The General Physician

Going to the Doctor

© CoActis Santé
Why?

I need to go at least once a year for a checkup.

I can go if:

- I have a fever.
- I have a headache.
An area of my face hurts.

- The throat
- The ears
- The eyes
- The nose
A part of my body hurts.

- Stomach
- Back
- Arm
- Leg
I have skin problems.

- Itching
- Spots
- Red patches
- Wound
I have another problem.

I have an injury.

I have a cough.

I can’t hear well.
I have another problem.

I'm vomiting.

I'm constipated.

I have diarrhea.
I don't feel well.

I feel sad.  I have trouble sleeping.

I don't have any appetite.  I'm very tired.
I point to where it hurts

FRONT
I need to see a doctor for:

- a prescription
- medical approval
- a vaccination
What happens when I'm there?

The doctor greets me.

- I can go by myself
- or with another person.

The doctor asks me questions to find out why I came.

- He writes things down in my medical file.
The doctor measures me.

- I stand against the wall.
- My heels touch the wall.
- I hold my head straight.
- The doctor touches my hair with the measuring device.

The doctor weighs me.

- I step on the scale.
The doctor can ask me to take off some pieces of clothes.

- Top
- Bottom
- Top and bottom

The doctor asks me to sit down on the examining table.

It's a table that looks like a tall bed.
The doctor can examine me in different positions.

- Standing up

- Sitting down

- Lying down
The doctor can touch me when looking for pain or a growth.

- He puts his hands on a part of my body.
- He can press hard.
- He asks if it hurts.
The doctor takes my blood pressure.

- To take my blood pressure, the doctor uses a blood pressure monitor.

- I extend my arm and the doctor presses on the pump to inflate the armband.

- The armband tightens around my arm and it feels uncomfortable.

This lasts a few minutes, then the armband is deflated.
The doctor examines me to listen for sounds in my body.

- To examine me the doctor uses a stethoscope.

- He then places the stethoscope on:
  - My chest
  - My neck
  - My stomach
  - My back

The doctor puts it in his ears.
The doctor can ask me to:

- breathe in deeply with my mouth open
- cough
- hold my breath
The doctor looks at my throat.

- He uses a tongue depressor and a light.
- He asks me to open my mouth.
- He presses down on my tongue with the tongue depressor.
- He looks at the back on my mouth with his light.
- Sometimes he puts a cotton swab deep in my throat
The doctor looks in my ears.

- He uses a kind of a small funnel.
  
  It is called an otoscope.

- He puts the otoscope in my ear.
- The doctor is very close to my cheek.
- To see better, he gently pulls on my ear.
The doctor takes my temperature:

- under the arm

- or on my forehead

- or in my ear
The doctor can give me a vaccine shot.

So it doesn't hurt, I can numb my skin two hours before by putting on:

- some anesthetic pomade

I put on the pomade.

I cover it with a bandage.

- or an anesthetic patch.

It is like a large bandage.
- The doctor cleans my skin with a cotton swab.

- He gives me the shot.

- The doctor puts on a bandage.
I get dressed and the doctor explains everything to me.

The doctor can give me:

- A prescription for medication
- A letter to see a specialist
- A sick leave notice
- A request for medical exams

Everything I say to the doctor remains a secret between us.

- I can say anything.
SantéBD Multilingual is a project supported by the Orange Foundation.
Where can I find SantéBD booklets?

- **On the internet:**
  Visit the website: [http://www.santebd.org](http://www.santebd.org)

- **On my tablet or smartphone:**
  Download the SantéBD app from:
  ![Google Play](image) ![Apple App Store](image)

All SantéBD booklets are free.

SantéBD is a project by the NGO CoActis Santé. [contact@coactis-sante.fr](mailto:contact@coactis-sante.fr)

SantéBD booklets are produced in partnership with different participants from the world of healthcare and working with disabilities. Illustrations by Frédérique Mercier.

*All rights of reproduction, representation and modification reserved for any medium worldwide. Any use other than for educational and information purposes, and any commercial use is prohibited. ©CoActis Santé*

**The creation of this tool was made possible with the support of:**

![Supporting logos](image)

This document was proofread by people with learning disabilities and respects the European Easy-to-Read Guidelines. These guidelines make information available for everyone.

© Logo European Easy-to-Read: Inclusion Europe. For more information, visit the website [www.easy-to-read.eu](http://www.easy-to-read.eu)