



Seeing the doctor

- When we are ill or injured we may need the help of a doctor.
- When we arrive at the doctor's surgery we usually have to wait. No one enjoys waiting but the doctors are often very busy and we need to wait for our turn to see them. It is important to stay quiet so that we don't upset any other patients that are waiting.
- When we see the doctor we will go into a room with them. They will usually ask us how they can help us. It is really important to tell them about anything that hurts or doesn't seem right.
- The doctor may want to examine us. This means looking at our body to see what is wrong. When we feel ill they may also want to look inside our mouths or listen to our breathing. Often this is enough for the doctor to be able to help us. But sometimes they may want us to have some further tests. The doctor will sometimes prescribe some medicine for us. This is a note that we can take to the pharmacy to get something that will help us.
- It is OK to feel a bit uncomfortable seeing the doctor but we will be OK. It is important to tell and sometimes show them what is wrong with us. Usually they can help and we will feel better soon.

