

En el médico: ¿Qué te duele?

Going to the doctor: A Beginner's Guide (A1)



A visual guide to explaining your symptoms,
understanding the doctor, and getting better.

Your Mission Today

Today, we will learn how to explain your symptoms to a doctor in Spanish.
By the end of this dossier, you will be able to:



Step 1: Name **basic body parts**.



Step 2: Use the tricky verb **doler** to say **exactly what hurts**.

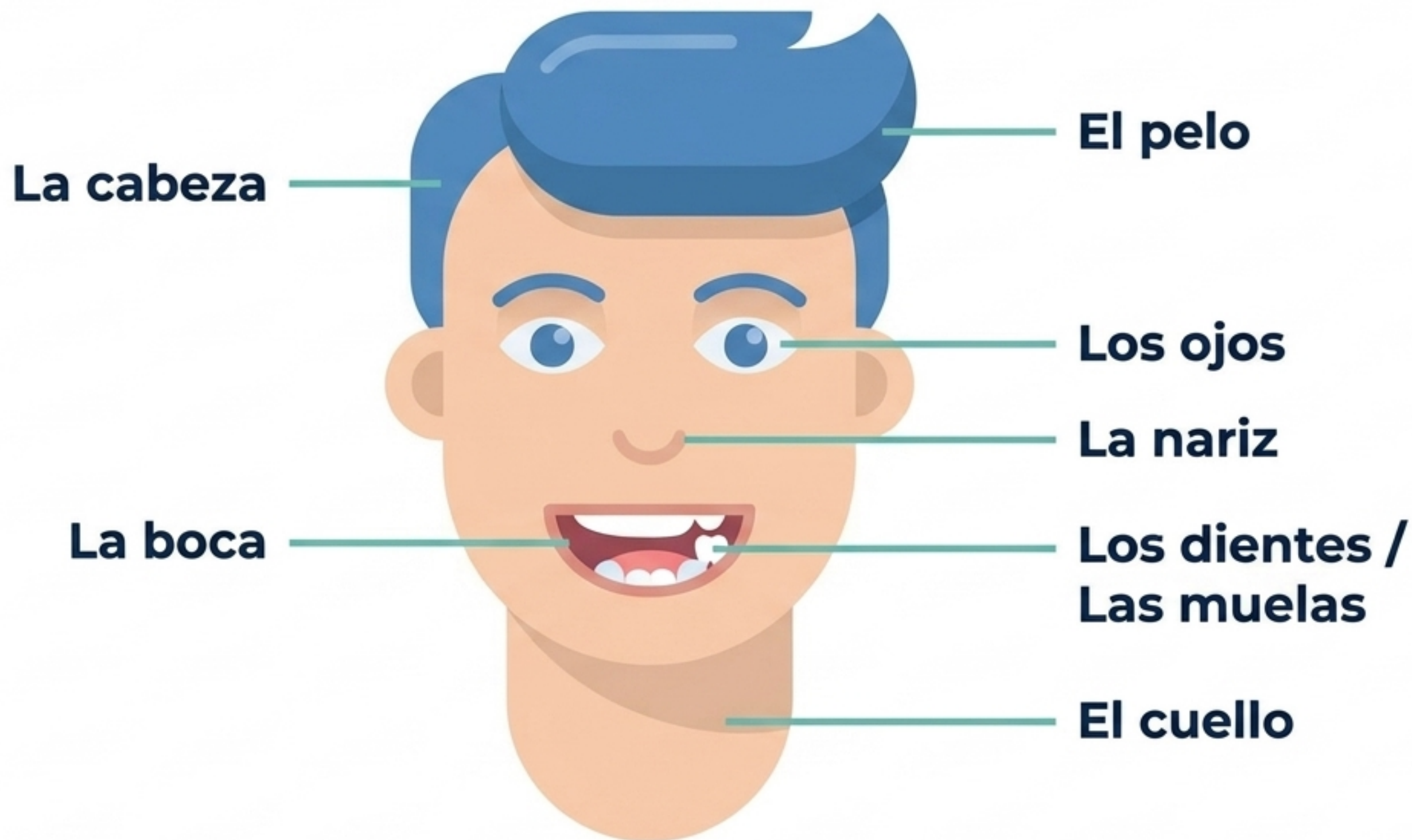


Step 3: Use **tener** and **estar** to describe how you feel.



Step 4: Understand basic **instructions** and **prescriptions** from the doctor.

Step 1: Let's start with the basics. Where does it hurt?



The rest of the body. Notice which words are masculine (el) and feminine (la).



In Spanish, the verb *doler* (to hurt) works backwards. The body part does the hurting to you. You must match the verb to the body part, not to yourself!



Me duele **e**
e + Singular
Noun

Example:
Me duele la cabeza.
(My head hurts.)



Me duele
en + Plural
Noun

Example:
Me duelen los pies.
(My feet hurt.)

