

It's ok to ask

It's important that the information you are given about your health and wellbeing makes sense to you. This will help you get better and stay well.

It's ok to ask:

- 1 What is my main issue?
- 2 What are my choices?
- 3 What are the benefits and possible risks of each option?
- 4 What happens next?

It's ok to...

- Ask again if you don't understand something. Don't feel rushed or embarrassed.
- Make a list of things you want to talk about. This could be things that are important to you.
- Ask if you can bring a friend or someone from your family to help you.
- Make a list of the medicines you are taking and take it with you. It's easy to forget their names.
- Ask the pharmacist. They are there to help you.

Asking questions can help you to:

- Take care of yourself
- Prepare for tests
- Take your medicines in the right way



Look out for the 'It's Ok to Ask' postcards where you can write things down to help you remember for later.

