

GP APPOINTMENT?
CAN'T MAKE IT?
DON'T NEED IT?

CANCEL IT!

NHS

Don't Forget...

Forgetting to cancel your unwanted GP appointment prevents someone else from being seen.

**Three
things you
can do to
help:**

01



Cancel your appointment by giving your GP practice a call or by visiting their website.

02



Make sure all of your details are up-to-date next time you visit your GP - that way they can send you text or email reminders.

03



Put the date in the diary or an alert in your phone so you definitely won't forget!

#IWontForget