

**A Chinese-English Phrasebook
for Medical Encounters**

(Mandarin Pronunciation/Simplified Chinese)

for English-Speaking Medical Students

Created by Meiying Zhuang and Wynn Tran

M.D. Candidates 2018

University of British Columbia

Vancouver Fraser Medical Program

as part of a Doctor, Patient and Society 420

Self-Directed Project in 2015/2016

A Chinese-English phrasebook for medical encounters

(Mandarin pronunciation – see notes on pg. 8-12 before using)

For English-speaking medical students

A general caution on speaking Mandarin to patients:

- Always start with English. Only use Mandarin when there is a need, and be humble. Also be aware that your patient may not speak Mandarin, even if they are of Asian descent.
- Accept that there are limits to your abilities in Mandarin and do not try to manage a patient completely with the phrases. They are merely to help in urgent situations or build rapport.
- We have used *nín* (您) in this book as a respectful way to say “you”. You also may hear *nǐ* (你), which is a general-purpose “you”.

Introduction/General Phrases

Hello. *nín hǎo*. 您好。 Goodbye. *zài jiàn*. 再见。

Do you speak Mandarin? I know a bit. *nín huì shuō zhōng wén ma?*

wǒ huì yì diǎn. 您会说中文吗？我会一点。

My name is ____. *wǒ jiào* ____. 我叫__。

What is your **name**? *nín jiào shén me míng zì?* 您叫什么名字？

I am a **medical student**. *wǒ shì yī xué shēng*. 我是医学生。

I am a **doctor**. *wǒ shì yī shēng*. 我是医生。

Please ____. *qǐng* ____. 请__。(used throughout this booklet)

Thank you. *xiè xie*. 谢谢。 You're welcome. *bú kè qì*. 不客气。

I am sorry. *duì bù qǐ*. 对不起。 It's okay. *méi guān xi*. 没关系。

I don't understand. *wǒ tīng bù dǒng*. 我听不懂。

Please say that again. *qǐng zài shuō yí biàn*. 请再说一遍。

In-patient in distress

Pain/painful. *tòng*. 痛。

Are you in **pain**? *nín tòng ma?* 您**痛**吗?

Where is the pain? *ná lǐ tòng?* **哪里**痛? (see p.4)

"My ___ hurts. *wǒ de ___ tòng.* 我的___痛。" (see p.4)

Please point to (show me) where you have the pain.

tòng de dì fāng qǐng zhǐ gěi wǒ kàn. 痛的地方**请指给我**看。

When did it **start**? *shén me shí hòu kāi shǐ de?* 什么时候**开始**的? (see p.3)

Does it hurt **a lot**? *hěn tòng ma?* **很痛**吗? (neg: *bú tài tòng* 不太痛)

From 1 to 10 how painful is it? 1 being the least pain and 10 being the most serious pain. *cóng yī dào shí jí, nín de tòng shì dì jǐ jí? yī shì zuì qīng de tòng, shí shì zuì yán zhòng de tòng.* 从一到十级, 您的痛是几级? 一是最轻的痛, 十是最严重的痛。

Does it hurt **anywhere else**? (i.e. radiation)

yǒu méi yǒu qí tā dì fāng tòng? **有没有其他地方**痛? (neg. *méi yǒu*)

Is it hard to **breathe**? *hū xī kùn nán ma?* **呼吸困难**吗?

I will find **help** for you. *wǒ huì zhǎo rén bāng nǐ.* 我会找人**帮**您。

I will be right back (**return**). *wó mǎ shàng huí lái.* 我马上**回来**。

The doctor/nurse is **coming**.

(yī shēng)/(hù shì) huì lái. (医生) / (护士) **会来**。

More on pain:

Did the pain **start suddenly**? *téng tòng shì tū rán kāi shǐ de ma?*

疼痛是**突然开始**的吗?

What is the pain like? *zěn me tòng fǎ?* 怎么痛**法**?

