

Before going to the doctor's surgery...

- Have I got money or my travel pass?
- Have I got my mobile phone?
- What time is my appointment?
- Do I know what I need to say to the doctor? Do I need to write this down?
- Do I need to take any of my medications with me?
- Do I have a book to read/game to play while in the waiting room?
- Do I have plan if I become anxious?
- Do I have a plan if I have to wait a long time?



Useful Phrases

Receptionist

Hello, I have an appointment to see _____.

My name is _____.

Can we talk somewhere quieter, please?

Can I sit there, please?

Doctor

Can I tell you about _____?

It hurts _____.

I feel _____.

Thank you.



Pretend that...

The doctor is running late. You have asked at reception and they say the doctor is running 45 minutes late. You are beginning to feel anxious.



Pretend that...

Your appointment with the doctor has finished. You now have to make a new appointment at reception.



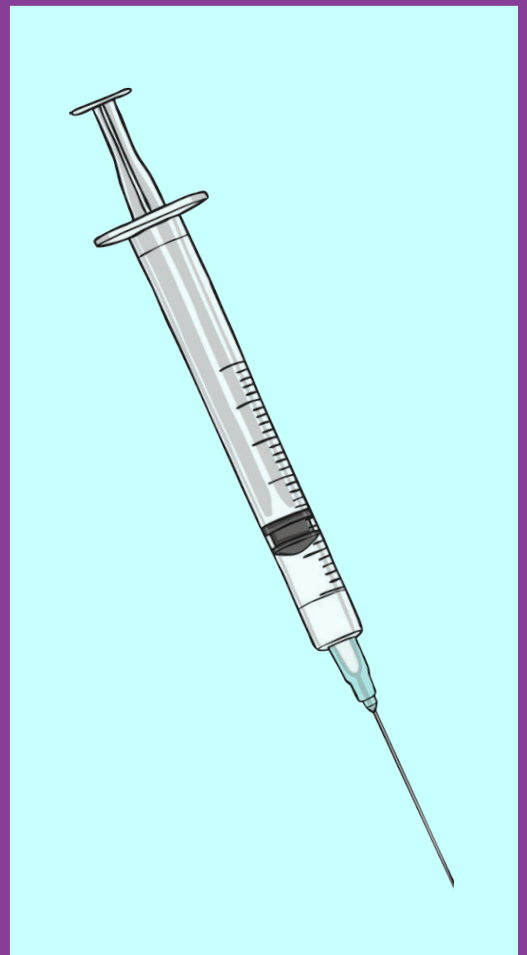
Pretend that...

The doctor tells you that you need a blood test. The doctor says they can do it now or you can make a new appointment. You are unsure what to do.



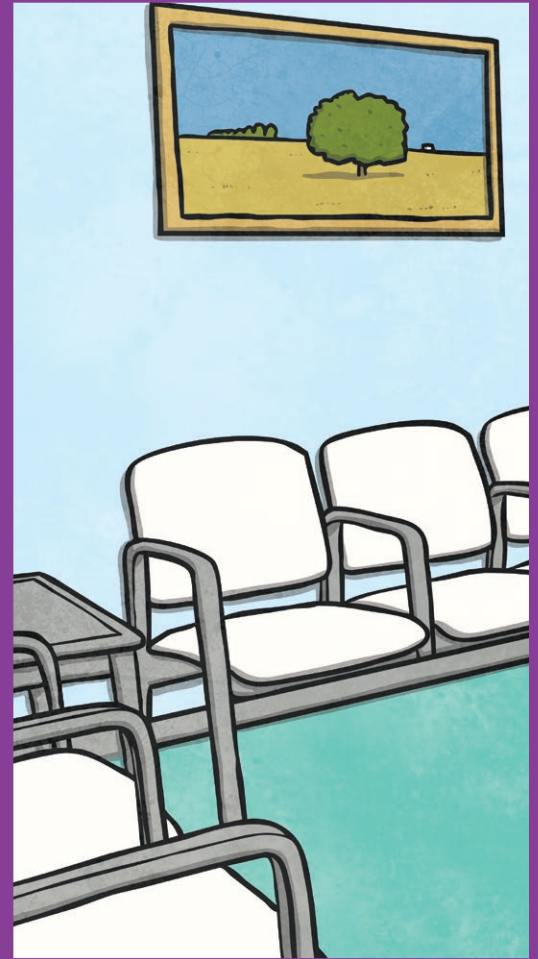
Pretend that...

You are with the doctor getting a blood test. You see the needle and feel scared.



Pretend that...

You are in the waiting room waiting to be called to see the doctor. Your appointment was at 3pm. It is now 3.35pm.



Pretend that...

You go to see the doctor expecting Dr Greene. You find out that Dr Greene is away today and your appointment will be with Dr Fulton. You haven't met Dr Fulton before and are becoming anxious.



Pretend that...

You are in the waiting room, waiting for your appointment. You start to feel very hot.



Pretend that...

The receptionist tells you that your appointment will be 30 minutes later than you expected. You begin to worry as you had planned to meet your mum after the appointment.

