

# Going to the doctor



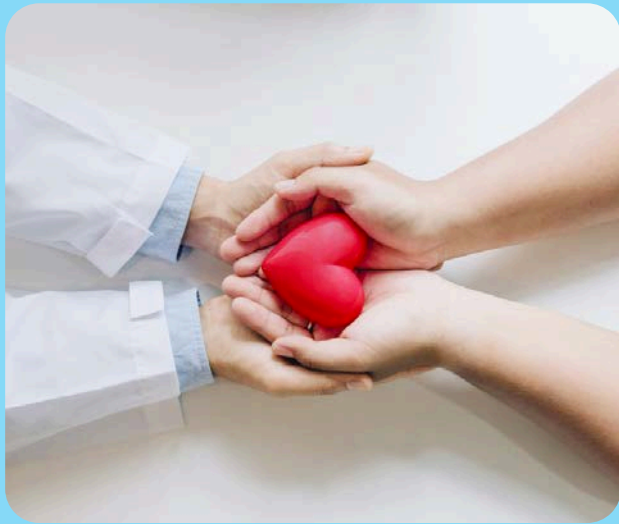
A social story by Blue Sky Community Services

This social story is about going to the doctor.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for your visit to the doctor.

Sometimes I need to go to see the doctor. I might be sick, or I might need to see them about something else. The doctor helps me stay healthy and feeling good.



I might need to wait in the waiting room for a little while before I see the doctor.

There might be other people waiting, and people who work at the doctor's will be there too.



It's okay if I feel nervous while I wait. Some sensory tools might help.

When it's my turn to see the doctor, it's okay for the person supporting me to come into the doctor's room and sit with me.



The doctor will probably sit at a desk that has a computer. I will sit in a chair nearby.

There might be a bed in the room too. Later, I might need to sit or lie on the bed if the doctor needs to examine me.



There might be lots of things in the room the doctor uses to look after people. There might be some strong smells too.

The doctor will talk with me about why I've come to see them. They might ask questions, so they can understand what's happening with me.



I should tell the doctor how I'm feeling and if there is anything wrong.

The doctor might need to examine me, which means they will check my body to see how healthy I am.



I might stay in the chair I've been sitting in, or I might sit or lie on the bed when they examine me.

The doctor might check my temperature by putting a device in my ear or holding a device near my forehead. This doesn't hurt.



The doctor might check my blood pressure by putting a piece of material called a cuff around my arm. This doesn't hurt, but the cuff can feel quite tight.

The doctor might listen to my heart and breathing by placing a small, circular-shaped device on my chest and back.



This doesn't hurt, but it might feel a little cold.

The doctor might look inside my ear with a little device that has a light on it.



They might also look inside my mouth. They might put something on my tongue to help them see behind it. This might feel strange, but it shouldn't hurt.

The doctor might use their hands to press on parts of my body. I should tell the doctor if it feels uncomfortable or hurts.



The doctor might need to do other tests too.

If the doctor is going to do something that might feel uncomfortable, they will tell me.



If I need to take a break, that's okay, I can ask the doctor to stop for a minute.

It's okay to feel a little scared and ask questions if I need to.



It might help me to remember that everyone is there to look after me.



If I start to feel overwhelmed at any time while at the doctor's, that's okay. I can let someone know and they will help me.

We hope this social story helped you prepare for going to the doctor.

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