

**OB/GYN CLERKSHIP  
SPANISH SURVIVAL GUIDE**

The following pages contain *very basic* Spanish translations of common phrases used during the OB rotation.

Two Spanish speaking MS3s as well as a Native Spanish speaker and MS1 have edited the grammar.

However, if there are mistakes or easier ways to say some of these phrases, please feel free to make changes and simplify the language.

Most questions are in a yes / no format. Other common answers are provided.

This should be helpful to the many non-fluent students who wish to communicate with Spanish-speaking patients.

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\* Please note that the history is applicable and useful for OB clinic as well.  
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**BASIC MEDICAL STUDENT INSTRUCTION & COMMON TERMS:**

GENERAL INTRODUCTION THAT CAN BE USED THROUGHOUT THE SERVICE!

Good morning. Good afternoon. Good evening.

**Buenos días. Buenas tardes. Buenas noches.**

Do you speak English? Or Spanish?

**Habla usted ingles? O Español?**

I'm \_\_\_\_\_, one of the medical students.

**Me llamo \_\_\_\_\_, soy un(a) estudiante de medicina.**

I speak very little Spanish.

**Yo hablo muy poco español.**

COMMON PHRASES YOU WILL USE

I'm sorry. I don't understand.

**Lo siento. No comprendo.**

Please repeat.

**Puede repetir por favor.**

I will get an interpreter.

**Conseguiré un interprete.**

Thank you.

**Gracias.**

**OBSTETRICS – LABOR & DELIVERY**

## TRIAGE

Are you feeling contractions? <b>Esta sintiendo las contracciones?</b>	Yes. No. A little. <b>Si. No. Un poco.</b>
How many minutes apart? <b>Cada cuantos minutos las tiene?</b>	I don't know. Maybe 5 minutes. <b>No sé. or No lo sé. De repente cinco minutos.</b>
Have you had any vaginal bleeding? <b>Ha tenido sangrado vaginal?</b>	A lot or a little? <b>Mucho o poco?</b>
Has your water bag broken? <b>Se le ha roto la fuente?</b>	I think so. I don't know. <b>No creo. No sé. or No lo sé.</b>
Do you feel the baby moving? <b>Siente que el bebe se mueve?</b>	Yes. I think so. No. <b>Si. No creo. No.</b>
Do you have any medical problems? <b>Tiene algún problema médico?</b>	If answer is yes, please consult the interpreter!
Do you have diabetes or high blood pressure? <b>Tiene diabetes o la presión alta?</b>	
Do you take any medications now? Which ones? <b>Toma alguna medicina en este momento? Cual/Cuales?</b>	
Do any medications make you sick? Which ones ? <b>Hay medicinas que le hacen mal? Cuales?</b>	
Do you have any allergies...? <b>Tiene alergias a alguna medicina, comida, o al latex?</b>	
We may need to do an ultrasound. <b>Es posible que tengamos que hacerle un ultrasonido.</b>	
The baby looks very good. <b>El bebe se ve muy bien.</b>	
The head is here. <b>La cabeza esta aquí.</b>	
We will check your cervix / Let me check for dilatation <b>Vamos a examinar el cuello del utero / Déjeme ver si esta dilatada.</b>	
You are 7 cm dilated. <b>El cuello del utero esta dilatado siete centímetros.</b>	
You're ready for delivery soon! <b>Esta lista para el parto pronto!</b>	

**OBSTETRICS – LABOR & DELIVERY**

## TWO HOUR NOTES

I'm \_\_\_\_\_, one of the medical students.  
**Me llamo \_\_\_\_\_, soy un(a) estudiante de medicina.**

I'll check on you every couple of hours and help out with your delivery.  
**Voy a examinarle cada dos horas y voy a ayudarle con el parto.**

Do you have nausea? vomiting? Headache?      Yes...Throbbing. Steady.  
**Tiene nausea? Vomitos? Dolor de cabeza?      Si... Pulsante. Constante.**

Do you have pain here (point to the RUQ)?  
**Tiene dolor aquí?**

Is your vision OK?  
**Su vision se encuentra bien?**  
[More advanced: **Ha tenido usted manchas enfrente de sus ojos, vista nublada, doble vision? ]**

Are you feeling the contractions?      Yes. No. A little.  
**Esta sintiendo las contracciones?      Si. No. Un poco.**

I'm going to listen to your lungs and examine your reflexes (knee).  
**Voy a escuchar sus pulmones y examinar sus reflejos (de su rodilla)**

The baby looks very good on the monitor.  
**El bebe se ve muy bien (perfecto) en el monitor.**

## OBSTETRICS – LABOR & DELIVERY

### DELIVERY

Don't push yet. Push only when I tell you.

**No empuja todavía. Empuja solo cuando le diga.**

Push for 10 seconds.

**Empuja por diez segundos. Uno. Dos. Tres. Cuatro. Cinco. Seis. Siete. Ocho. Nueve. Diez**

Relax.

**Relájese.**

Take a deep breath.

**Respire profundo.**

You're doing great.

**Esta haciendo excelente.**

Again.

**Otra vez.**

Congratulations!

**Felicitaciones!**

A boy / a girl!

**Un niño / nina!**

## OBSTETRICS - POST PARTUM ROUNDS

### INTRODUCTION

Good morning.

**Buenos días.**

Do you speak English? Or Spanish?

**Habla usted ingles? O Español?**

I'm \_\_\_\_\_, one of the medical students.

**Me llamo \_\_\_\_\_, soy un(a) estudiante de medicina.**

I speak very little Spanish.

