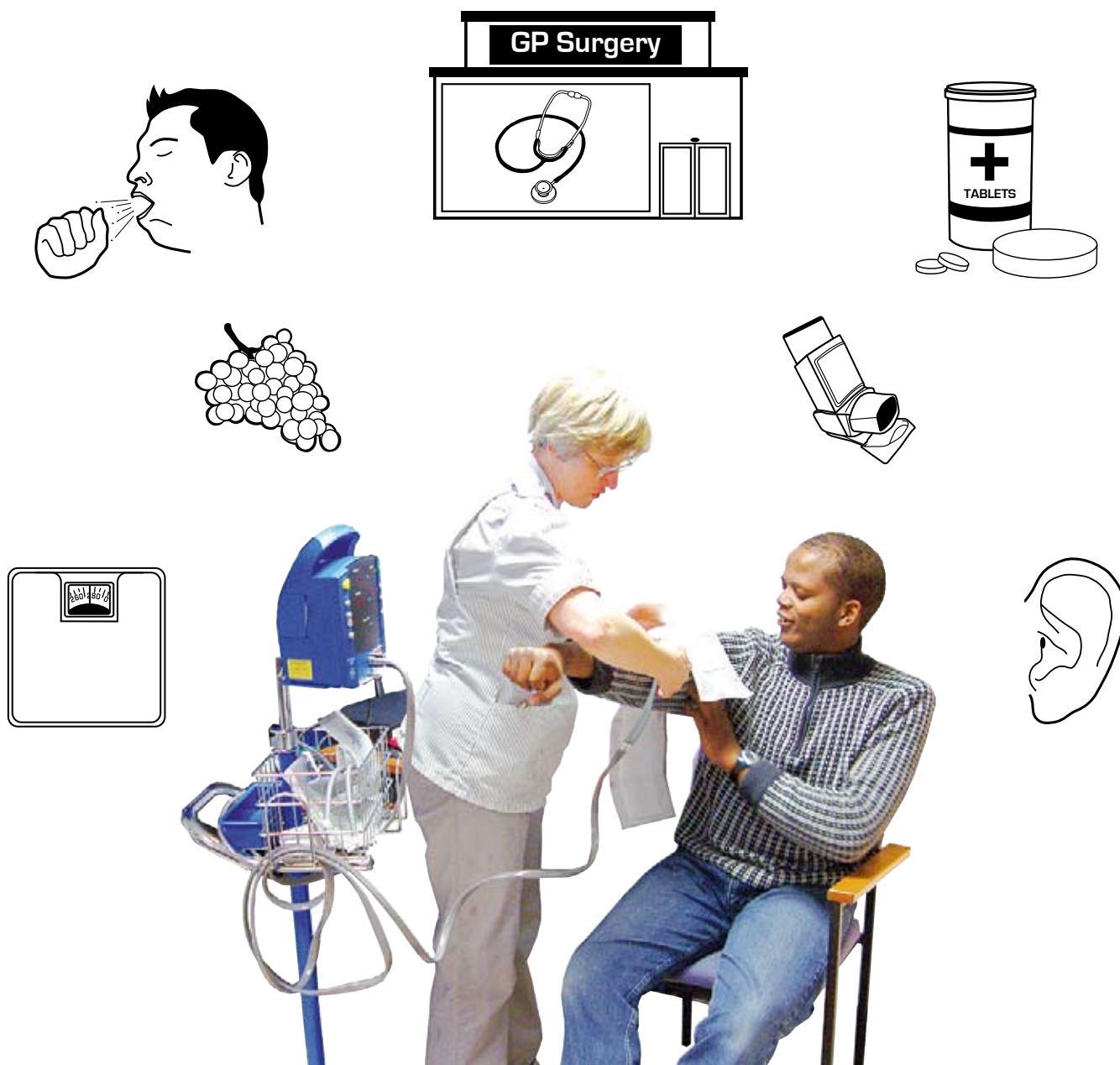


# Having a Health Check

## An Easy Read Guide to having a Health Check at your GP Surgery

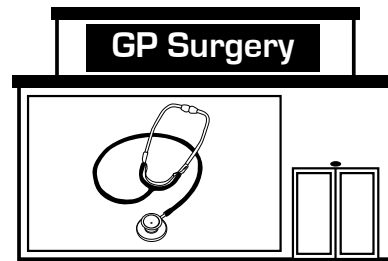
Working in Partnership with the Surrey Health Action Group



Developed and Designed by the Clear Communication People Ltd in Partnership with Dr. Jill Rasmussen

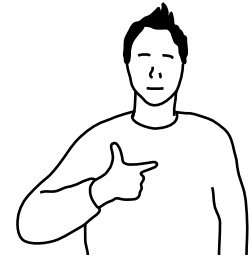
**A doctor or a nurse will do your health check with you at your GP Surgery.**

It can take between 30 minutes and 1 hour.



**You will be asked questions and have a check up.**

You can bring a supporter who knows you well.

