

**Good
advice for
you
as a
patient**

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In Region Zealand, we want to provide you with good service and treatment. We are there for you.

If there is something you do not understand, ask

Do you know what the investigation is for, and how your treatment will proceed? It is important to ensure that it proceeds well. Therefore: Ask, if you are in doubt.

Feel free to take a relative with you

Two pairs of ears are better than one, and increase the likelihood of understanding all the finer points of what is said. Feel free, therefore, to bring a relative with you to discussions. If you are to be examined or given treatment, you might also ask whether a relative can be present for this.

Tell us about your medication and your habits

Are you already on medication? How does it work? For how long will you need to take it? What are your smoking and alcohol drinking habits? Is there anything you cannot tolerate, or that you are allergic to? Tell us – it may be of significance to your treatment.

Tell us about your symptoms

When you are being examined, tell us what your symptoms are. Tell us if there are any hereditary diseases in your family, and whether there has previously been anything wrong with you.

Ask what you can do yourself when you go home

Ask how your treatment will continue and whether there is anything you need to be particularly aware of, or that you need to do yourself.

Ask if there are any special circumstances we need to consider

Is there anything else we should know about you? For example, are there any special circumstances with regard to your religion or cultural background that we need to try to take into account?

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