

# Doctor Treatment List

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

**Ailment:** diarrhoea

**Prescribe:** some medicine  
Take twice daily.

**Extra Advice:**  
(a) Drink plenty of fluids.  
(b) Avoid foods containing milk.

**Ailment:** flu

**Prescribe:** antiviral medication.  
Take three times daily after meals.

**Extra Advice:**  
(a) Get lots of rest.  
(b) Drink plenty of fluids

**Ailment:** constipation

**Prescribe:** laxative. Take every morning when you wake up.

**Extra Advice:**  
(a) Get some exercise.  
(b) Eat plenty of fruits and vegetables.

**Ailment:** sore throat

**Prescribe:** some medication  
Take every four hours.

**Extra Advice:**  
(a) Drink plenty of liquids.  
(b) Drink warm tea with honey.

**Ailment:** rash

**Prescribe:** an ointment. Apply four times a day.

**Extra Advice:**  
(a) Avoid scratching your skin.  
(b) Use as little soap as possible.

**Ailment:** indigestion

**Prescribe:** antacid. Take after meals.

**Extra Advice:**  
(a) Avoid spicy food.  
(b) Cut down on eating and drinking.

**Ailment:** cuts

**Prescribe:** an antibacterial ointment. Apply three times daily.

**Extra Advice:**  
(a) Wash carefully with mild soap.  
(b) Keep dirt out of it.

**Ailment:** sprained ankle

**Prescribe:** some pain killers  
Take whenever you have pain.  
(maximum five times daily)

**Extra Advice:**  
(a) Keep your foot elevated.  
(b) Keep ice on it for 24 hours.

**Ailment:** high blood pressure

**Prescribe:** some pills. Take after meals three times daily.

**Extra Advice:**  
(a) Exercise daily.  
(b) Loose some weight.  
(c) Cut down on salt and alcohol.

**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>