GETTING READY FOR YOUR APPOINTMENT

Meeting a new healthcare provider for the first time can be scary. It’s important to be prepared for your appointment, because being prepared can help reduce stress and can make you feel more in control of the experience!

Talk to reception before your appointment if you need any particular supports, such as a translator or interpreter or other accommodations.

Show up early. If you’re feeling nervous about going to a new clinic, try to get there early so that you don’t have to worry about getting lost or running late. This will also give you time to check out the waiting area and how things run.

If there’s something that you think that the healthcare practitioner won’t understand about your identity or health, it might be helpful to bring some resources to help educate them. Queering Sex Ed resources, for example!

You might choose to come out to your healthcare provider if: you have a partner who wants to be recognized as family; your gender identity and/or presentation doesn’t match the sex marked on your health card; or, if you think the healthcare team might not provide appropriate care if they don’t know.

Prioritize your medical concerns before your appointment, since you will likely have a limited period of time during your first appointment. Be prepared to make multiple appointments if you have a number of medical concerns.

Bring a friend. Having support can help relieve stress and can help you feel brave if you are interested in coming out to your healthcare provider.

If you’re feeling nervous before your appointment, practice! As well as writing down what you want to talk about, you can rehearse what you would like to say and how you

Make a list. Write down any medication you’re on (including vitamins or herbal supplements), medical conditions, or anything major happening in your life that you think might be relevant. Also

Bring whatever you need to take notes. It can be hard to remember everything that is said during your appointment, especially if you are nervous or sick. You may want notes to review afterwards.

HEALTHCARE & YOU

Queering Sex Ed. is a program of Planned Parenthood Toronto, generously funded by the Community One Foundation.