Continuous. <i>chí xǔ</i> . 持续。		Intermittent. <i>duàn duàn xǔ</i> <i>xǔ</i> . 断断续续。
Sharp. <i>zhēn cì <u>tòng</u></i> . 针刺痛。	___ or ___? ___ <i>hái shì</i> ___? ___ 还是 ___?	Dull. <i>yín yīn <u>tòng</u></i> . 隐隐痛。
Burning. <i>zhuó rè <u>tòng</u></i> . 灼热痛。		Throbbing. <i>jì dòng <u>tòng</u></i> . 悸动痛。

Ensuring comfort in a stable patient

Do you need ___? *nín xǔ yào ma?* 您需要吗?

I will get ___. *wǒ huì ná* 我会拿__。

Bathroom. *cè suǒ*. 厕所。

Water. *shuǐ*. 水。

Blanket. *bèi zi*. 被子。

Tissue. *zhǐ jīn*. 纸巾。

Pain medication. *zhǐ tòng yào*. 止痛药。

Do you feel ___? *nín ma?* 您吗?

Cold. *lěng*. 冷。

Hot. *rè*. 热。

Hungry. *è*. 饿。

Comfortable. *shū fú*. 舒服。

Medical Interview (Questions and Answers)

When did it start? <i>shén me shí hòu kāi shǐ de?</i> 什么时候开始的?											
Today <i>jīn tiān</i> 今天			Yesterday <i>zuó tiān</i> 昨天			Last week <i>shàng ge xīng qī</i> 上个星期			Last month <i>shàng ge yuè</i> 上个月		
1 <i>yī</i>	2 <i>èr*</i>	3 <i>sān</i>	4 <i>sì</i>	5 <i>wǔ</i>	6 <i>liù</i>	7 <i>qī</i>	8 <i>bā</i>	9 <i>jiǔ</i>	10 <i>shí</i>	11 <i>shí yī</i>	12 <i>shí èr</i>
___ days ago <i>___ tiān qián</i> ___ 天前			___ weeks ago <i>___ ge xīng qī qián</i> ___ 个星期前			___ months ago <i>___ ge yuè qián</i> ___ 个月前			___ years ago <i>___ nián qián</i> ___ 年前		

(see pg. 4 for body parts and symptoms)

*for quantities (of days, objects, etc.), use *liǎng* 两 instead of *èr* for two.

cultural note: Chinese patients may name organs like lung or intestine as the source of their pain. In that case, ask them to point to where the pain is.

Where/what is the problem? ná lǐ bù shū fú? 哪里不舒服?

My. wǒ de. 我的。

His/Her. tā de. 他的。

(see pg. 3 and 5 for timing)

Head tóu 头	Eyes yǎn jīng 眼睛	Ears ěr duō 耳朵	Nose bí zi 鼻子	Mouth zuǐ ba 嘴巴	Throat hóu lóng 喉咙	Neck bó zi 脖子	Shoulder jiān bǎng 肩膀	
Arm gē bo 胳膊	Elbow zhǒu 肘	Wrist shǒu wàn 手腕	Hand shǒu 手	Chest xiōng 胸	Lung fèi 肺	Heart xīn zàng 心脏	Abdomen dù zi 肚子	
Stomach wèi 胃	Back bèi 背	Hip/Groin kuà 胯	Buttock tún bù 臀部	Leg tuǐ 腿	Knee xī gài 膝盖	Ankle jiǎo wàn 脚腕	Foot jiǎo 脚	Liver gān 肝
Kidney shèn 肾	Bladder páng guāng 膀胱	Uterus zǐ gōng 子宫	Prostate qián liè xiàn 前列腺	Ovary luǎn cháo 卵巢	Testis gāo wán 睾丸	Intestine cháng zi 肠子		
Fever fā shāo 发烧		Fatigue pí láo 疲劳		Bleed chū xǔe 出血		Back Pain bèi tòng 背痛		
Short of breath qì chuǎn 气喘		Cough ké sòu 咳嗽		Chest Pain xiōng tòng 胸痛		Swelling fú zhǒng 浮肿		
Heartburn wèi zhuó rè 胃灼热		Constipation biàn mì 便秘		Diarrhea lā dù zi 拉肚子		Hemorrhoids zhì chuāng 痔疮		
Abdominal Pain dù zi tòng/ wèi tòng 肚子痛/胃痛		Urination difficult/painful xiǎo biàn (kùn nán)/(tòng) 小便(困难)/(痛)		Headache tóu tòng 头痛		Dizziness tóu yǎn 头晕		
				Nausea ě xīn 恶心		Vomiting ōu tù 呕吐		

