

It's OK to ask!

Everyone wants help with health information. You are not alone if you find it confusing at times.

We believe that it is important that you get information in a clear way to help you understand how to stay well or get better.

You can help us to do this by asking us three simple questions every time you talk to a health care professional about your health:

- 1 What is my main problem?
- 2 What do I need to do?
- 3 Why is it important I do this?

Tips for clear health communication

Asking questions can help you to:

- Take care of your health
- Prepare for medical tests
- Take your medicines in the right way

Don't feel rushed or embarrassed if you don't understand something. It is OK to ask again.

Bring a friend or family member with you when you come for your outpatient appointment or visit your GP.

Make a list of your health concerns before you see your doctor.

Bring a list of your medications with you when you visit your doctor.

Ask your pharmacist for help when you have questions about your medication.



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