Going to the Doctors

If you care for or support a person who may find going to the doctor’s difficult, please help to prepare them in advance.

Look through and talk about this leaflet together.

It may be helpful for them to take the leaflet when they go to the surgery.
When I am ill I can...

stay in bed and rest

talk to my family or a friend

go to the chemist and talk to the pharmacist

go to the doctor
To see the doctor I must...

- know when the surgery is open
- make an appointment
- think if I want someone to come with me
- know how to get to the surgery
To make an appointment...

I ring the doctor’s surgery

My doctor’s number is:

I say “I want to make an appointment please.”

I say my full name and address

I note down the time for the appointment
At the doctors...

I tell them I am here

I tell the receptionist or I use the machine

I sit in the waiting room

I listen for my name to be called

I watch a screen and wait for my name to be shown

I go in the doctor’s room
In the doctors room...

I sit down

I say what is wrong and I answer questions

I may need to show the doctor a part of my body

I may need to lie down on a bed

I listen to the doctor and tell them what I am thinking

The doctor wants to help me get better
The doctor might...

close the curtains

touch me with gloves on

press a bit of my body

look with a torch

take a bit of blood with a needle

These things can help to show what is wrong
the doctor will talk to me and say what is wrong

I may be given a prescription for medicine, pills or cream

the doctor may say I need to come back another day

the doctor may say I need to go somewhere else

If I don’t understand I can ask the doctor to say it again
After leaving the doctors...

I can go home or back to school, college or work

If I have a prescription I take it to the chemist

The chemist will give me my medicine, pills or cream to take home

If I don’t get better quickly I can make another appointment to see a doctor