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How to describe your medical symptoms to the doctor?

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While dealing with an undiagnosed medical problem, visiting the doctor to talk about the symptoms you've been going through can get intimidating and fearsome. This often leads to patients getting baffled and struggling to get their symptoms across to the doctor in an effective manner. At the same time, it is extremely crucial for your doctor to gather all the information he/ she needs from you as a patient without missing any of the important indications. Besides, the doctor does not have all the time in the world for you, so this entire process of informing him about your symptoms should be over with in ten minutes at the maximum.

You must give your doctor sufficient information required and make appropriate use of the appointment by supporting your physician to get to the root of the condition. Make sure to speak in fluent English to avoid any confusion in putting your point forward.

Let's take a look at some of the crucial pointers to follow, while you are on your mission to describe the symptoms you are facing to your doctor:



Step 1

Bring out the reason: Most doctors are habituated with starting the session by asking, "What brings you here today?" What he means is, what are the symptoms you're facing. Hence, keep your symptoms list recorded in your mind to avoid any confusion at that very moment. Some common symptoms that might be on your mind include, pain, nausea, weakness, diarrhea, vomiting, fever, constipation, headache, breathing problems, etc. Make sure to speak in English to avoid any confusion.

Step 2

Time your symptoms: While describing your symptoms make sure to include some of the important details like the starts, stops as well as frequency. You can communicate effectively byspeaking in English, however, keep it basic and simple.

Example: I usually get a throbbing headache and tend to feel feverish during the evenings. This uneasiness started somewhere on the 15th of this month and has been quite persistent . Nowadays, I have started facing this pain even in the mornings, mainly during the early hours.

Step 3

What makes the pain worse: Keep a keen eye out for any substance, movement or motion that doubles the pain and gets it to an excruciating level.Speaking in English will have your doctor at ease with the conversation as discussing the key symptoms becomes an easier task.

Example: After having my morning coffee, when I lay down to get a little rest, my head starts throbbing. Almost the same takes place in the evening, when I return home from work and lie down to relax for a while, I tend to start feeling feverish and the headache accompanies the fever.



Step 4

Point out the location: Telling the doctor that you develop a growing headache isn't enough. Be precise about the area on your head that aches, like maybe the temple area or the lower back of your head. This will help him get a better idea about what could be the possibilities leading to this condition .

Step 5

Trust your doctor: Now that you have put across all symptoms that have been bothering you, expect your doctor to examine you and potentially order some tests and allot you some medications.



It isn't a difficult task to visit your doctor if you have all the information he/ she needs in place. Gather some courage and talk about your illness seriously.

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- By Monika Agarwal

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