

My rights

I can expect

- to be told what's happening to me
- to have my questions answered in words I can understand
- to know the possible treatments, and to say yes or no, and to change my mind
- to be treated with dignity, kindness and respect at all times
- to know that my health information will not be shared with anyone without my agreement

Planning before your visit to a doctor

1. Think of what you want to talk about before you go. You can take someone with you to help you talk to the doctor.
2. Write 2 or 3 words that will remind you what you want to ask.
3. Ask the most important things first.
4. Tell the doctor as much as you can about what's bothering you.
5. Know what medicine you are already taking (including aspirin and cough syrup, etc.)

At the end of your visit

You might say: Doctor, I just want to make sure I understand. Then ask these questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?
4. Will I get better? How long will it take?

Write down the answers.

If you still don't understand...

You might

- say: "This is new to me. Will you please explain that to me again?"
- ask: "What does that mean?" "I don't understand that word."
- ask for a picture of the medical problem.
- ask him/her to write things down.
- bring someone to the next visit.
- call Health Links and ask them to explain (786-8200, 1-888-315-9257)

Questions about medicine

1. What is the name of this medicine?
Can you write it down for me, please?
2. What will it do for me?
3. Are there any problems that the medicine might cause?
4. How much does it cost?
5. Are there other medicines or treatments that might help me with this problem?
6. When should I take the medicine?
7. How should I take the medicine?

My medicine list

Write down what you need to take. The doctor or pharmacist can help you cross the name off when you no longer take the medicine.

Date	Name of drug	Reason
_____	_____	_____
_____	_____	_____
_____	_____	_____

Important phone numbers

Dr. _____

Dr. _____

Dr. _____

Pharmacist _____

Emergency 911 or _____

Other _____

Health Visit Prompt Card



This card can help you remember things to say and ask during your health visit.

For help with reading and writing, phone the **LEARN line: 947-5757 or 1-866-947-5757**

This card has been produced by Literacy Partners of Manitoba
947-5757 1-866-947-5757 www.mb.literacy.ca literacy@mts.net