

YOU AND YOUR DOCTOR

01

Be considerate about other patients too when you visit your doctor

02

When visiting your doctor

- Be sure to take all your medical records.
- Make sure you take all the medicine you have been taking.
- Make special mention if you have any allergies.

03

Listen to your doctor's advice carefully and if anything is not clear ask the doctor again. Preferably have a family member or friend accompany you to the consultation.

04

If you are pregnant or breast feeding, make your doctor aware of the fact at the consultation.

Check the accuracy of the medicine you buy from the pharmacy and compare with the prescription, looking in particular for the generic name (not brand name) of the drug and the expiry date.

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Take your medicine according to instructions given by your doctor regarding the dose, frequency and duration. Do not stop taking the medicine half way.

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Always buy medicine on a prescription except for simple painkillers like paracetamol.

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Avoid buying medicine on old prescriptions without your doctor's advice. Do not use medicine prescribed for others and also do not give medicine prescribed for you to others.

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While taking the medicine, if you experience any uneasiness, develop an allergic reaction or your condition becomes worse, stop the medicine and inform the doctor immediately.

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Always obtain a referral letter from your doctor before you consult a specialist, and when you go for investigations.

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It is in your interest to avoid doctors who are tired and overworked.

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Help your Doctor to help you

