

In partnership with

**MACMILLAN**  
CANCER SUPPORT

easy  
read

# Seeing the doctor





# About this easy read booklet



This booklet is about seeing the doctor.



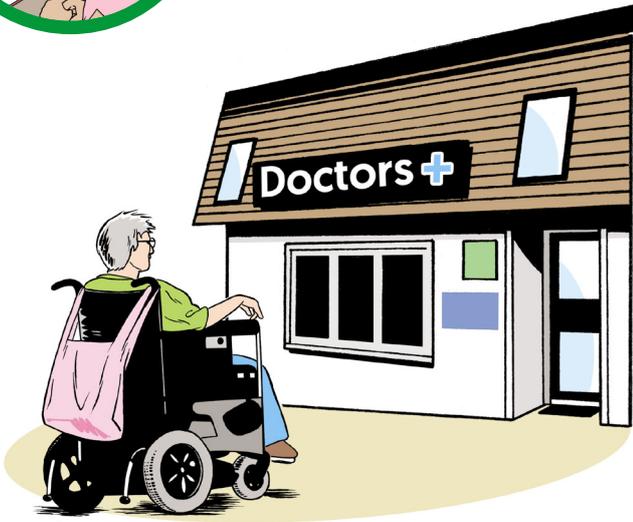
You can learn about what will happen when you see the doctor.



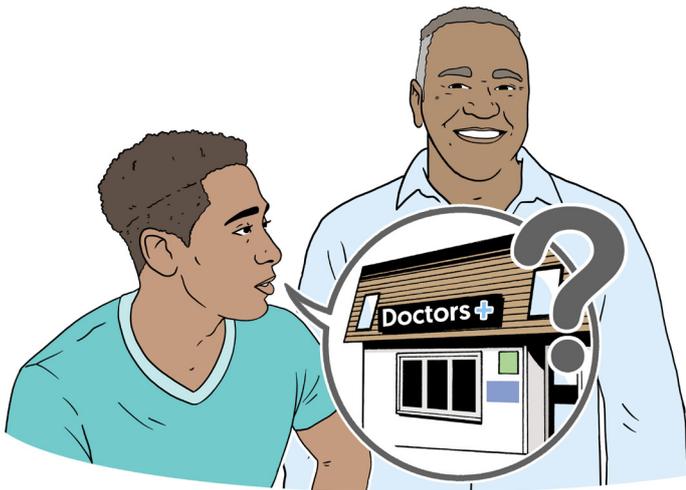
If you are worried about your health, you should talk to a doctor or nurse.



# Seeing the doctor



The first person you need to see if you have any health worries is your doctor.



It might be helpful if you ask someone to come with you to see the doctor.



Before you go to see the doctor, write down a list of the things you want to say. Take this list with you so you do not forget to tell the doctor what is wrong.



The doctor will ask you what is wrong and what **symptoms** you have.



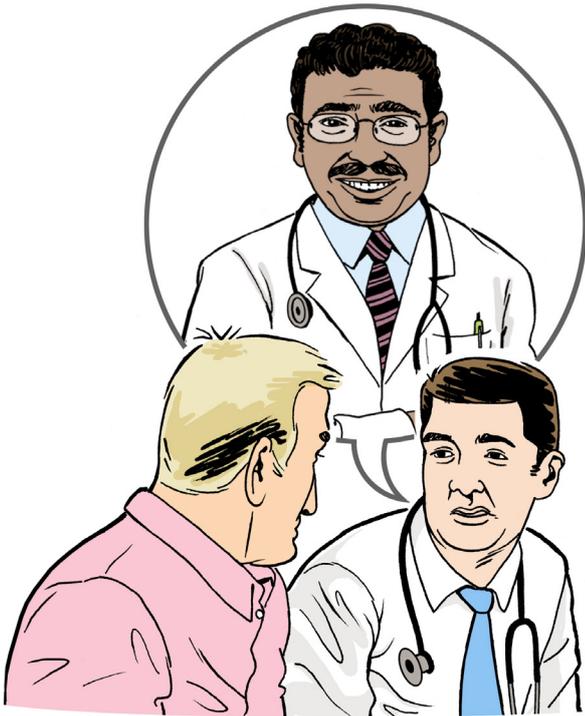
**Symptoms** are signs that tell you something is wrong. For example, feeling tired all the time.