Questions to clarify timing of symptoms

Better/worse ___? __ *hǎo xiē / huài xiē?* 好些 / 坏些?
in the morning. *zǎo shàng.* 早上 / night. *wǎn shàng.* 晚上
lying down. *tǎng zhe.* 躺着 / sitting up. *zuò zhe.* 坐着
after a meal. *chī guò fàn.* 吃过饭
with movement. *dòng de shí hòu.* 动的时候
when not moving. *bú dòng de shí hòu.* 不动的时候

Past Medical History:

Do you have ___? *nín yǒu méi yǒu* __? 您有没有__?

(affirmative: *yǒu*, negative: *méi yǒu*)

Do any family members have ___? *jiā rén yǒu méi yǒu* __?

家人有没有__?

High blood pressure. *gāo xūě yā.* 高血压。

Infectious disease (HIV, HepB, HepC, etc.). *chuán rǎn bìng.* 传染病。

Cardiovascular Disease. *xīn zàng jí bìng.* 心脏疾病。

Depression. *yì yù zhèng.* 抑郁症。

Arthritis. *guān jié yán.* 关节炎。

Osteoporosis. *gǔ zhì shū sōng.* 骨质疏松。

Diabetes. *táng niào bìng.* 糖尿病。

Lung disease. *fèi bìng.* 肺病。

Cancer. *ái zhèng.* 癌症。

Stroke. *zhòng fēng.* 中风。

Asthma. *xiào chuǎn.* 哮喘。

—itis. __ *yán.* __ 炎。(Inflammation = *yán zhèng* 炎症)

Enlisting the help of an interpreter

I will find an **interpreter**. *wǒ huì zhǎo rén fān yì.* 我会找人翻译。

Do you prefer Mandarin or Cantonese?

nín xí guàn pǔ tōng huà hái shì guǎng dōng huà?

您习惯普通话还是广东话?

*sometimes patients can speak Mandarin but prefer Cantonese

Physical Examination

Asking permission:

May I **examine** you?

wǒ ké yǐ gěi nín zuò **jiǎn chá** ma? 我可以给您做**检查**吗?

In the context of being examined, several important ways to express "no": *bù ké yǐ*, *bù xíng*, *bù yào*, *ké yǐ bù jiǎn chá ma?* (The last one is asking if it would be possible **not** to examine.)

May I examine you **here**? (pointing)

ké yǐ jiǎn chá zhè lǐ ma? 可以**检查这里**吗?

Can I ___ this? (pointing at article of clothing)

wǒ ké yǐ bǎ zhè ge ___ ma? 我可以吧这个___吗?

lower. *wǎng xià yí*. 往下移

raise. *wǎng shàng yí*. 往上移

remove. *ná diào*. 拿掉

Asking questions:

Does it hurt when I do this? *zhè yàng tòng bú tòng?* 这样**痛**不痛?

Where does it hurt? *zài nǎ lǐ tòng?* 在哪里**痛**?

Warning:

This may feel uncomfortable. *zhè kě néng huì bù shū fú*.

这可能会不舒服。

Directions:

Please take **deep breaths**. *qǐng shēn hū xī*. 请深呼吸。

Hold your breath. *biē zhù qì*. **憋住**气。 *bǐng zhù hū xī*. **屏住**呼吸。

To stop: It's okay. *ké yǐ le*. 可以了。 or "Please relax." (below)

Please **relax**. *qǐng fàng sōng*. 请**放松**。

Please relax **your** ___. *qǐng fàng sōng nín de* ___. 请放松您的___。

Please **lift** your ___. *qǐng tái qǐ lái nín de* ___. 请**抬起来**您的___。

arm. *gē bo*. 胳膊。

leg. *tuǐ*. 腿。

(see pg. 4 for more.)

