

It's OK to ask



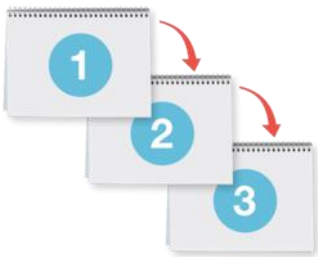
It is important that you understand information about your health and wellbeing.

This will help you get better and stay well.



It's OK to ask

1. What is my main issue?
2. What are my main choices?
3. What are the good things to come out and what are the risks?
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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- 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.
- 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



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Use this space to write things down and keep notes for the next time you speak to someone about your health.