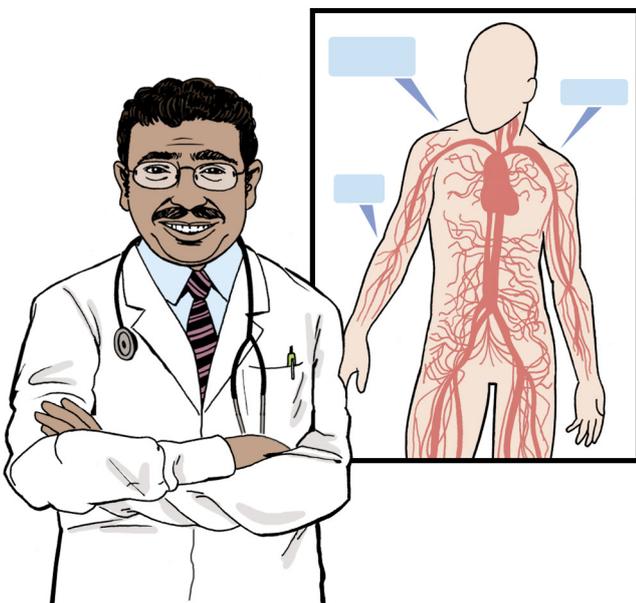
The doctor will try to find out what is causing your symptoms. This is called making a **diagnosis**.



The doctor may want to check your body for signs of change. This could include lumps or places where you have pain.



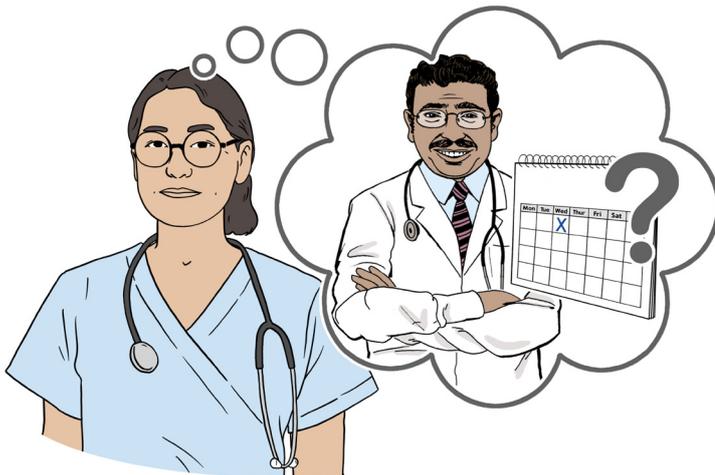
The doctor may decide you need to see another doctor called a **specialist**.



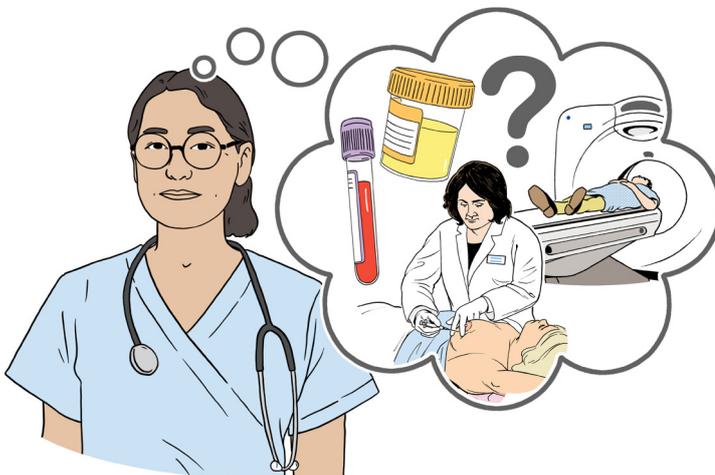
A **specialist** is a doctor who has learned a lot about one part of the body.



Specialists usually work in hospitals.



The doctor will think about your symptoms and decide how quickly you need to see a specialist.



The doctor may also decide that you need to have tests. There are different types of tests you could have. Your doctor will choose the right ones for you.



Tests can help the doctor find out what is wrong and whether you have cancer or not.



Ask your doctor about the tests you will have. They can tell you where to go and what to expect.



# How Macmillan can help you



You can get support from:

