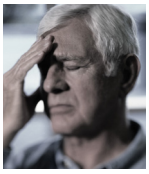

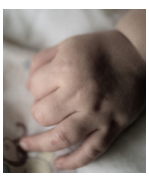

10 tips for you – the patient

1. Tell us about yourself

- Do you take any medication?
- What kind of treatment are you having?
- Is there anything else you do to improve your health?

2. Ask us until you are sure that you understand

- Don't be afraid to ask more than once
- Write down the information you get and any questions you want to ask us

3. Check the name

- Make sure that the treatment is meant for you
- Make sure that your identity is checked every time a test is taken or you are examined

4. Check the medication

- Is this your medication?
- Why do you have to take it?
- How does it work?
- Have you been given the right dose?

5. Family and friends can help you

- They can help you remember details
- They can speak up for you when you feel too weak to do so yourself

6. Learn about your illness

- Learn about your diagnosis
- Ask about examinations, tests and treatments
- If you are to have surgery, ask the doctor to sketch out incision lines on you with a marker pen

7. Let us know if you are in pain or uncomfortable

- If necessary, remind us
- You can have the nurse or doctor record your symptoms in your medical records

8. What happens after you are discharged from the hospital?

- What aches and pains should you expect?
- Should you do anything about your diet?
- How much can you exert yourself?

9. In the event of a medical emergency

- Who should you contact: your GP, the casualty clinic or the hospital?
- What do they need to know when you contact them?

10. Ask questions about quality

- Who is responsible for you?
- What experience do they have with your type of illness?
- Ask who is going to perform surgery on you and write down the name

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