

Doctor Treatment list

Photocopy one of these sheets for each student who is role-playing a doctor.

<p>Ailment: diarrhoea</p> <p>Prescribe: some medicine Take twice daily.</p> <p>Extra Advice: (a) Drink plenty of fluids. (b) Avoid foods containing milk.</p>	<p>Ailment: flu</p> <p>Prescribe: antiviral medication. Take three times daily after meals.</p> <p>Extra Advice: (a) Get lots of rest. (b) Drink plenty of fluids</p>
<p>Ailment: sore throat</p> <p>Prescribe: some medication Take every four hours.</p> <p>Extra Advice: (a) Drink plenty of liquids. (b) Drink warm tea with honey.</p>	<p>Ailment: rash</p> <p>Prescribe: an ointment. Apply four times a day.</p> <p>Extra Advice: (a) Avoid scratching your skin. (b) Use as little soap as possible.</p>
<p>Ailment: cuts</p> <p>Prescribe: an antibacterial ointment. Apply three times daily.</p> <p>Extra Advice: (a) Wash carefully with mild soap. (b) Keep dirt out of it.</p>	<p>Ailment: sprained ankle</p> <p>Prescribe: some pain killers Take whenever you have pain. (maximum five times daily)</p> <p>Extra Advice: (a) Keep your foot elevated. (b) Keep ice on it for 24 hours.</p>
<p>Ailment: constipation</p> <p>Prescribe: laxative. Take every morning when you wake up.</p> <p>Extra Advice: (a) Get some exercise. (b) Eat plenty of fruits and vegetables.</p>	<p>Ailment: indigestion</p> <p>Prescribe: antacid. Take after meals.</p> <p>Extra Advice: (a) Avoid spicy food. (b) Cut down on eating and drinking.</p>
<p>Ailment: high blood pressure</p> <p>Prescribe: some pills. Take after meals three times daily.</p> <p>Extra Advice: (a) Exercise daily.</p>	

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| (b) Loose some weight.
(c) Cut down on salt and alcohol. | |
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Warning: The advice listed on this sheet should not be taken as medical advice. The sole purpose of this sheet is to help students who are studying English as a Second Language (ESL) to become familiar with expressions they might hear or need when visiting a doctor.

<http://bogglesworldesl.com/survivalESL.htm>