## The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.

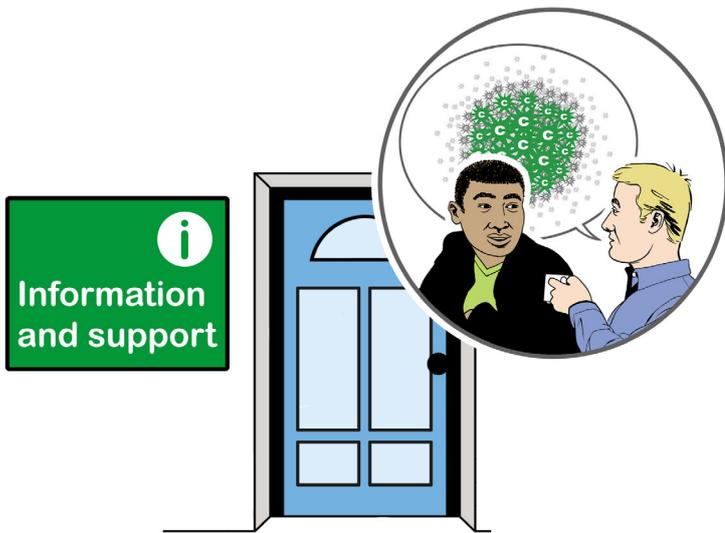


## The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer.

You can also use our web chat to ask questions at

[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



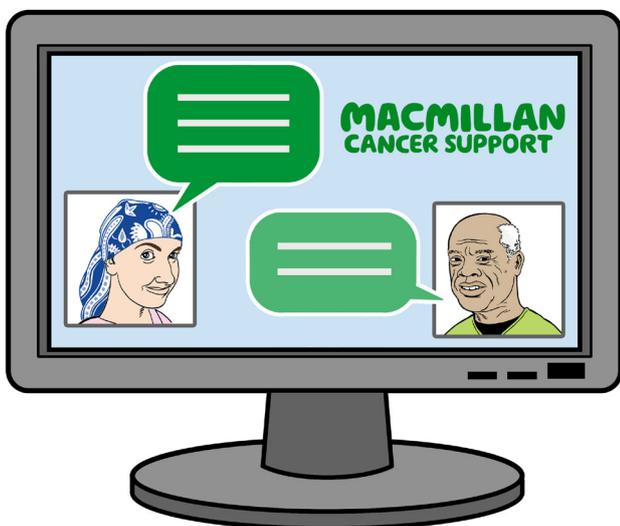
## Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



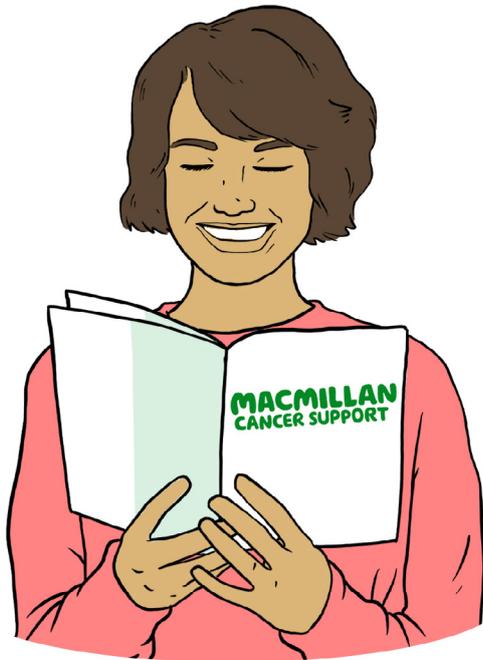
## Local support groups

Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



## Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)



### Videos

You can watch videos about cancer at

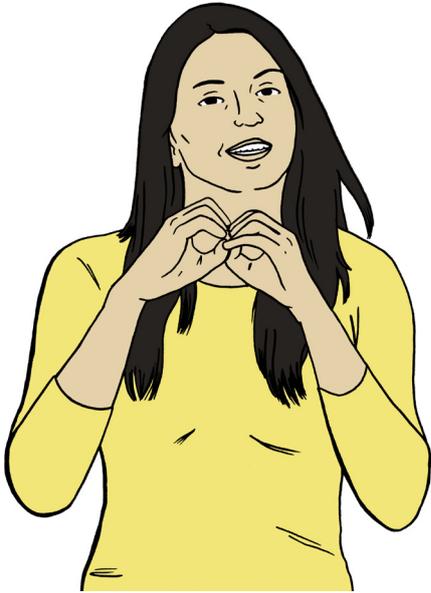
[macmillan.org.uk/videos](https://macmillan.org.uk/videos)



### Audio

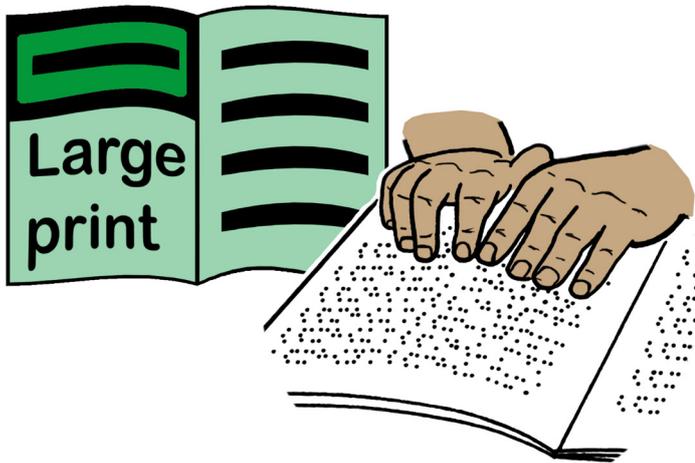
You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](https://macmillan.org.uk/audio)



### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://macmillan.org.uk/bsl)



### Large print or Braille

Tell us if you need information in large print or Braille.  
Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



### Translations

Tell us if you need information in another language.  
Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



# More easy read booklets



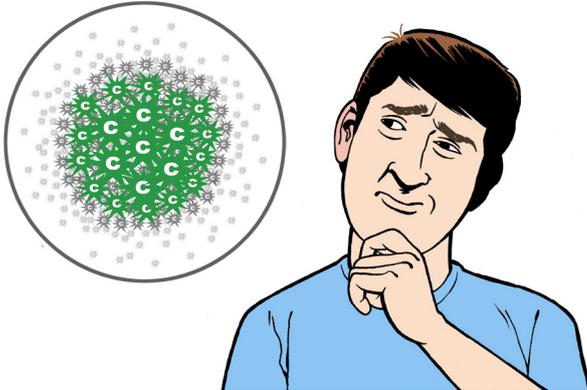
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



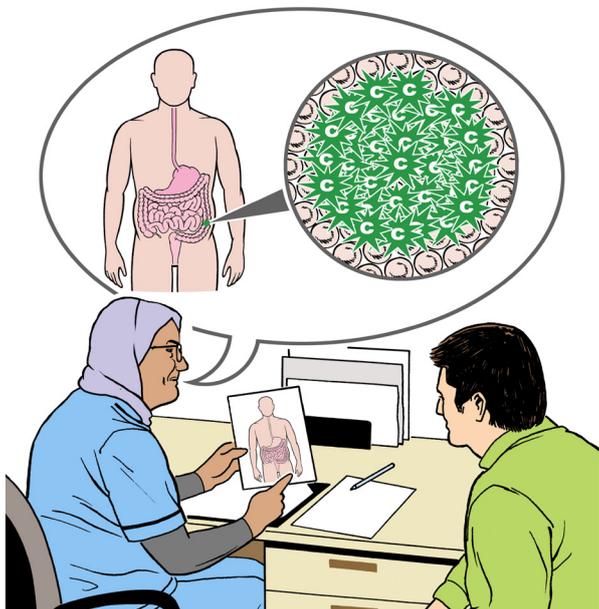
## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray

## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor

## Treatment for cancer

- Chemotherapy
- Deciding about your treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



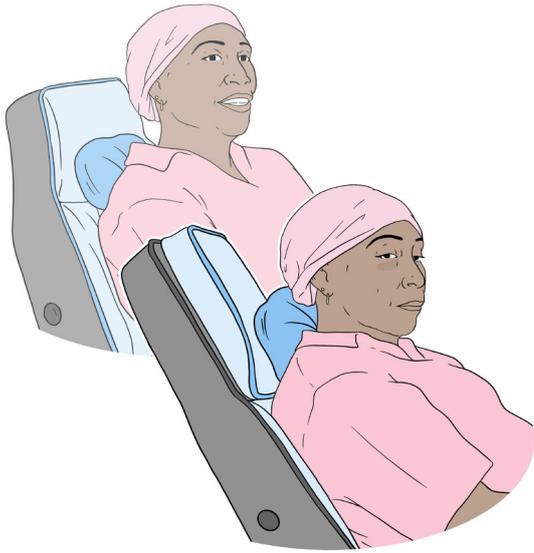
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex

## Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



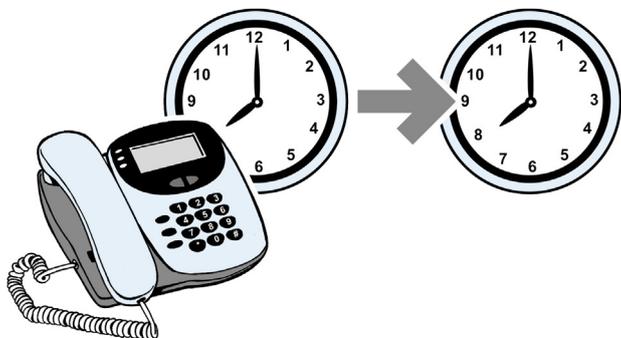
## After someone dies

- Going to a funeral when someone dies
- Your feelings when someone dies and what can help

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about seeing the doctor.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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