KALE VINE

What to Say:
Scripts

The exact words for your hardest healthcare moments.

10 situation-specific scripts with space to write your own version

What's inside this PDF:

- Scripts for asking for a second opinion
- Scripts for pushing back on a dismissed symptom
- Scripts for requesting a referral
- Scripts for following up on ignored test results
- Scripts for communicating medication side effects
- Fill-in-your-own-version fields for every script
- Tips for adapting each script to your situation

PREVIEW — 5 PAGES

Full PDF ($10) at kalevine.com/shop

Asking for a Referral

Use this when your doctor keeps brushing off a symptom you know needs specialist attention.

WHEN YOUR GP SAYS "LET'S JUST WAIT AND SEE"

"I really appreciate your perspective, and I want to make sure we're not missing anything. I've been tracking this symptom for [X weeks/months] and it's been affecting my daily life. I'd feel more confident if I could see a specialist. Would you be open to a referral to [specialty]?"

YOUR VERSION

WHEN YOU'VE ALREADY WAITED AND IT'S GETTING WORSE

"We've been monitoring this for a while now and it hasn't improved. I think it's time to bring in a specialist. Can we talk about who to refer me to?"

YOUR VERSION

When Your Symptoms Are Dismissed

For the moments when you know something is wrong and you need to be heard.

WHEN TOLD "YOUR LABS ARE NORMAL"

"I understand the labs came back normal, and I want to believe that's reassuring. But I'm still experiencing [symptom] and it's impacting my ability to [work/sleep/function]. Can we explore what else might be causing this?"

YOUR VERSION

WHEN YOU FEEL LIKE YOU'RE NOT BEING BELIEVED

"I need to be honest with you. I feel like my concerns aren't being taken seriously, and that's scary when you're not feeling well. I'm not here to be difficult. I just need help figuring out what's going on. Can we go back to the beginning?"

YOUR VERSION

TIP: WRITE YOUR SYMPTOMS DOWN BEFORE YOUR APPOINTMENT

Doctors are more likely to take symptoms seriously when they see them written down. Every script in the full PDF includes a notes section for exactly this.

More scripts inside the full PDF:

FOLLOWING UP ON IGNORED TEST RESULTS

COMMUNICATING MEDICATION SIDE EFFECTS

REQUESTING A SECOND OPINION (WITHOUT OFFENDING YOUR DOCTOR)

TALKING ABOUT MENTAL HEALTH IN A MEDICAL APPOINTMENT

ADVOCATING FOR PAIN MANAGEMENT

ASKING ABOUT ALTERNATIVE TREATMENT OPTIONS

PREPARING FOR A NEW SPECIALIST APPOINTMENT

DISCUSSING DISABILITY ACCOMMODATIONS AT WORK

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Get the Full PDF

$10

What to Say: Scripts

The exact words for your hardest healthcare moments.

- 10 situation-specific word-for-word scripts
- Fill-in-your-own-version fields for each script
- Adapting tips for different appointment types
- Scripts for in-person and telehealth visits
- Interactive fillable PDF. Download once, use forever.

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Made by someone who gets it.

Kale Vine is a nurse-turned-patient who learned the hard way
that the right words can change everything in a medical appointment.

Questions? hello@kalevine.com