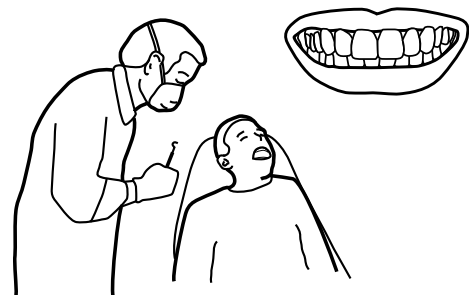


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## Questions you may be asked

### Dentist

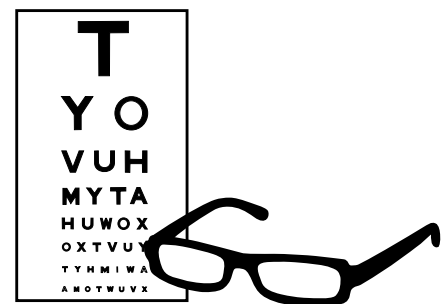
- When did you last go?
- When is your next appointment?



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### Optician

- When did you last go?
- When is your next appointment?



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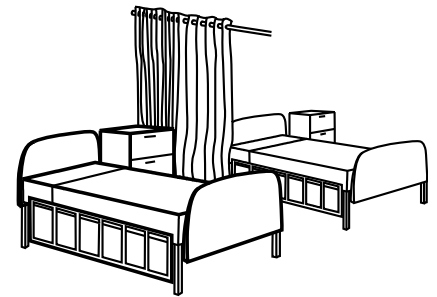
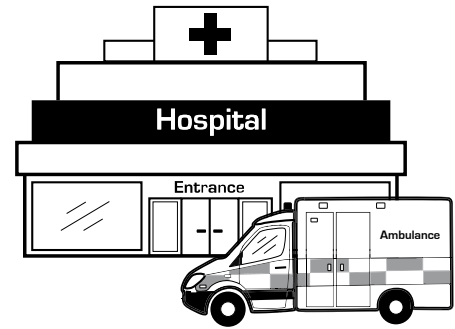
### Chiropodist

- When did you last go?
- When is your next appointment?



# Going to Hospital

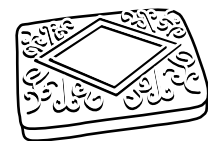
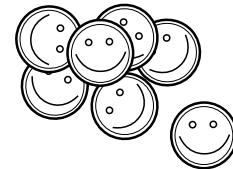
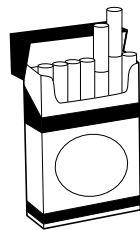
- Do you go to hospital for appointments?
- Which hospital do you go to?
- What do you go to hospital for?
- What specialist do you see?
- When did you last go?
- When is your next appointment?
- Have you had to stay in hospital?



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## Lifestyle questions about issues like:

- Smoking
- Drinking
- Drugs
- Exercise
- Diet



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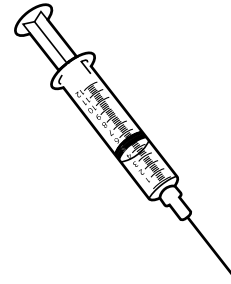
## Previous health issues

- Illnesses you have had
- Operations you have had



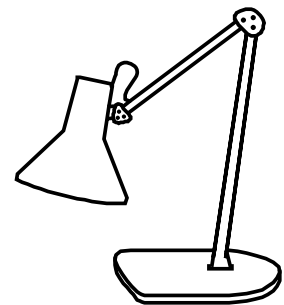
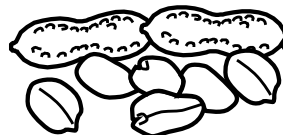
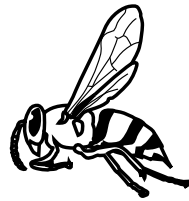
## Medicines you take

- Ointments
- Creams
- Liquids
- Pills
- Injections



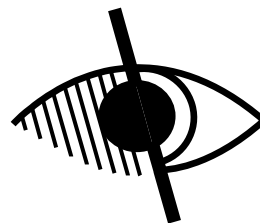
## Any allergies you have

- Medicines
- Insects
- Foods
- Light sensitivity



## Any disabilities you have

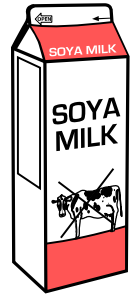
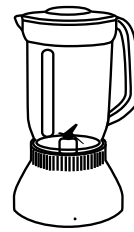
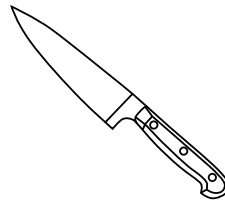
- Physical
- Sight
- Hearing



**Epilepsy** - If you have epilepsy

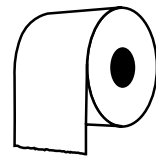
## Eating and drinking

- Special foods you need
- How your food is prepared and how you eat



## Going to the toilet

- You may be asked for a urine sample
- You may be asked about your bowels



## Mental Health

- Things like stress and worry



## Immunisations - like flu jabs

- When did you last have them?



