

It's OK to Ask



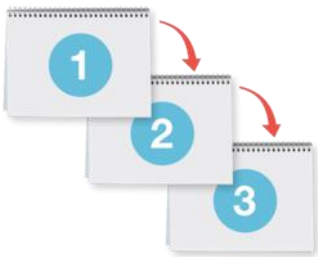
It is important you can understand information about your health and wellbeing.

This will help you get better and stay well.



It's OK to ask questions like

1. What is my main issue?
2. What are my main choices?
3. What are the good outcomes and risks of each option?
4. What happens next?



It's OK to

- Ask again if you don't understand something. Don't be worried.
- Make a list of things you want to talk about.



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It's OK to

- Ask if you can bring a friend or someone from your family to help you.
- Make a list of medicines you are taking and bring this with you.
- Ask the pharmacist. They are there to help you.



Asking questions can help you to

- Take care of yourself
- Get ready for tests
- Take your medicines in the right way.



We have made an 'It's OK to Ask' postcard. You can use it write things down to help you remember for later.