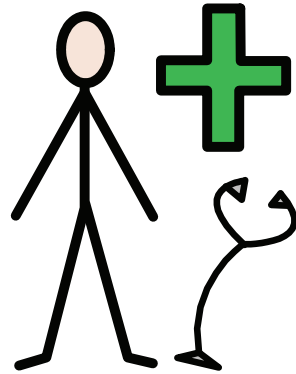


Going to the Doctors



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.

Sheffield Children's **NHS**

NHS Foundation Trust

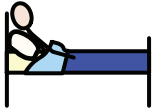
Sheffield Speech and Language Therapy

 **WidgitHealth**

www.widgit-health.com



When I am ill I can...



stay in bed and rest



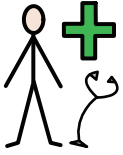
talk to my family or a friend



go to the chemist and
talk to the pharmacist



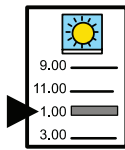
go to the doctor



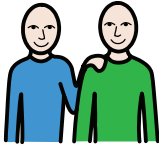
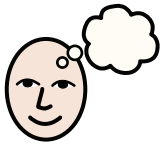
To see the doctor I must...



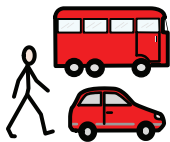
know when the surgery
is open



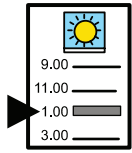
make an appointment



think if I want someone
to come with me



know how to get to
the surgery



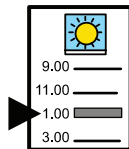
To make an appointment...



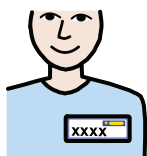
I ring the doctor's surgery



My doctor's number is:



I say "I want to make an appointment please."



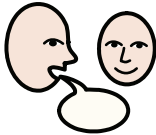
I say my full name and address



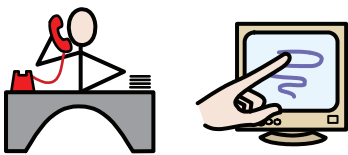
I note down the time for the appointment



At the doctors...



I tell them I am here



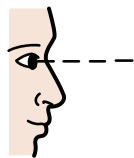
I tell the receptionist
or I use the machine



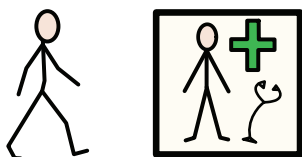
I sit in the waiting room



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



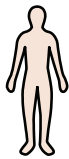
In the doctors room...



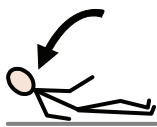
I sit down



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



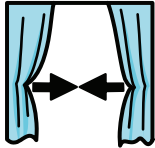
I listen to the doctor and tell
them what I am thinking



The doctor wants to
help me get better



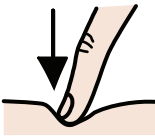
The doctor might..



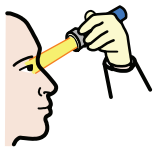
close the curtains



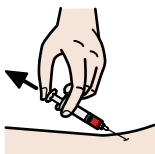
touch me with gloves on



press a bit of my body



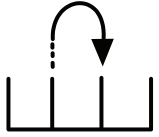
look with a torch



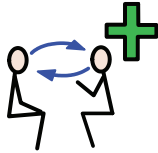
take a bit of blood
with a needle



These things can help
to show what is wrong



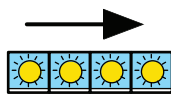
Next...



the doctor will talk to me
and say what is wrong



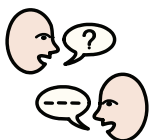
I may be given a prescription
for medicine, pills or cream



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...



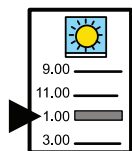
I can go home or back to school, college or work



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