



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



# Going to the Doctor

*Easy Read*

A Down's Syndrome Association Publication

## About this leaflet



→ This leaflet is made by the Down's Syndrome Association.



→ It is in **Easy Read**.

**Easy Read** means easy words with pictures to help everyone understand.



→ We ask **Having a Voice groups** to help us make Easy Read information.



→ **Having a Voice groups** are groups of people with Down's syndrome. They help people have their say.



→ **Having a Voice groups** make sure the Easy Read information is easy to understand.



→ You can find out more about **Having a Voice** on the Down's Syndrome Association website.

## What is in this leaflet?



→ This leaflet is about going to the doctor.

## What you can learn

You can learn about:



→ • how a doctor can help you



→ • when to visit the doctor



→ • how to get an appointment



→ • what happens when you go to the doctor

## How can the doctor help me?



→ The doctor can help you look after your health.

They can help you find out what the problem is and how to feel better.

## When do I go to the doctor?

You should go to the doctor when:



→ • you feel ill



→ • you have an Annual Health Check



→ • your doctor has said you need to see them



→ • you need a flu jab or blood test

## How do I see the doctor?



→ You need an **appointment** to see the doctor.

An **appointment** is a time and day when you go to see the doctor.

## How do I get an appointment?



→ You can book an appointment at the **doctor's surgery**.

The **doctor's surgery** is where doctors work. You can:



→ • call the doctor's surgery



→ • visit the doctor's surgery



→ • some doctors' surgeries let you make appointments online

## Booking your appointment at the doctor's surgery



→ You can ask someone to come with you if you want to.



→ Go to the reception and tell the person you want to see a doctor. They might ask you:



→ • your name



→ • your birthday



→ • what time you want to see the doctor



→ You do not have to tell them what the problem is if you don't want to.



→ You can ask to see your usual doctor, but you may need to wait longer.



→ You may want to ask for a longer appointment.



→ The person will tell you when your appointment is.



→ Ask them to write down the day and time of your appointment so you can remember it.

## What if I need to change my appointment?



→ Call the doctors' surgery and say you need a new appointment.

Try to tell them as soon as you can. This will help the doctor.

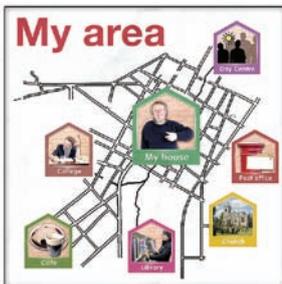
## What do I need to do before my appointment?



→ Find out when your appointment is.



→ Write it down or ask someone to tell you.



→ Find out where the doctors' surgery is.



→ Take your Health Book with you if you have one.



→ Ask someone to come with you if you want help or feel worried.



→ Remember the doctor is there to help you.

## What will happen at my appointment?



→ Go to the surgery.



→ Go to reception and say your name.



→ They will tell you to sit in the waiting room.



→ You might need to wait. Bring something with you to stop you getting bored.



→ The doctor will call your name. They will take you to the right place.



→ You can ask the person helping you to come with you if you want to.

## What the doctor will say



→ The doctor will ask you about your health.



→ Tell the doctor if you don't understand.



→ Tell the doctor if you need more time.



→ You can ask the person with you to help you.



→ You can show the doctor your Health Book.

## What the doctor will do

The doctor will:



- • tell you what they think the problem is



- • tell you if you need medicine



- • tell you if you need to see someone else

The doctor may do some tests.  
They might:



- • check your heart beat



- • take your temperature



- • put something around your arm to check your blood pressure



- • measure your height and weight

## Questions you can ask the doctor



- You could ask the doctor:
- what do I do now?
  - when will I get better?
  - do I need to go to hospital?
  - do I need any medicine?
  - do I need to come back?
  - can you write it down for me?

## What happens after my appointment?



→ The doctor will tell you what you need to do.

You may need to:



→ • get a new appointment



→ • have a test



→ • go to the chemist to get medicine



→ • see a different person



→ • get some rest



→ • go home because you are OK

## More information



→ Your doctor can tell you more about looking after your health.



→ **NHS Choices** has information about health: [www.nhs.uk](http://www.nhs.uk)

**Easy Health** has Easy Read information about health: [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

## Thank you



→ Thank you for reading this leaflet!  
We hope this leaflet has helped you.

## Tell us what you think



→ We want to know what you think about this leaflet.

Email what you think to:  
[info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

## Down's Syndrome Association



**Down's Syndrome Association**  
A Registered Charity No. 1061474

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**Website:** [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

## Contact us

### Down's Syndrome Association

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[www.dsactive.org](http://www.dsactive.org)



[www.dsworkfit.org.uk](http://www.dsworkfit.org.uk)



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