Please **stand** up. *qǐng zhàn qǐ lái.* 请站起来。

Please **sit** ____. *qǐng zuò* ____. 请坐__。

down. *xià lái.* 下来。

up. *qǐ lái.* 起来。

on the bed. *zài chuáng shàng.* 在床上。

Please lie down. *qǐng tǎng xià lái.* 请躺下来。

Take a few steps back and forth.

qǐng qián hòu zǒu jǐ bù. 请前后走几步。

Please copy me (demonstrate, e.g. range of motion tests).

qǐng gēn wǒ xué. 请跟我学。

Please maintain this position (e.g. strength testing).

qǐng bǎo chí bú dòng. 请保持不动。

Taking blood pressure

I **would like** to take your blood pressure.

wǒ xiǎng liáng nín de xuè yā. 我想量您的血压。

Can I take your blood pressure?

wǒ kě yǐ liáng nín de xuè yā ma? 我可以量您的血压吗?

Which arm do you prefer? *nǐ xiǎng yòng nǎ ge gē bo?* 您想用哪个胳膊?

Either (any) are okay. *dōu kě yǐ.* 都可以。or *suí biàn.* 随便。

Left arm. *zuǒ biān.* 左边。

Right arm. *yòu biān.* 右边。

This one. *zhè biān / zhè ge.* 这边 / 这个。

While I'm measuring your blood pressure:

zài wǒ gěi nín liáng xuè yā de shí hòu... 在我给您量血压的时候...

Please **relax** your arm...

qǐng fàng sōng nín de gē bo. 请放松您的胳膊

(and) remain **silent**. (*hé*) *bǎo chí ān jìng.* (和)保持安静。

This is your blood pressure. *zhè shì nín de xuè yā.* 这是您的血压。

Your blood pressure is ____. *nín de xuè yā* ____. 您的血压__。

normal. *zhèng cháng.* 正常 / high. *gāo.* 高 / low. *dī.* 低

I will order tests for you: wǒ huì gěi nín cè yàn: 我会给您测验:

Ultrasound
chāo shēng bō
超声波

X-ray
X-guāng
X光

CT
CT
CT

Lab tests
huà yàn
化验

Basic treatment phrases

I will give you ____. *wǒ huì gěi nín* ____. 我会给您__。

a medication. *yào*. 药。

a medication for ____. *wèi le ___ de yào*. 为了__的药。

IV fluids. *shū yè*. 输液。

a blood transfusion. *shū xūě*. 输血。

Please take the medication. *qǐng chī yào*. 请吃药。

___ times a day. *měi tiān ___ cì*. 每天__次。(see numbers, pg. 3)

___ pills each time. *měi cì ___ kē*. 每次__刻。

Cancer screening

Have you ever had ____? *nín yǒu méi yǒu zuò guò ___?* 您有没有做过__?

Pap smear. *gōng jǐng jiǎn chá*. 宫颈检查。

Prostate exam. *qián liè xiàn jiǎn chá*. 前列腺检查。

Breast exam. *rǔ fáng jiǎn chá*. 乳房检查。

Stool test (e.g. FIT and others). *fèn biàn jiǎn chá*. 粪便检查。

Read these first to get the most out of this booklet

An important note on "yes" or "no":

Yes/no questions in Mandarin are generally answered using the first verb/adjective of the question (underlined where applicable in our booklet). Unless otherwise indicated, an answer of (verb) means "yes", and an answer of **bù** (verb) means "no".

e.g. Are you in **pain**? *nín tòng ma?*

affirmative ("yes"): *tòng* negative ("no"): *bù tòng*

e.g. May I **examine** you? *wǒ ké yǐ gěi nín zuò **jiǎn chá** ma?*

affirmative ("yes"): *ké yǐ* negative ("no"): *bù ké yǐ*

Read these first to get the most out of this booklet

Brief Guide to Pinyin (used in this booklet)

Initial sounds (consonants)		Basic vowels	
b, p, m, f, d, t, n, l, g, k, h, r, w, y, s, sh, j	approximately as in English	a	as in hat
z	like ds in reads	e	as in the , except after i, y or u/ü, where it's pronounced as in red
q, c	like ts in beets , except that q before u is pronounced like ch	i	usually: as in machine after z, c, s, zh, ch, sh, r: a buzzed continuation of the consonant (like the e in roses)
x	like sh in she with less h, except before u, where it's pronounced like a full sh	o	written "o" or "uo": similar to English wallet (note that "o" by itself is pronounced as if written "uo") in "ao" or "ong": as in tone
zh	like j in jar	u	like oo in loop
ch	as in charming , not champagne	ü	made at front of mouth (like i) with lips rounded (like u), similar to German über or French super

