

Welcome to Your Doctor's Office

- There will be lots of paperwork to fill out.
- If your English is limited, ask for an interpreter (in person or on the phone) when you need to describe yourself or ask questions
- The staff, then the doctor, may ask questions about:
 - Your past personal medical history
 - Your family medical history
 - The medicine you have used in the past
 - Some health behaviors, such as smoking, use of alcohol or drugs

You will have to sign on the form that you have spoken the truth about yourself

Barriers to Overcome

- Hiding problems to avoid shame and maintain dignity
- Not knowing the right questions to
- Misunderstanding health instruction



Please Keep in Mind ...

- The more details the doctor has, the more accurate the doctor's diagnosis will be. So feel free to describe any concerns or symptoms that you have.
- The doctor might repeat questions that you have already answered. This is common. The doctor needs information in your own words to make an accurate diagnosis.



If You Don't Understand What a Doctor or Nurse Says ...

- Ask them to explain things in a different way, until you do understand
- Ask them to slow down when talking
- Ask them to draw diagrams or pictures to understand more complicated ideas or procedures or processes
- If you can more comfortably read English than speak it, ask them to write down the diagnosis and instructions



A Few Words About Pregnancy

- Tell your doctor if you're planning to get pregnant
- Make an appointment with family planning services
- Once you are pregnant:
 - Go to all your visits, your doctor will make sure you and your baby are healthy
 - If you can't get medical assistance, you need to go to public clinic for care



A black silhouette of a pregnant woman is positioned on the left side of the slide, facing right. The background of the slide is light blue with a vertical pink stripe on the right and a faint butterfly graphic in the top left corner.

A Few Words About Pregnancy

- Talk with your doctor about where you want to have your baby. This will help things go smoothly.
- If you are an immigrant, all the delivery cost will be paid by the state. Ask the hospital if they asked the state to pay.

After your baby is born:

- Go to all of your follow-up visits.
- Talk to your doctors about things you can do at home, such as breast-feeding your baby.

Everyone Has a Right to Expect Respectful Communication!

Seek Doctors Who ...

- Listen.
- Greet with a smile.
- Are patient and respectful.
- Use simple words and action words.
- Ask you to repeat what they said.
- Encourage you to write down what you hear.
- Understand your right to an interpreter.



And at the End of Your Visit...

Make sure you can answer these questions:

1. What is my main problem?
2. What do I need to do?
(You might need to see a doctor again or get a prescription)
3. Why is it important for me to do this?



A Word on Prescriptions

If a doctor wants to prescribe medication for you:

- Make sure you have told the doctor what other pills you are taking, even vitamins and herbs.
- Make sure the doctor knows if you have allergies.



Got Prescriptions?

Time to visit your local pharmacy and get them filled.

For tips on dealing with prescriptions, click on the next presentation in this series.

