



NEW PATIENTS PREPARING FOR YOUR FIRST APPOINTMENT

Our dedicated team of doctors looks forward to welcoming new patients with enthusiasm. We offer flexible scheduling options and have availability throughout the week to accommodate your needs.

Your first appointment is typically designed to establish a baseline understanding of your health and to begin a relationship with a Medical Practitioner.

Here's what you can generally expect:

Registration and paperwork: Upon arrival, you'll likely need to fill out our new patient registration form providing your personal information, medical history, and any current health concerns or medications.

Initial assessment: The doctor may conduct an initial assessment, which can include measuring your vital signs like blood pressure, heart rate, height, and weight.

Discussion of medical history: Your GP will ask you about your medical history, family history, any ongoing health issues, past surgeries, allergies, and medications you're currently taking. It's important to be honest and thorough in providing this information.

Discussion of current health concerns: If you have specific health issues or concerns, discuss them openly with your GP. They'll ask questions to better understand your symptoms, duration, severity, and any factors that may exacerbate or alleviate them.

Physical examination: Depending on your health concerns, the GP might conduct a physical examination. This could involve listening to your heart and lungs, examining specific areas of discomfort, or conducting other relevant examinations.

Diagnostic tests or referrals: Based on your symptoms or concerns, your GP might order tests (like blood tests, X-rays, etc.) or refer you to a specialist for further evaluation.

Discussion of preventive care: Your GP may discuss preventive care measures like vaccinations, screenings, lifestyle changes, or counselling for maintaining good health.

Treatment plan: Depending on the findings, your GP will discuss a treatment plan which might include medications, lifestyle changes, further tests, or follow-up appointments.

Questions and clarifications: Don't hesitate to ask questions or seek clarifications about any aspect of your health or the advice provided during the appointment. It's essential to have a clear understanding.

Follow-up plan: If needed, your GP may schedule a follow-up appointment to monitor your progress or reevaluate your condition.

It's important to note that every GP appointment can be unique based on your individual health needs and concerns. Being prepared with information about your medical history, concerns, and questions can make your first GP appointment more productive and beneficial.