

The Long Wait for an Appointment

Something to do with the weeks or months between now and being seen.

WHEN TO USE THIS

Use this while you are waiting for a referral or a date.

What are you waiting for, and since when?

What is the waiting doing to you?

What can you write down now so you do not forget it by then?

1.

2.

3.

4.

Who can you call to check where things stand?

The office, the referral line, your own doctor.

The wait is not your fault, and it is not a sign that nothing is wrong.