



How to prepare for your erectile dysfunction appointment

Many men arrive feeling a mixture of relief and apprehension. A small amount of preparation can make the consultation calmer, more focused, and better aligned with what you want to achieve.

IF YOU ARE LOOKING FOR

Clarity, confidence and a useful first visit

- To understand what might be driving your erection difficulties.
- To make sure our time together is used well from the very first appointment.
- To feel respected, listened to and not judged for any aspect of your story.
- To leave with a clear, realistic plan rather than a rushed prescription.

THIS GUIDE

How to get the most from your ED consultation

These steps are optional, but many patients find that a little structure beforehand makes the consultation calmer and more productive.

- Reflect briefly on what has been happening and when it started.
- Gather key information (medications, tests, health background) in one place.
- Note any questions or worries you want us to address together.

Tips to prepare for your erectile dysfunction appointment

A little preparation helps us make the most of our time together and ensures we build a plan that reflects your goals, your health and your circumstances.

1. Think about what has been happening

You do not need a perfect explanation, but it helps if you have briefly reflected on:

- When the difficulties started and whether they came on suddenly or gradually.
- Whether things vary depending on the situation or context.
- Any patterns you have noticed – stress, tiredness, alcohol, new medications or life events.

Even a simple account in your own words is far more useful than a textbook-style description.

2. List your medications and supplements

Erections are sensitive to what the rest of the body is experiencing. Please include:

- Regular prescription medications (for example blood pressure tablets or antidepressants).
- Gym supplements or “boosters”, including testosterone boosters.
- Recreational substances, if relevant to you.

Photos of packets on your phone are absolutely fine if that is easier than writing a list.

3. Bring recent blood tests if you have them

If you already have results, the following are particularly helpful:

- Testosterone profile.
- Cholesterol and cardiovascular risk markers.
- HbA1c (diabetes screening) and thyroid function.

If you do not have any tests, that is absolutely fine – we can organise everything from scratch.

4. Think about your general health and lifestyle

Erectile dysfunction is often linked to wider wellbeing. Before the appointment, you might consider:

- Sleep quality and whether you wake feeling rested.
- Exercise patterns or recent changes in activity.
- Smoking or vaping habits.
- Alcohol use and how it relates to your sexual function.
- Stress levels and any recent life changes.

This helps us frame the discussion holistically, rather than focusing on the penis in isolation.

5. Consider any relationship or psychological factors (only if relevant)

Not everyone wishes to discuss this, and you choose what feels right for you. If you find it useful, you might reflect on:

- Performance anxiety or fear of “letting someone down”.
- Changes in sexual desire – yours, your partner’s, or both.
- Communication or emotional context within your relationship(s).

Some men come alone, some with a partner – both are welcome, and there is no obligation either way.

6. Notes or observations are welcome

A short note on your phone describing how things vary week-by-week can be useful, but never obligatory. If you already use Carebit, you can upload relevant files securely there.

7. Medication pause (only sometimes needed)

If a penile Doppler scan or certain tests are likely, it may be helpful to avoid PDE5 inhibitors (such as Viagra or Cialis) for 48 hours beforehand. If you are unsure whether this applies to you, you can always ask in advance.

8. Write down your questions

Many patients feel more at ease with a short list prepared in advance. Typical questions include:

- “Is this more physical, psychological, or a mixture of both?”
- “Does this increase my risk of heart disease or other conditions?”
- “What are the options beyond tablets?”
- “Is this reversible, or how much improvement can I realistically expect?”

Your questions help me focus on what matters most to you, rather than what is simply standard.

9. What to expect from the consultation

During our appointment, my role is to create a space that is calm, respectful and genuinely useful. In practical terms, this means I will:

- Listen carefully to your account, without rushing or pre-judgement.
- Explain the mechanisms behind what you are experiencing in clear, everyday language.
- Examine you only if necessary, and always with your consent.
- Outline investigations, if any are needed, and why they are being suggested.
- Build a treatment plan tailored to you – not a one-size-fits-all solution.

The bottom line: you do not need to arrive “prepared” in a perfect way, and there is no exam to pass. There is always a way forward, and my goal is that you leave the consultation with more clarity, less anxiety and a realistic, hopeful plan.