



**Preparing  
for my  
specialist  
appointment**

This guide will help you get the most out of your appointment with a medical specialist. It includes questions you may wish to ask your specialist during your initial appointment and/or any follow up appointments.

By asking questions, you are helping the specialist understand your concerns and the information they need to provide you. As time is often limited during appointments, it is best if you prepare your questions beforehand.

This information is a guide only. You can ask your specialist anything about your condition, treatment or recovery.

If you don't understand something, let your specialist know so they can explain it to you.

Your GP can help you to understand your treatment options and/or refer you for a second opinion.

Your case manager will help support you during your treatment, recovery and return to work.



Tick the questions you'd like to ask your specialist.



Use the space at the back of this pamphlet to list any additional questions you may have.



Things to take to your appointment:

- any scans and reports for this injury
- a list of medications you are taking
- medical history
- details of your other treatment providers
- job description/potential suitable work.

## About my condition

- What is my condition?
- How long is it likely to last?
- What can I do to help my recovery/treatment for my condition?

## About treatment

- What treatment do you recommend and why is it the best option?
- Are there other ways to treat my condition?
- What is involved with each treatment option?
  - Are there any side-effects?
- What effect will the recommended treatment have on:
  - the pain I feel?
  - my condition?
  - my ability to stay/recover at work?
- Will there be medication, equipment and/or other treatment needed?
  - If so, for how long?

## If surgery is proposed

- What is involved in the surgery?
- What are the benefits of surgery compared to other treatment, including no treatment?
- What are the risks of this surgery?
- What can I do in preparation for the surgery to improve the likelihood of success?
- What experience have you had with this surgery?

## What happens next

- What will I have to do after I have the recommended treatment? For example, take medication, exercises, physiotherapy etc.
  - When will this start?
  - For how long?
- How soon can I get back to:
  - work?
    - suitable work?
    - full duties?
  - driving?
  - household tasks?
  - exercise?
  - Other \_\_\_\_\_?

You may have additional questions you want to ask your specialist. List them here:

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## My appointment details

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Specialist name:

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Location:

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### Disclaimer

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Catalogue No. **SIRA08736**  
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