumuisha dalili za kimwili na kiakili).
- › Andika maswali 2 au 3 muhimu zaidiya GP.
- › Muulize rafiki au mwanafamilia aandamane na wewe, ikiwa unapenda hivyo.
- › Unaweza kuwmuliza GP mwanamke au mwanamume ikiwa unapendelea hivyo. Itategemea na upatikanaji.
- › Una haki ya kupewa mtafsiri wa GP namiadi nyingine ya NHS. Mfanyakazi ataweka nafasi. Ya hili Jaribu kutupa taarifa nyingi zaidi kadri unavyoweza.
- › Unaweza kuitisha miadi miwili ya dakika 20, badala ya dakika 10 za kawaida. Hii itategemea na upatikanaji lakini ni sawa tu kuitisha.
- › Ikiwa hueli kitu chochote muulize GP akupe maelezo.
- › Uliza nini kitakachotokea baadaye na itakuwa lini. Andika maelezo hayo.
- › GP wanaweza kuwaagiza watu waende kwenye huduma nyingine ikiwa zitahitajika (ikiwa ni pamoja na huduma za kisaikolojia na kiakili za NHS).
- › Ikiwa hujafurahishwa unaweza kuomba kuonana na GP mwingine katika matibabu yako.
- › Unaweza kuitisha ushauri ikiwa unahitaji kutoa malalamiko.
- › Unaweza kupata maelezo zaidi kuhusu miadi ya GP katika www.nhsinform.co.uk/Rights/Publications/Leaflets/ItOkayToAsk

