

# Preparing for your consultation

A simple checklist to help you get the most from your first visit

## What to bring

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- ☐ Previous scans (MRI, CT, X-ray) and their reports, on a CD or phone if possible
- ☐ Letters and reports from other doctors
- ☐ A list of all the medicines you take, with doses
- ☐ Your completed pain diary, if you have one
- ☐ A friend or family member, if you would like support

## Think about these questions

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- ☐ When did the pain start, and what were you doing?
- ☐ Where exactly is the pain, and does it spread anywhere?
- ☐ What makes it better or worse?
- ☐ How does it affect your sleep, work and daily activities?
- ☐ What treatments have you already tried, and did they help?

## Tell the clinic in advance if you

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- ☐ Take blood thinners (for example aspirin, clopidogrel or warfarin)
- ☐ Have diabetes, a pacemaker or other implanted device
- ☐ Could be pregnant
- ☐ Need an interpreter or any accessibility support

**Seek urgent care** rather than waiting for your appointment if you develop loss of bladder or bowel control, numbness in the groin or buttocks, or sudden weakness in your legs.