

Your **APPOINTMENT** Card



Together we can call
time on hospital waiting lists

weeks



This booklet is for you to keep a record of your appointments. Please remember to bring it with you every time you attend an appointment.

By December 2008, the longest you will wait from being referred to starting your treatment will be 18 weeks. Read the accompanying leaflet 'Help us to treat you more quickly' for more information.

HELP US TO HELP YOU

Here are a few things that you should do to help us to treat you quickly and reduce your waiting time:

- Talk to your GP about your treatment so you know what to expect and when to expect it.
- Only book your first appointment when you know you will be available (for example not immediately before a lengthy holiday) and when you feel ready and able to continue on to care.
- Keep the appointments you have been given and cancel any appointments you are not able to attend as soon as possible.

It is important that you attend all the appointments that you book. If you cancel or do not attend a hospital appointment you may have to return to your GP to be referred again.

- If the wait is shorter elsewhere be prepared to consider hospitals other than your local one.
- To make sure you are fit for treatment, think about how you might help yourself to be ready, for example stopping smoking or losing weight.

Please use these pages to detail your appointment information

My treatment for _____
Hospital/patient number _____
Consultant/specialist's name _____
Referral date _____
Date of first treatment _____

Date: _____

Contact number and address of appointment:

Appointment details:

Date: _____

Contact number and address of appointment:

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For further information on the
18 weeks promise, please read the
'Help us to treat you more quickly'
leaflet or visit www.18weeks.nhs.uk