

Using your GP practice



Talking about sensitive health information

Some tips to consider

How would you
explain your
symptoms to a
friend?

Write some notes
down to have
everything to hand.

Struggling to find the
words? Try:
[nhsinform.scot/
symptoms-and-self-
help](https://nhsinform.scot/symptoms-and-self-help) to help describe
your symptoms.

Is there any care
that you've had to
delay due to the
pandemic?

Worried about
calling? With
your permission
we can also talk
to a member of
your family or a
friend

Remember –
our practice
team is trained
to treat
everything
you say
confidentially

Developed by

