Talking to your doctor
Making decisions about your care
In this easy read document, difficult words are in **bold**. We explain what these words mean in the sentence after they have been used.

Some words are **blue and underlined**. These are links which will go to another website which has more information.
We are the General Medical Council. We help to keep patients safe.

We also try to make healthcare and training better.

Your doctor should support you when you are making decisions about your care.

This information explains how your doctor should talk to you about the care you can get.
Talking to your doctor

Talking to your doctor can be scary, but they should give you support. When speaking to you, your doctor should:

- use language you understand
- listen to you
- explain all the treatment options available and how they work - this should include the option to do nothing
- go through the positives and negatives of each option
• help you remember your options

• get to know you more so they can tell you how each option might change your life

• give you the chance to ask questions and answer them truthfully.
Questions you could ask your doctor

Here are some questions you could ask your doctor to help you choose the right care for you.

- What are the positive things about this option?
- What are the negative things about this option?
- What are the other options I could choose?
- What if I choose to do nothing?

You could write down some questions before meeting your doctor so that you remember them.
When you are making decisions about your care, your doctor should:

- never rush you
- support you when you are thinking about your options
- give you time to talk to friends or family about your options.
What to do if you find it hard to understand spoken English

If you find it hard to understand spoken English, your doctor should use a **translation** service.

**Translation** means changing someone’s words into another language.

This means that people who speak different languages can understand each other.
For more information

If you need more information, please contact us by:

Phone: 0161 923 6602
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