

ASK ME

3

GOOD QUESTIONS FOR YOUR GOOD HEALTH



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Every time you talk with a doctor, nurse, or a pharmacist, use the Ask Me 3 questions to better understand your health.

- 1 - What is my main problem?
- 2 - What do I need to do?
- 3 - Why is it important for me to do this?



When to Ask Questions?

You can ask questions when:

- You see your doctor, nurse, or pharmacist
- You prepare for a medical test or procedure
- You get your medicine

Asking these Questions can help me:

- Take care of my health
- Prepare for medical tests
- Take my medicines the right way

Who needs to Ask 3?

Everyone wants help with health information. You are not alone if you find things confusing at times. Asking questions help you understand how to stay well or to get better.

What if I ask and still do not understand?

- If you still do not understand, let your doctor, Nurse or pharmacist know what you need to know again.
- Please do not feel rushed or embarrassed if you don't understand something. You can ask once, twice, thrice

Write your doctor's answer to the 3 questions here:

1. What is my main problem?

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2. What do I need to do?

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3. Why is it important for me to do this?

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Like many people, you may see more than one doctor. It is important that your doctors know all the medicines you are taking so that you can stay healthy.

Take your medicines with you next time you visit your doctor.

Here are a few tips choose what you can try (cut this page and keep it with you for your next visit):

- I will ask the 3 questions.
- I will bring a friend or family member to help me at my doctor visit.
- I will make a list of my health concerns to tell my doctor or nurse.
- I will bring a list of all my medicines when I visit my doctor or nurse.
- I will ask my pharmacists for help when I have questions about my medicines.

Bring your medicines with you the next time you visit your doctor or pharmacist. Or, write the names of the medicines (medicines, herbs, vitamins, OTC...) you take on the lines below:

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The Ask Me 3 questions are designed to help you take better care of your health.

