

Questions to Ask at a Medical Appointment

The Ectodermal Dysplasia Society is able to recommend medical professionals who have experience of Ectodermal Dysplasia.

When you go to the doctor or to a hospital, it is important you understand what they say to you.

Some things to do before you go to the doctor or hospital

- Make a list of your most important questions.
- Make list of any medicines and pills you take.
- Write down your symptoms, aches, pains, feelings, etc.
- Write down when your symptoms started.
- Consider taking a friend or relative with you for support.
- Ask the doctor or hospital to arrange an interpreter if you need help with language at the appointment.

At the doctor or hospital

- Don't be afraid to ask if you don't understand. Say "Can you say that again please, I still don't understand."
- If you don't understand any words, ask the doctor to explain them or write them down so you can look them up later or ask a friend or family member.
- If you need to have some tests, ask what the tests are for, how you get the results, when you will get the results, who to ask if you don't get the results.

If you are going to have treatment you could ask...

- If there are other ways that could make you better?
- What treatment would be best?
- Are there any side effects or risks? (side effects are when a medicine or a treatment has an unpleasant effect that happens in addition to the main symptoms)
- How long will the treatment last?
- How will you know if the treatment is working?

- What happens if the treatment doesn't work
- Is there anything you should stop doing which would help?
- Is there anything you could do to help?
- What happens next?
- When should you go back?

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- Who do you talk to if you get worse?
- Are there any leaflets about the illness or treatment you could read?
- Where can you get more information?

Before you leave the doctor or hospital

- Check that you have done everything on your list.
- Make sure you know what should happen next and when it should happen - write it down.
- Find out who you should ask if you have any more problems or questions.
- Check you have understood everything.
- Ask if there are any support groups that could help you.
- Ask for copies of any letters written about you.
- Make sure you know what they think might be wrong with you and what you need to do next.

After you leave the doctor or hospital

- Write down what you talked about and what happens next – keep your notes.
- Book any tests that you can and put the dates in your diary.
- If you do not hear quickly about your next appointment, ask what is happening.
- If you don't get the results when you expect them, ask for the results.
- If the results are not clear, ask what the results of the test mean.

Remember it is important that you understand what the doctors say to you and what you must do to get better

This information has been taken from the NHS leaflet "Questions to Ask"

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