Who is in pain? Change the first word to match the person.

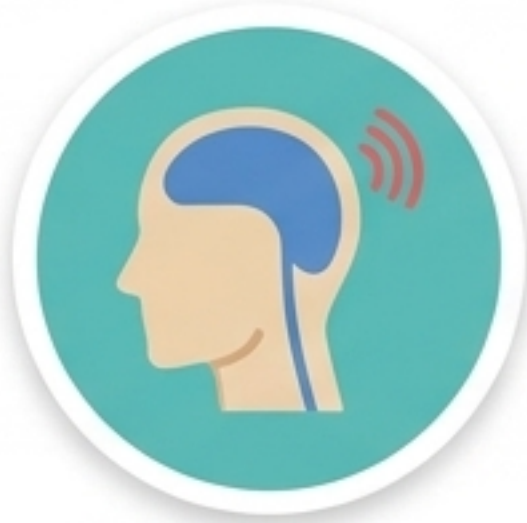
Person	Conjugation
 (A mí)	Me duele / duelen
 (A ti)	Te duele / duelen
 (A él / ella / usted)	Le duele / duelen
 (A nosotros)	Nos duele / duelen
 (A ellos / ellas)	Les duele / duelen



A mi hermano **le** duele el estómago.

(To my brother, the stomach hurts.)

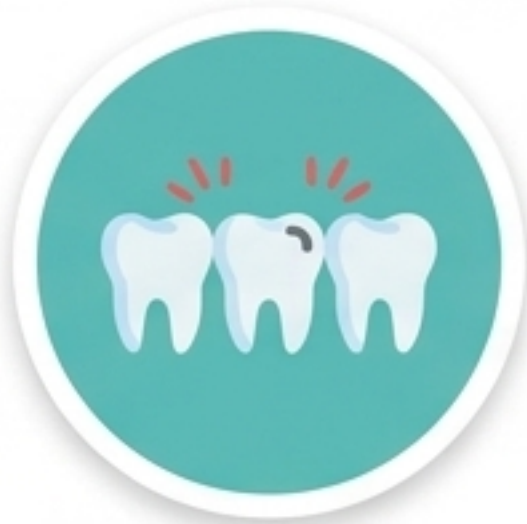
Let's practice! Look at the body part and choose duele or duelen.



**1. Me _____
la cabeza.**



**2. Me _____
los pies.**



**3. Me _____
las muelas.**



**4. Me _____
el estómago.**

You have three main verbs to describe how you feel. Do not mix them up!



DOLER
(Physical pain)

Me **duele** la garganta.
Me **duelen** los oídos.



TENER (Symptoms /
“I have...”)

Tengo fiebre.
Tengo tos.
Tengo gripe.



ESTAR (States &
Conditions / “I am...”)

Estoy mareado.
Estoy cansado.
Estoy enfermo.

Step 4: Words you will see and hear at the clinic.



**El médico /
La doctora**
(Doctor)



La cita
(Appointment)



La receta
(Prescription)



El jarabe
(Syrup)



Las pastillas
(Pills)

Tengo una cita con la doctora a las 9:00.
(I have an appointment with the doctor at 9:00.)

Read the dialogue. Notice how the patient combines *doler* and *tener*.

Buenos días. ¿Qué le pasa?

(Good morning. What is the matter?)

No me siento bien. **Me duele** mucho la cabeza y **tengo** fiebre.

¿**Le duele** la garganta también?

Sí, un poco.

Usted **tiene** gripe. (You have the flu.)



The doctor will give you instructions. At the A1 level, just focus on recognizing these key action words.



Descanse en casa.
(Rest)

Beba mucha agua.
(Drink)

Tome este jarabe.
(Take - syrup)

Tome una pastilla
cada 8 horas.
(Take - pill)

Your turn! Fill in the blanks using the word bank to complete your doctor's visit.

Dr: Hola, ¿qué te _____ (1)?

Pt: Me duele la _____ (2) y tengo tos.

Dr: Toma este _____ (3) para la tos.

Dr: Aquí tienes la _____ (4) para la farmacia.

garganta

receta

duele

jarabe

Take a screenshot! Here is your complete formula for going to the doctor in Spanish.

El Dolor



(A mí) **Me duele**
-> Singular

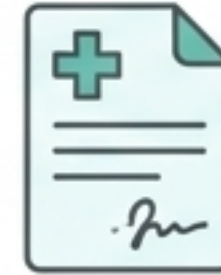


(A mí) **Me duelen**
-> Plural

Vocabulario Médico



La cita



La receta



Las pastillas



El jarabe

Verbos Clave



Tener

- fiebre, tos, gripe



Estar

- enfermo, cansado, mareado

¡Que te mejores!



Great job! You can now confidently explain your symptoms in Spanish.

Remember: If it hurts a lot, **¡ve al médico!** (go to the doctor!).