I am a survivor of sexual assault

Often times I find my experience difficult to talk about, and some medical procedures are very triggering. I would be more comfortable with a female in the room.

Could you please...

- *Explain what you are doing before you do it?*
- *Explain what you are doing while you're doing it?*
- *Be patient with me?*
- *Schedule a longer appointment in case I need it?*

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