

Transcript: Going to the Doctor.

<https://www.abc.net.au/education/learn-english/everyday-english-going-to-the-doctor/9790574>

Sarah: Hey there. I'm Sarah.

Jack: And I'm Jack. Welcome to Everyday English.

Sarah: Today we're going to talk about **going to the doctor**.

Jack: Aw, that's not much fun.

Sarah: No it isn't but it is something that we all have to do from time to time so it's important to know the right vocabulary.

Sarah: If you're feeling **sick** or **unwell**, or if you have a **pain**, then you might want to go to a clinic to see a **doctor** or **GP**. That stands for **general practitioner** and it refers to a doctor who's trained in general medicine. For more specific problems, you might go to a **specialist** and you would go to a **hospital** for a **medical emergency**. For example, a broken arm.

Jack: When you see a doctor, he or she will ask you about your symptoms. **Symptoms** are **any feelings of discomfort which are caused by a health problem**. For example, you might feel **ill** or **sick** or **nauseous**.

Jack: You might have a **temperature** which means **your body is hotter than it should be**. That's also called a **fever**. You might feel **weak** or **dizzy**. You might have a running nose or **runny nose** as we often say. Or you might have an **itch**. You can use the adjective **itchy**.

I have itchy eyes.

Jack: Or you might have some sort of **pain**.

- Pain in your back
- Pain in your arm
- Pain in your shoulder

Jack: Another way to say that you have pain is to use the adjective **sore**.

I have a sore back.

I have a sore arm.

I have a sore shoulder.

Sarah: If you are feeling pain, a doctor might ask you **to describe it**. For example he or she might ask if it is **a sharp pain**. That's a **strong and acute pain**. Or a **stabbing pain**. That feels like **something is stabbing you**. Or a **dull pain**. That's a **less severe pain**. You might also have an **ache** which is a type of **persistent dull pain**. For example a **headache** or a **backache**. Or you could have a **cramp** which is caused by **muscles contracting**.

Ben: Hi Charlotte, please take a seat.

Charlotte: Thanks.

Ben: What seems to be the problem?

Charlotte: I'm not feeling very well.

Ben: What sort of symptoms are you experiencing?

Charlotte: I feel a bit nauseous and I have a headache. And I've got a cramp in my stomach and I also have a really runny nose and sore eyes.

Ben: Do you have a temperature?

Charlotte: Yes I think so. It's been a bit high.

Ben: I think you've probably got the virus that's been going around. I'm going to write a prescription for some medication which will hopefully bring the pain down a little bit. You should rest though and make sure that you take plenty of fluids. OK? Would you like me to write a sick certificate for work?

Charlotte: Yes please.

Ben: Take that with you, it's your sick certificate and... reception will give you your prescription form.

Sarah: A **medical certificate** is an official document that proves that you can't work because you're sick. And a **prescription** is a document that you give to a **pharmacist**, a person authorised to sell drugs or medication. You need to provide a prescription to buy some medicine.

Jack: There's a chance your doctor or pharmacist will give you instructions, advice and suggestions and for that, you need to know the modal verbs like:

- Must
- Shall
- Will
- Should
- Would
- Can
- Could
- May
- Might

Jack: If it is **an instruction that has to be followed**, you use the word **must**.

You **must** eat before taking this medication.

You **must** not mix medication.

Jack: You could also say **have to** as in:

You **have to** eat before taking this medication.

Sarah: If you're **strongly advising someone**, that is giving advice that you want followed, you use the modal verb **should**.

You **should** rest and drink plenty of water.

Sarah: And if you're **making a suggestion**, you can use:

- Can
- Could
- May
- Might
- Would

Examples:

You **can** take an aspirin for pain.

You **could** try drinking more water.

You **may** want to eat less.

You **might** want to exercise more.

I **would** take some time off if I were you.

Jack: Well, that's it for today.

Sarah: Why don't you try making a list of words and phrases that you might use at the doctor's? It's also a good chance to practise words for parts of the body.

Jack: Stay well and we'll see you next time.