Read these first to get the most out of this booklet

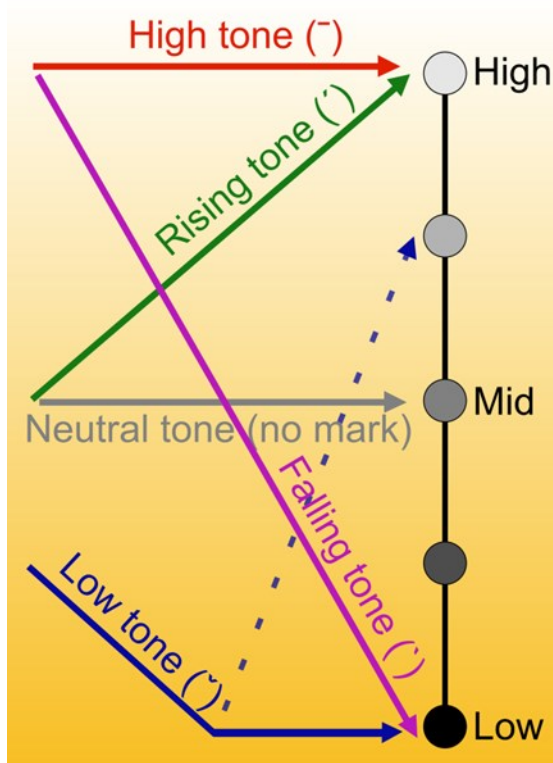
Diphthongs and Finals

General note: as a rule of thumb, diphthongs (that is, compound vowels) are pronounced with greater emphasis on the first vowel than would be expected in English. e.g. ya or ia are pronounced with emphasis on the i sound.

ai	rhyiming with eye	ia	as if written "ya"
ei	as in weigh	ie	as if written "ye" (e pronounced as in red)
ao	rhyiming with cow, with more emphasis on the a sound (as in llama)	iu	pronounced like English you (i.e., y + oo)
ou	rhyiming with go	ui	as if written "wei"
uo	as if written "wo", similar to wallet	üe	said as ü + e (e pronounced as in red)
-ng	as in "sing ing " and never as in "ungrateful"	in	similar to "ing", more nasal (tongue tip to hard palate). n at the end of any other syllable is pronounced as in English
ian or yan	as if written "yen" (a is pronounced like e in red here), similar to the English name "Ian"	iang or yang	i as in machine -ang like lung (not like "ian")

Read these first to get the most out of this booklet

A Guide to Tones



(see pg. 12 for explanation)

Read these first to get the most out of this booklet

Tone chart (see pg. 11) derived from work by Wereon on Wikimedia Commons [GFDL (<http://www.gnu.org/copyleft/fdl.html>) or CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>)]

Guide to Tones (continued)

Mandarin has four tones and a neutral tone:

- 1) a high tone (indicated with a macron/bar e.g. *mā*), which is at the highest comfortable pitch
- 2) a rising tone (indicated with an acute accent/upward slanting stroke e.g. *má*), which starts from neutral pitch and rises to the highest comfortable pitch
- 3) a low tone (indicated with a caron/v-shaped stroke e.g. *mǎ*), which descends quickly to the lowest comfortable pitch and usually stays there, but classically can also rise to or slightly above neutral pitch (dotted arrow) - this is usually omitted, but you may hear Mandarin speakers do this
- 4) a falling tone (indicated with a grave accent/downward slanting stroke e.g. *mà*), which descends quickly from the highest comfortable pitch to the lowest comfortable pitch
- 5) a neutral tone (indicated by no markings e.g. *ma*), which lies at a mid-range pitch

Tone numbers can also be used; however, for easy visual recognition, we use tone markings in this handout. It is very important to be able to distinguish tones in Mandarin. Practice these to familiarize yourself with them!

Thank you for using this booklet.
We'd love to hear any feedback you
may have about it!
Please email wynnwktran@gmail.com.

version 1.2
27 February 2016