

UNDERSTANDING YOUR DOCTOR



Would you like to get more
information or order leaflets?
www.begrijpdedokter.be

TIPS

What you should bring:

- You should bring your ID card.
- You are allowed to bring your written questions.
- You are allowed to bring this leaflet and card.

Here's what you should say to the doctor:

- Tell him about diseases that run in your family.
- Repeat to the doctor the explanation in your own words.
- Ask where you can find additional information.

Here's what you may do:

- Someone can come with you to the doctor to help you.
- Ask your doctor whether you may write down or record the information.
- You may always visit another doctor or specialist.

CONTACT

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rebelle
VROUWEN* DIE HUN WERELD VERANDEREN

PLUS
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v.u.: Corry Maes | S-Plus vzw - Voor plussers met pit

Sint-Jansstraat 32-38 | 1000 Brussel | T: 02 515 02 06 | W: www.s-plusvzw.be | E: info@s-plusvzw.be
Ondernemingsnr.: 0409 572 206 | RPR Brussel

UNDERSTANDING YOUR DOCTOR

A step-by-step plan for your doctor's visit



Step 1

BEFORE YOU GO TO THE DOCTOR.

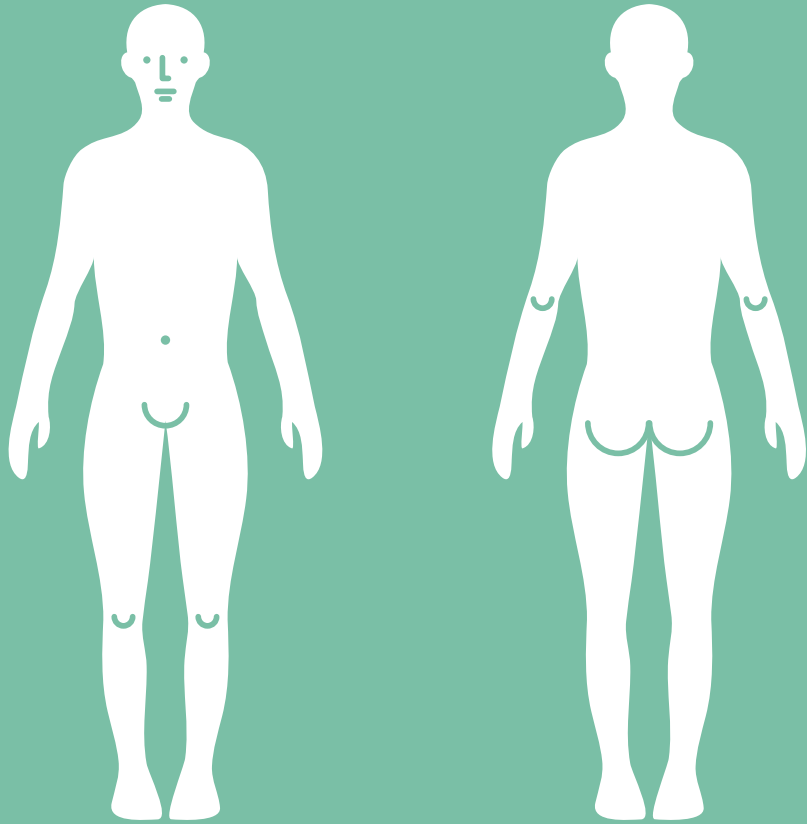
Start thinking at home about what you want to say.

- What do you feel?
- Where is the feeling located?
- When do you feel something?
- How long have you had this feeling?
- Is it getting worse or better?
- What have you already done yourself?
- What illness do you think you have?

Maybe you have other questions.

- Write them down.
- Record the questions with your mobile phone.

Step 2
AT THE DOCTOR.



POINT IT OUT.

Use your finger.



cough



Sore throat



Runny nose



Difficulty breathing



Headache



Fever



Tired



Dizziness



Stomach ache



Loss of appetite



Diarrhea



Vomiting



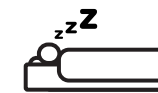
Stress



Sadness

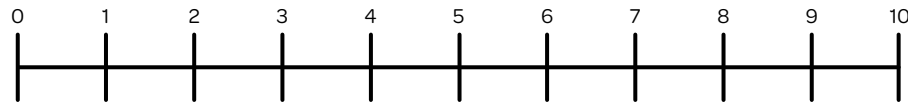


No energy



Sleep
(a lot / little)

PAINSCALE



No pain Some pain Average pain A lot of pain Extreme pain



Itch



Swelling



Blood



Urine

ASK YOUR DOCTOR
3 QUESTIONS



- What is my problem?
- What should I do?
- Why is it important for me to do that?

