

Ten tips for patients

1 Speak up if you have any questions or concerns

It is important that you understand your treatment, findings so far, and the reasons for your examination. Do not accept answers that you do not understand!

2 Let us know about your habits

Please tell the staff if you are on medication, any alternative treatment, dietary supplements, natural health products, and if you are on a special diet. Let the staff know if you are allergic to medication, foods, or other.

3 Take notes during your stay

Keep a journal of your experiences during your illness. In addition, it is usually a good idea to write down your questions, so that you will remember to ask the staff.

4 More ears listen better

It is a good idea to bring a family member or a friend to consultations with the doctor on examinations and results. It is an advantage if more people hear what the doctor has to say, as this minimizes the risk of misunderstandings and misinterpretations.

5 You can let somebody else handle your consultation

If you do not have the energy for it, you are welcome to ask the staff to go over your illness and treatment with one of your family members.

6 Check your personal data

Check your name and personal identification number with the staff prior to every examination, treatment, or administration of medication.

7 Ask about your operation

If you need surgery, it is a good idea to go over the procedure with the surgeon prior to the operation. Sometimes it is a good idea for the surgeon to mark the area of your body that needs surgery with a marker prior to the procedure.

8 Tell us if it hurts

It is important that we know your symptoms. Even symptoms, which appear in other places than the affected area.

9 Before discharge from hospital

Remember to ask about how the treatment is to continue and what you need to do yourself.

10 Know the medication you are taking

Make sure you know the name of the medication you are taking, its effect, and how and how long to take it. Keep a list of the medication you are taking. Also, make sure you know the side effects, and ask the staff about any types of foods or beverages, which may reduce the effect of the treatment.

