



WHAT TO EXPECT AT YOUR CONSULTATION

Consultations can be a daunting time whether it's your first or your 50th! Below is our handy guide of what to expect at your appointment & what to take with you.

THINGS YOU MIGHT BE ASKED:

- Family history
- Previous surgical history
- Previous treatments & medications

Your appointment will be roughly 30 minutes. During this time the consultant will go through your medical history, ask about your symptoms & how long you've had them, what your periods are like, what treatment methods you've already tried & whether you've had any scans/tests recently. After gathering all the necessary information, the consultant should then discuss a treatment plan with you going forward & make any referrals required.

THINGS TO ASK:

- Specific treatment options
- Expected timeline of treatment
- Pain relief options

THINGS TO TAKE WITH YOU:

- Notepad & Pen
- Any logs/timelines you have of symptoms
- List of current medications
- Results of any recent tests you've had, including last smear test (can be done via the NHS App)
- Any previous surgical images (if you have them)
- A plan of treatment you'd like to choose
- A friend or family member for support