**Yo hablo muy poco español.**

## OBSTETRICS - POST PARTUM ROUNDS

### SUBJECTIVE

Are you feeling OK this morning?

**Se siente bien esta mañana?**

I am fine /sick/ tired / weak/ bad

**Estoy bien/enfermo-ma  
/cansando/débil/mal.**

Do you have a lot of pain? Where?

**Tiene mucho dolor? Donde?**

Do you have a lot of vaginal bleeding?

**Tiene mucho sangrado vaginal?**

Have you used many sanitary pads?How many?

**Ha utilizado muchas toallas higiénicas? Cuantas?**

Are you nauseated or vomiting?

**Tiene nausea o vomito?**

Are you eating regular foods?

**Esta comiendo lo normal?**

Are you going to the bathroom? Urinating? Passing Gas? BM? Diarrhea?

**Ha ido al baño? Ha orinado? Ha tenido gases? Ido al baño a hacer popo? Diarrea?**

## OBSTETRICS - POST PARTUM ROUNDS

OBJECTIVE/PE

I apologize...I'm going to turn on this light.  
**Lo siento...Voy a prender la luz.**

I'm going to listen to your heart, lungs, and stomach.  
**Voy a escuchar el corazón, los pulmones, y el estómago.**

Do you have pain here? your Stomach? your leg?  
**Le duele aquí? El estómago? La pierna?**

Does it hurt when I press here?  
**Le duele cuando le aprieto aquí?**

I'm going to remove your staples. It may pinch a little.  
**Voy a sacarla las grapas. Puede que le duela un poco.**

This medicine will burn for a moment.  
**La medicina le va a quemar por un momento.**

## OBSTETRICS - POST PARTUM ROUNDS

ASSESSMENT/PLAN

Congratulations. Boy? Or Girl?  
**Felicitaciones! Es su bebe un niño o niña?**

What is your baby's name?  
**Como se llama su bebe?**

Are you breast or bottle feeding?  
**Va a dar de pecho or de la mamila/botella/biberón (direct issue)?**

Are you interested in using some form of contraception?  
**Esta interesada en utilizar alguna forma de anticonceptivo?**

I will ask someone to discuss this with you in Spanish.  
**Voy a pedirle a alguien que hable sobre esto con usted en español.**

We will be glad to prescribe something for you. I'll give you a brochure about the choices.  
**Podemos darle una receta. Voy a darle un panfleto con información sobre las opciones.**

Have a good day.  
**Que tenga un buen día.**

## BENIGN GYNECOLOGY

HISTORY

When was your last menstrual period? I don't know. March 18th.  
**Cuando fue su ultimo periodo? No lo sé. 18 de Marzo?**

Do you bleed heavy? Or really painfully?  
**Tiene mucha sangre con sus periodos? Duelen sus periodos?**

How many days between cycles?  
**Cuantos días entre sus periodos?**

Do you get yearly Pap Smears?  
**Tiene usted los exámenes de 'Papanicolaou' (pronounced this way) cada año?**

Have they been normal? If answer no, Please consult the interpreter!  
**Fueron normales?**

Have you ever had an STD?  
**Ha tenido alguna enfermedad venérea?**

Would you like to be tested today?  
**Quisiera que le hagan la prueba hoy?**

How many times have you been pregnant?  
**Cuantas veces ha estado embarazada?**

Did you deliver full term? Premature? Miscarry? Abortion?  
**Fue un parto a tiempo, prematuro, aborto natural/malparto, o aborto?**

Vaginal delivery?  
**Parto vaginal?**

Cesarian section?  
**Cesaría?**

How many children do you have now?  
**Cuantos niños tiene usted ahora?**

## BENIGN GYNECOLOGY

### PHYSICAL EXAM

Please undress and put on this gown. I'll be back for the exam in a moment.

**Por favor, quítese la ropa y pongase esta bata. Voy a volver para examinarla en un momento.**

I'm going to start with a breast exam.

**Voy a empesar con el examen de pecho**

Any pain here?

**Le duele aquí?**

For the Pap smear, please put your feet here, and slide down. A little more.

**Para el examen de 'papanicolou', por favor ponga sus pies aquí, y deslízase hacia mi. Un poco mas.**

Relax your legs.

**Relaje sus piernas.**

You'll feel a little pressure, but usually it doesn't hurt.

**Va a sentir un poco de presión, pero usualmente no duele.**

Now I'm going to check with my hand. Let me know if there's pain.

**Ahora, voy a chequear con mi mano. Dígame si le duele.**

Good. You may sit up and get dressed.

**Bueno. Ya puede sentarse y vestirse.**

## ONCOLOGY

### MORNING ROUNDS

Are you feeling OK this morning?

**Se siente bien esta mañana?**

I am fine /sick/ tired / weak/ bad

**Estoy bien/enfermo-ma /cansando/débil/mal.**

How are you feeling this morning?

**Como se siente esta mañana?**

I am fine /sick/ tired / weak/ bad

**Estoy bien/enfermo-ma /cansando/débil/mal.**

Do you have a lot of pain? Where?

**Tiene mucho dolor? Donde?**

Are you nauseated or vomiting?

**Tiene nausea o vómitos?**

Are you eating regular foods?

**Esta comiendo como lo normal?**

Are you going to the bathroom? Urinating? Passing Gas? BM? Constipated? Diarrhea?

**Ha ido al baño? Ha orinado? Ha estado con gases? Ha hecho popo/defecado? Estreñimiento? Diarrea?**