

# Getting ready for my health check



Version 1 - May 2015



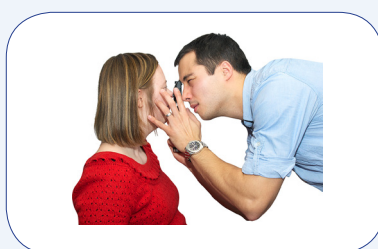
Clifton Medical Centre

**Clifton Medical Centre,**  
Rotherham Health Village,  
Doncaster Gate,  
Rotherham. S65 1DA

**Phone:** 0844 477 3622  
or 01709 363950

Address / phone number

## An Easy Read guide about having a health check at Clifton Medical Centre.



# Who can have a health check?



All people with learning disabilities registered at Clifton Medical Centre can have a health check every year.

# Getting ready for your health check



**Take someone who knows you well to your health check.**  
They can support you and help you answer the questions you will be asked.

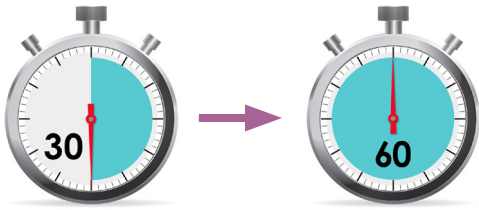


**Take your health record or health action plan with you.**  
This is will give the doctor or nurse lots of good information.

Make sure your medication list is up to date and take it with you.



# Important information about your health check



**Your health check should take between 30 minutes and one hour.**



**You will see a Nurse first.**  
Then you will see the Doctor.

## Health questions



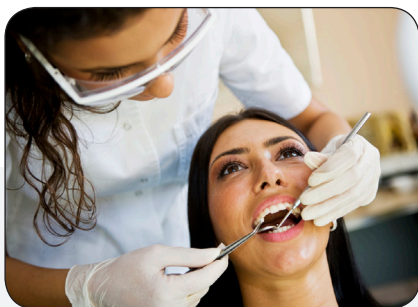
**The doctor and nurse will ask you questions about your health**

## Health check up



**The doctor and nurse will also give you a check up.**

## Questions you may be asked



**When did you last go to the dentist?**

When is your next appointment?



**When did you last have an eye test with your optician?**

When is your next appointment?



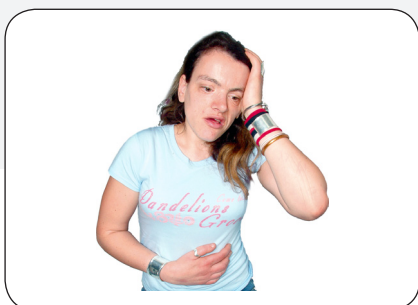
**Do you get help from any other health professionals?**

For example you may see a physiotherapist.



**Have you been to hospital since your last health check or in the last 2 years?**

What did you go to hospital for?



**What illnesses have you had since your last health check?**

What other health problems do you have? What help do you get?

The doctor or nurse may also ask you questions about these things:



Hearing



Alcohol



Smoking



Eating



Drinking



Exercise



Toilet



Mental health



Immunisations



Medicine



Allergies



Getting around

## Health check up



When you are due for your health check, Carolyn Wilson, from the surgery will contact you or your carer and invite you to come in.

**These are some of the checks the doctor or nurse may want to do:**



Your heart and breathing



Your blood pressure



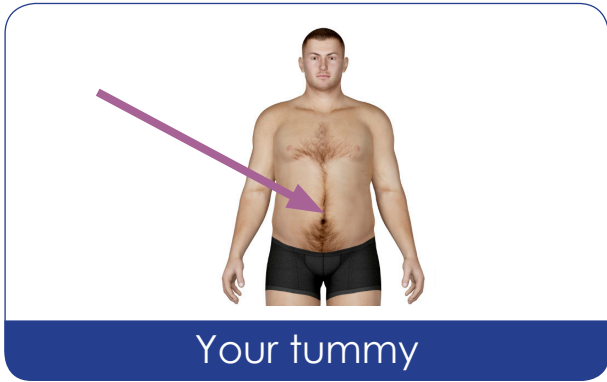
Your pulse



Your walking



Your height and weight



Your tummy



Your ears



Your eyes

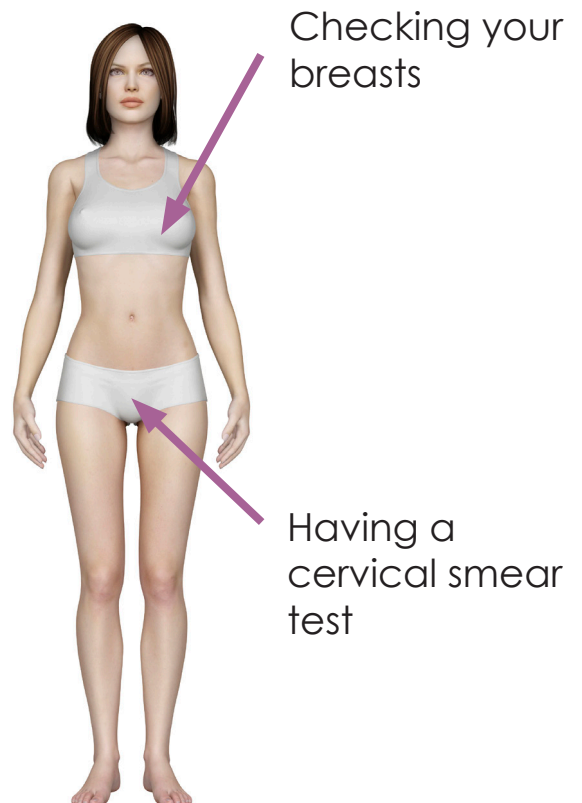


Your feet

**These are some things the doctor or nurse will talk about if you are a man or a woman:**



Checking your testicles



Checking your breasts

Having a cervical smear test

- Easy Pics imagenbank © The Clear Communication People Ltd
- Some photosymbols used - go to [www.photosymbols.com](http://www.photosymbols.com)

## About Easy Read information

Easy Read information using larger print, easy words and pictures to make information easier to understand. Easy read is a summary of the key points. Whilst it is useful to help people understand complex subjects it should not be relied upon solely in the process of supporting people to make decisions about their health care and treatment,