

Going to the doctor can be scary. Talking to a doctor in a different language is even more scary!

Today, we're talking about the basic vocabulary that you need when you go to the doctor and what the doctor might say to you. This isn't 'emergency situation/hospital' vocab, that can be its own podcast. This is the type of vocabulary when you have the flu, when you feel ill/sick, etc.

Doctor: How are you feeling today?  
What brings you in today?  
What's the matter? What's wrong?

Patient: I feel ill or sick.  
I feel/ I'm feeling awful.  
Not so good.

Doctor: What are the symptoms?

Patient: Nose - runny nose/my nose is running - secreción/goteo nasal  
snotty nose - nariz mucosa  
blocked/stuffy nose - nariz bloqueada/congestionada/constipada  
"tissues" - el pañuelo de papel  
sniff - resoplar  
blow - sonarse la nariz

Pain - chest pain  
ache - back, ear, head, tooth, stomach

#### Other Symptoms:

a sore throat - el dolor de garganta  
cough (v)(n) - la tos/toser  
sneeze (v)(n) - el estornudo/estornudar  
fever/have a temperature - fiebre  
a rash - el sarpullido/la erupción  
itchy (adj) - irritado/con picazón  
scratch (v)(n) - el arañazo/ arañar  
a bump/bumpy - un bultito a protuberancia (en la piel)  
constipated (adj) - estreñido  
diarrhoea - la diarrea  
dizzy/feel faint - mareado/desmayarse ligero/débil  
feel shakey/shaking - temblando

Vomit - throw up  
be sick

Doctor: Are you allergic to anything? (pollen - polen)  
What have you eaten/drunk?  
Is there a history of (diabetes/cancer/heart disease) in your family?  
When did the symptoms start?  
How long have you been having these symptoms?  
Are you on/taking any medication?  
Do you drink or smoke?

Can you show me? - me puede mostrar?  
Sit on the table/Lie on the bed - acuestate  
Bend forward - dobla  
Breathe in/out  
Lift/take off your T-shirt - levanta/quitate  
Where does it hurt?  
Does it hurt when I do this?

Make a fist (hacer un puño)  
Check your blood pressure - la presión arterial/la tensión

### Typical Illnesses at the Local Doctor:

have a cold - estar constipado/resfriado  
have the flu - gripe  
measles - sarampión  
chicken pox - varicela  
sinus/chest infection  
'itis" - sinusitis, bronchitis, laringitis

Doctor's Note: take this morning and night  
once/twice a day  
before(antes) / after (despues) food/eating  
(not) on an empty stomach