As a survivor of sexual abuse, getting a medical exam may be hard to do. The exam can bring up emotions and memories related to your assault.

Inside you will find useful ideas that can help you be more comfortable during your medical visit.

**Questions to Ask Your Provider**

Try to find a doctor you are comfortable with. Ask the doctor if s/he has experience working with survivors of sexual assault.

- Set up an appointment to talk first.
- Let the doctor know if you are bringing a friend or partner with you.
- When you meet with the doctor, talk about any questions or concerns you may have.
- Ask the doctor to explain what s/he is doing before and during the exam or procedure.
- Other (list anything else you would like to share with the doctor).

**Things to Do or Bring for Your Own Comfort and Security**

- Write down what brings you to the office or what you want the doctor to know.
- Water/beverage
- Stuffed animal
- Photo of someone/someplace special
- Music
- Friend/partner/advocate
- Take deep breaths
- Other (add anything else you need to bring or do to make your visit easier)

**The Choice is Yours**

Remember, you don’t have to share your sexual abuse history. If you do not feel comfortable talking about this, try saying: "I do not like being touched. I have a hard time with medical exams. Can we talk about ways to make me feel more comfortable?"

For resources to help you become more comfortable in a medical setting or for assistance in locating a doctor, see back panel.