## Family health history

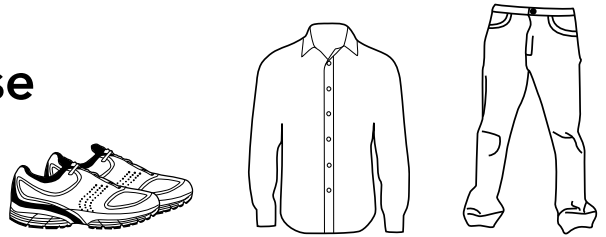
If you know of any illnesses members of your family have had it is good to tell the doctor or nurse about them.

**GP Surgeries may not all do a health check in exactly the same way.** They may not all ask these questions and may not ask them in the same order.

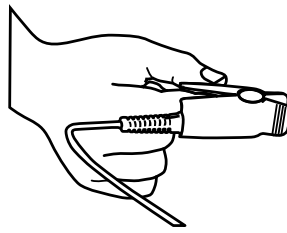
**As well as asking you questions the Doctor or Nurse may do some tests.** These tests are to check that you are healthy.

# Tests the Doctor or Nurse may do with you

The Doctor or Nurse will use equipment to do some of these tests. You may need to take some of your clothes off.



- Check your pulse



- Check your blood pressure



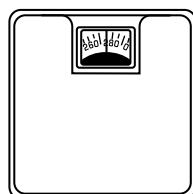
- Heart sound and breathing



- Check your height



- Your weight



- Check your ears



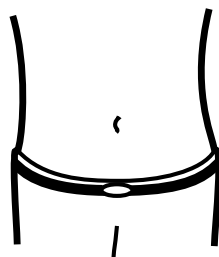
- Check your eyes



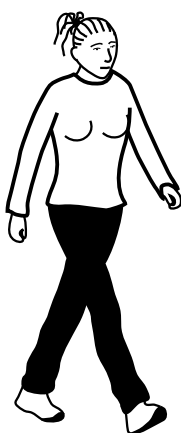
- Check your feet



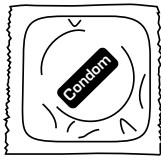
- Check your tummy



- Check your walking

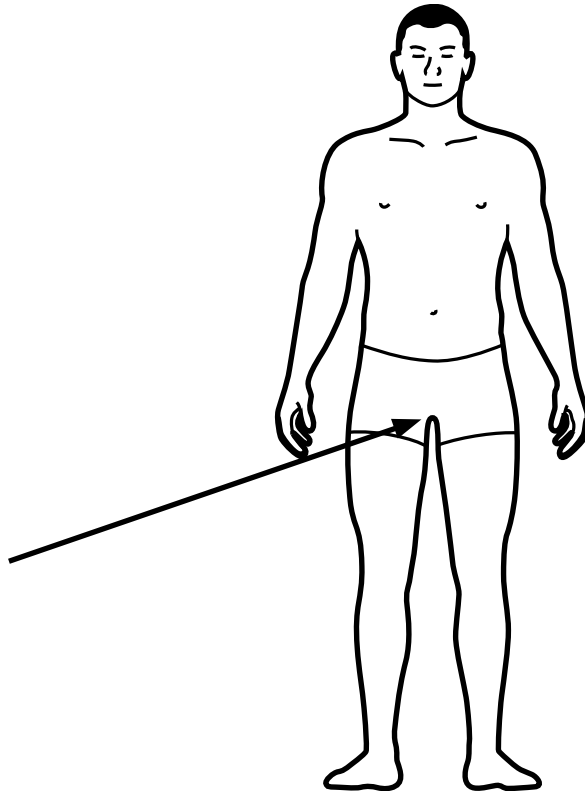


# Mens Health - only checked with men



## Contraception

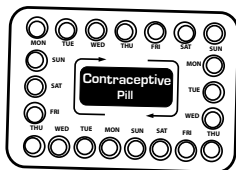
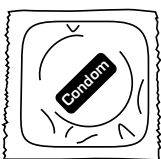
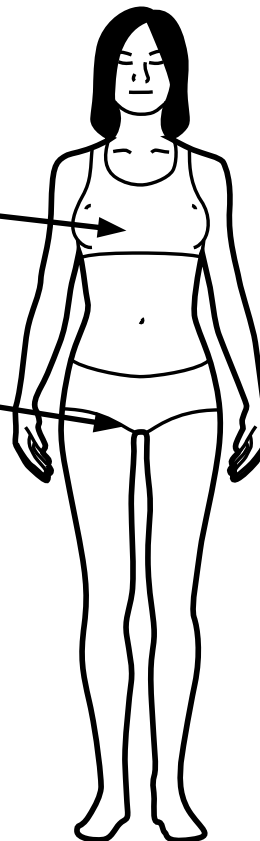
Testicular exam



# Womens Health - only checked with women

Breast exam

Cervical smear



## Contraception