

A Day in the Life Series.



Doctor's Letter Template

Here's a basic template you can use to get started with writing a letter to your doctor. Feel free to expand on this. Simply fill in your information in the areas with the [square brackets].

You can pass this letter to your doctor at the start of the appointment.

Dear Dr [surname of the person you are writing to],
I hope it is ok to write to you. I am autistic, so it can be difficult to explain my problems face to face. By writing this letter it will hopefully make it easier to talk about my problems.

I wanted to write to you because [state your problem here as simply as possible using just a dozen or so words]. My symptoms include [list the symptoms that are concerning you. Give as much specific detail as you can. If you give your doctor this letter, they will be able to talk you through the symptoms you have listed, meaning that you won't have to remember them all in the sometimes stressful environment of a doctor's surgery].

I hope this all makes sense and that this letter will help us communicate more clearly.

Many thanks,
[Your name]