

## Going to see the doctor at The Freeman Center

Sometimes, I might have to go to the doctor. The doctor will check my body and make sure that I am healthy and strong. I will visit my doctor at The Freeman Center at the University of Cincinnati Hospital.

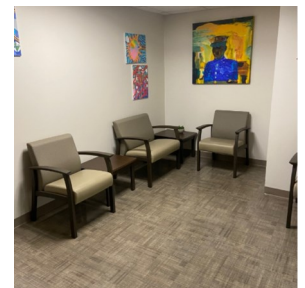


Before I leave my house to go to the doctor, I will need to pack my medications or medication list, something to do while I wait to see the doctor and any support that I may need to help me communicate. I can also bring a caregiver with me to help and support me during the appointment.



The Freeman Center is in a big building. First, I will need to park in the parking garage and go up to the 4<sup>th</sup> floor of the building.

I will need to check in at the front desk. When I check in at the desk, the nurse may ask me my name, my birthdate and if my body has been feeling sick lately. If I need help in answering questions, my caregiver can help me.



I will sit in the waiting room until the nurse says we are ready to go back to the exam room.

Sometimes, I may have to wait to see the doctor or the nurse. Waiting can be hard. I can bring something from home to do or I can ask the staff at the Freeman Center for something to do while I wait. I can ask to use fidgets, color, use putty, play a game, or do a puzzle.



When it is my turn, the nurse will call my name to go into the exam room. Before I go into the exam room, I need to be weighed. The nurse will ask me to stand on the scale. I can choose to take my shoes off or leave my shoes on.



I will go in the exam room to wait for the doctor. The nurse may ask me some questions about what medications I take and if I have been feeling okay. I can ask my caregiver to help me answer questions.

The nurse may want to take my blood pressure. To take my blood pressure, the nurse might put a soft bracelet around my arm. When the soft bracelet is around my arm, the machine will pump air into the bracelet. I may feel some tightness around my arm. It may feel uncomfortable, but it does not last for long.

When the soft bracelet is on my arm, I can ask someone to hold my hand, squeeze a fidget ball or listen to music.



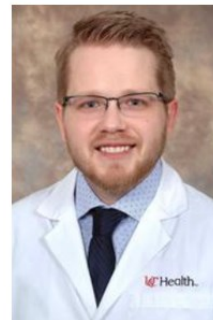
Next, the nurse will leave the room and I will wait in the exam room to see my doctor. Today, my doctor is \_\_\_\_\_. I can check on MyChart to find out who I'm seeing today. I can also look on the Freeman Center website to see their pictures and learn more about them.



Dr. Wang



Dr. Johnson



Dr. Keeton



Dr. Rivendale

My doctor will ask me questions about how I am feeling and give me time to talk about things that are important to me and things that are important for my health. My doctor might touch my body, listen to my heart and lungs, or look in my ears, eyes and mouth.

When the appointment is over, my doctor and I will talk about when I am going to come back, and I'll schedule my next appointment. They will give me some paperwork so that I can remember what we talked about and if there are any changes needed to keep my body healthy and safe.