There may be choices to make about your healthcare. Make sure you get the answers to these three questions:

1. What are my choices?
2. How do I get support to help me make a decision that is right for me?
3. What is good and bad about each choice?

Your healthcare team needs you to tell them what is important to you. It’s all about shared decision making.

*Ask 3 Questions has been adapted with kind permission from the MAGIC programme, supported by the Health Foundation. Ask 3 Questions is based on Digbeu J, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options. A cross-over trial. Patient Education and Counseling, 2011 Apr; 84(1): 37-45.
Other questions I would like to ask during my appointment:

1. 

2. 

3. 

4. 

5. 

Remember, you can bring someone else with you to your appointment, such as a relative, carer or friend.