

Pre-consultation form

Dr Ioannis Spiliotis · Consultant Endocrinologist & Diabetologist



This short form is optional. If you have a few minutes before your visit it helps Dr Spiliotis prepare, so your time together is spent on what matters most to you. Please skip anything you would rather talk through in person; nothing here is required, and what you share is handled in confidence, in line with the practice's privacy policy.

About you

FULL NAME

DATE OF BIRTH

EMAIL

PHONE

HOW WILL YOU BE PAYING?

☐ Self-pay ☐ Private insurance ☐ Not sure yet

Your GP (encouraged)

Sharing your GP's details lets us keep your care joined up and, with your permission, send them a brief summary after your visit. It is entirely your choice.

GP PRACTICE & TOWN

GP NAME (IF KNOWN)

What brings you in

THE MAIN REASON FOR YOUR APPOINTMENT

In your own words; there is no wrong way to put it.

ROUGHLY WHEN DID THIS START?

Your health background

ANY PAST OR CURRENT MEDICAL CONDITIONS

PREVIOUS OPERATIONS, AND ANYTHING RELEVANT THAT RUNS IN THE FAMILY

Medications, supplements & allergies

CURRENT PRESCRIBED MEDICATIONS

Include the dose if you know it; a photo of your repeat slip is fine to bring along too.

ANYTHING ELSE YOU TAKE

Vitamins, supplements, herbal remedies, or any hormone or injectable treatments; it all helps build the full picture.

ALLERGIES

e.g. penicillin, or 'none known'.

Recent tests

HAVE YOU HAD ANY BLOOD TESTS OR SCANS RECENTLY?

☐ Yes ☐ No ☐ Not sure

If you have any recent results, bringing or forwarding them beforehand can save you repeating tests.

Keeping your GP informed

MAY WE WRITE TO YOUR GP WITH A BRIEF SUMMARY AFTER YOUR APPOINTMENT?

☐ Yes, please ☐ I'd prefer not to ☐ I'll decide on the day

Good communication with your GP helps keep your care joined up. If you would rather we did not, that is completely your choice and we will talk it through.

Anything else

IS THERE ANYTHING ELSE YOU'D LIKE DR SPILIOTIS TO KNOW BEFORE YOU MEET?

Returning this form

Complete it on screen and email it to the practice secretary at secretary@hertsendocrinology.co.uk, or print it and bring it with you. Please note ordinary email is not fully secure; if you would prefer a secure method, just ask and we will arrange one. Your information is used only to support your care, in line with our privacy policy and UK data-protection law.