



5 TIPS

**FOR GETTING THE
MOST FROM YOUR
APPOINTMENTS**

**THE MSA TRUST IS THE
ONLY UK CHARITY
DEDICATED TO
SUPPORTING ANYONE
AFFECTED BY MSA.**

For more help visit:

www.msatrust.org.uk

or call us on:

020 7940 4666

or email us at:

office@msatrust.org.uk

Multiple System Atrophy Trust is a
charity registered in England and
Wales: 1137652 and in Scotland: SC044535
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No: 7302036

**DO YOU HAVE AN
APPOINTMENT SOON?**

If so this short small booklet may help. It contains five handy hints that should help get the most from your appointment and remain informed and in control.



TIP 1

PREPARE

Makes notes before you go to the appointment and if possible have a journal or notebook that you can write down any thoughts or questions as they come to you. The chances are by the time you go to the appointment you will have forgotten them, so writing them down means they are always with you.

TIP 2

ARM YOURSELF

Take a family member or friend with you (they can take notes and act as second chance to recall what was said) Take an MSA Guide with you.

TIP 3

KNOW YOUR MEDICATIONS

Take a list of current medications. If you are prescribed more medications then ask what they are for, what side effects they may have and how they may interact with current medications.

TIP 4

DON'T BE AFRAID TO ASK

If you don't understand anything ask. Medical terminology can be confusing and leave meaning unclear, don't be afraid to ask to go over it again until you understand what was meant.

TIP 5

BE ORGANISED

Keeping everything to hand and organised will make searching much easier.

- Make notes during your appointment, or have someone take them for you
- Keep a folder with any letters relating to your appointments
- Your GP will be able to explain the content of any letters you receive and are unsure of the meaning
- Ask if you can have copies of any letters written about you
- Book dates into your diary