

Going to see the Doctor/Nurse

Doctors' Advice Sheet



What did the Doctor say;



Your next appointment is;



What do I need to do?



Rest or relax



Bed rest



Keep it raised



Keep it dry



Fluids; drink plenty water



Keep eating



Tablets or medicine

The name of it is;



Take tablets



Take medicine



Take _ times a day



Take with water



Morning



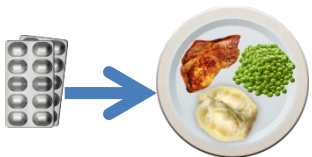
Daytime



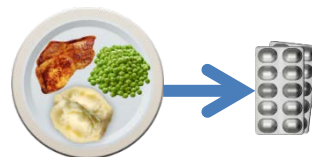
Evening



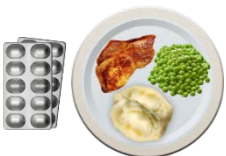
Bedtime



Before food



After food



With food



Something else?