

How to Visit a Doctor in English

Tell your symptom story in three sentences

EPISODE 17 • LEVEL B1-B2

Episode summary

- The doctor is a detective and you are the witness — they need your story, not perfect English. Pointing and short sentences are completely fine.
- Booking: “I would like to make an appointment with Doctor Sharma, please.” The receptionist asks “What is it for?” — one word answers like “a fever” are enough.
- The golden frame: “I have had a fever for three days.” “I have” carries every symptom; “I feel” carries every sensation. Duration: “for” a period, “since” a starting point.
- Pain language: “It hurts here” (point), “My body aches” — never “my body is paining.” The pain scale one to ten: honest numbers get better treatment.
- The doctor's questions — “When did it start?” “Better or worse?” “Have you taken anything?” “Are you allergic?” — get honest one-line answers.
- The three protecting questions: “How should I take this?” “Are there any side effects?” “When should I come back?” Emergencies: “I need help.” “Please call an ambulance.”

What's inside this PDF

20 key words • the symptom story frame • Say It Better upgrades • 3 practice exercises

Key Vocabulary

20 words from this episode — learn them, then use them this week

1. appointment

a fixed time to meet the doctor.

> I would like to make an appointment with Doctor Sharma, please.

2. symptom

a sign that something is wrong in your body.

> The doctor asked about my symptoms.

3. prescription

the doctor's written order for medicine.

> The doctor gave me a prescription for antibiotics.

4. pharmacy

the shop where you buy medicine.

> I took the prescription to the pharmacy.

5. fever

body temperature higher than normal.

> I have had a fever for three days.

6. allergic

your body reacts badly to something.

> I am allergic to penicillin.

7. headache

pain in your head.

> I have a headache.

8. sore throat

pain when you swallow.

> I have a sore throat.

9. dizzy

feeling like the room is spinning.

> I feel dizzy when I stand up.

10. cough

air forced loudly out of your throat.

> I have had a cough for one week.

11. ache

a dull pain, often all over the body.

> My whole body aches.

12. hurt

to feel sharp pain in a place.

> It hurts here — point at the spot.

13. side effect

an unwanted reaction to medicine.

> Are there any side effects?

14. tablet

a small round piece of medicine you swallow.

> Take one tablet twice a day.

15. receptionist

the person who books appointments at the clinic.

> The receptionist asked: "What is it for?"

16. ambulance

the emergency vehicle that takes you to hospital.

> Please call an ambulance.

17. pain scale

one to ten — how bad the pain is.

> The pain is about a six.

18. since

from a starting point in time.

> I have had this pain since Monday.

19. worse

more bad than before.

> "Is it getting better or worse?" — "Getting worse."

20. dose

one amount of medicine at one time.

> How should I take this? Ask before every dose.

The Confident Patient's Toolkit

book, describe, answer, understand, protect

Book the visit

"I would like to make an appointment with Doctor Sharma, please." The receptionist's "What is it for?" gets one word: "a fever."

Describe the symptom

"I have a headache." "It hurts here." "I have had a fever for three days." Three sentences, and the doctor has the whole picture.

Answer honestly

"When did it start?" — "Three days ago." "Better or worse?" — "Getting worse." Short beats silent.

Understand the advice

"How should I take this?" "Are there any side effects?" "When should I come back?" Repeat it back: "One tablet after breakfast and one after dinner. Correct?"

Know the emergencies

"I need help." "Please call an ambulance." "I am allergic to..." — everyone should know these three.

Say It Better — 10 upgrades

☐ "I am having fever."	☐ "I have a fever."
☐ "My body is painig."	☐ "My body aches."
☐ "From three days I have cough."	☐ "I have had a cough for three days."
☐ "I need doctor."	☐ "I would like to see a doctor."
☐ "It is painig here."	☐ "It hurts here."
☐ "Give me medicine."	☐ "Could you prescribe something for the pain?"
☐ "No, nothing" (silence at questions).	☐ Honest one-line answers: "Three days ago." "No, nothing yet."
☐ Freezing on the phone when booking.	☐ "I would like to make an appointment with Doctor Sharma, please."
☐ Guessing the medicine alone.	☐ "How should I take this?" — always ask.
☐ Arguing with the doctor using Google.	☐ Describe your symptoms, answer honestly, follow the advice.

Practice Time

3 exercises — do them today, not “someday”

Exercise 1 — Fill in the blank

Word bank: appointment • symptom • prescription • pharmacy • allergic

1. I would like to make an _____ with Doctor Sharma, please.
2. A _____ is a sign that something is wrong in your body, like a cough.
3. The doctor gave me a _____ for antibiotics.
4. I took the prescription to the _____.
5. I am _____ to penicillin — always say it early.

Exercise 2 — Say it better

Upgrade each weak clinic habit (answers below):

1. “I am having fever.” > Say it better:
2. “My body is paining.” > Say it better:
3. “From three days I have cough.” > Say it better:

Exercise 3 — Write your symptom story

Write your three-sentence symptom story: “I have [symptom]. It started [when]. It is about a [number] on the pain scale.” Say it out loud. Then add one protecting question: “How should I take this?”

- Your three-sentence symptom story.
- Book a pretend appointment on the phone.
- Answer the doctor's five questions out loud.

Answer key

Ex 1: 1 appointment • 2 symptom • 3 prescription • 4 pharmacy • 5 allergic

Ex 2: 1 “I have a fever.” 2 “My body aches.” 3 “I have had a cough for three days.”