

## Di rumah sakit - *At the hospital*

### 8.1 Ungkapan - *Phrases*

Aduh!

*Ouch!*

Saya sakit.

*I am sick.*

Saya tidak enak badan.

*I don't feel well.*

Suhu tubuh saya tinggi.

*I have a high temperature.*

Saya sakit kepala.

*I have a headache.*

sakit flu

*cold*

demam

*fever*

sakit perut

*stomachache*

sakit gigi

*toothache*

sakit tenggorokan

*sore throat*

Saya sakit punggung.

*I have a pain in my back.*

dada

*chest*

pinggang

*waist*

leher

*neck*

bahu

*shoulder*

Dokter mungkin berkata:

*The doctor might say:*

1. Apa yang Anda rasakan?

*How do you feel?*

2. Di mana sakitnya?

*Where does it hurt?*

3. Sudah berapa lama Anda sakit?

*How long have you been sick for?*

4. Ini resepnya.

*Here is your prescription.*

5. Semoga cepat sembuh.

*May you get well soon.*

Saya tidak bisa tidur.

*I can't sleep.*

Ada nomor gawat darurat?

*Is there an emergency number?*

Di mana rumah sakit?

*Where is the hospital?*

puskesmas

*medical centre*

dokter praktik

*private clinic*

Bisa dokter datang ke sini?

*Can the doctor come here?*

Sakit di sini.

*I have pain here.*

Lengan saya luka.

*My arm is injured.*



Kaki saya kram.  
*I have a cramp in my leg.*

Kaki saya bengkak.  
*My leg is swollen.*

Saya alergi antibiotik.  
*I am allergic to antibiotics.*

Saya perlu surat keterangan  
sakit.  
*I need a doctor's certificate.*

Boleh saya minta kuitansi  
untuk asuransi saya?  
*Can I have a receipt for my  
insurance?*

Anda punya obat  
*Have you got  
anything for*

sakit tenggorokan?  
*a sore throat?*  
mabuk perjalanan  
*travel sickness*  
bibir kering  
*chapped lips*

batuk  
*cough*  
diare  
*diarrhoea*

Apa Anda punya anti nyeri?  
obat *painkillers?*  
*Have you got aspirin*  
*any aspirin*  
*plester*  
*plasters*

Anda punya pembalut wanita?  
*Have you got any sanitary pads?*

Saya ingin membeli  
paracetamol.  
*I would like to buy some  
paracetamol.*

Bisa beli tanpa resep dokter?  
*Can I buy this without a  
prescription?*

Apa ada efek samping?  
*Does it have any side effects?*

Apa ada efek mengantuk?  
*Will it make me feel drowsy?*

Apoteker mungkin berkata:  
*The pharmacist might say:*  
1. Mana resepnya?  
*Do you have a prescription?*  
2. Ini obat Anda.  
*Here is your medicine.*  
3. Minum tiga kali sehari.  
*Take it three times a day.*  
4. Ini diminum sebelum/sesudah  
makan.  
*This is to be taken before/after  
eating.*  
5. Minum obat ini sampai habis.  
*You must finish all the  
medicine.*

**Penggunaan Ungkapan - *Phrases in use***

Dokter : Apa yang Anda rasakan?

*How do you feel?*

Dani : Saya sakit kepala dan demam.

*I have a headache and fever.*

Dokter : Ya, suhu badan Anda cukup tinggi, 39 derajat celsius.

*Yes, you have a high tempature, 39 degrees celcius.*

Sudah berapa lama Anda demam?

*How long have you have fever?*

Dani : Sudah tiga hari.

*It's already for three days.*

Saya sakit apa, Dok?

*What do i have?*

Dokter : Sebaiknya Anda periksa ke laboratorium untuk periksa darah.

*You better go to do a blood test at the laboratory.*

Dani : Baik, Dok, saya akan ke laboratorium.

*Ok, Doctor, I will go to the laboratory .*

Terima kasih.

*Thank you.*

Dokter : Sama-sama.

*You are welcome.*

## 8.2 Daftar Kosakata - *Vocabulary List*

ahli bedah	: <i>surgeon</i>
alat kontrasepsi	: <i>contraception</i>
apotek	: <i>pharmacy</i>
asma	: <i>asthma</i>
bakteri	: <i>bacteria</i>
balsem	: <i>balm</i>
betis	: <i>calf</i>
campak	: <i>measles</i>
dagu	: <i>chin</i>
pipi	: <i>cheek</i>
dahi	: <i>forehead</i>
darah	: <i>blood</i>
dehidrasi	: <i>dehydrated</i>
demam berdarah	: <i>dengue fever</i>
dengkul	: <i>knee</i>
diabetes	: <i>diabetes</i>
dokter gigi	: <i>dentist</i>
eksim	: <i>eczema</i>
hati	: <i>liver</i>
hidung	: <i>nose</i>
imunisasi	: <i>serum</i>
infeksi	: <i>infection</i>
jantung	: <i>heart</i>
jari kaki	: <i>toe</i>

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jari	: <i>finger</i>
jempol	: <i>big toe</i>
kapsul	: <i>capsule</i>
keringat	: <i>sweat</i>
kulit	: <i>skin</i>
lengan	: <i>arm</i>
lidah	: <i>tongue</i>
maag	: <i>ulcer</i>
malaria	: <i>malaria</i>
masuk angin	: <i>to catch a cold</i>
mata	: <i>eye</i>
memar	: <i>bruise</i>
memeriksa	: <i>to diagnose</i>
menyuntik	: <i>to infect</i>
migren	: <i>migraine</i>
mulut	: <i>mouth</i>
obat	: <i>medicine</i>
otot	: <i>muscle</i>
paha	: <i>thigh</i>
paru-paru	: <i>lungs</i>



pergelangan kaki	: <i>ankle</i>
pergelangan tangan	: <i>wrist</i>
pil	: <i>pill/tablet</i>
PPPK (P3K)	: <i>first aid</i>
puyer	: <i>powder</i>
racun	: <i>poison</i>
rematik	: <i>rheumatism</i>
rontgen	: <i>x-ray</i>
salep	: <i>salve</i>
semprotan	: <i>spray</i>
serangan jantung	: <i>heart attack</i>
stroke	: <i>stroke</i>
tangan	: <i>hand</i>
telinga	: <i>ear</i>
termometer	: <i>thermometer</i>
tetanus	: <i>tetanus</i>
tetes mata	: <i>eye drop</i>
tifus	: <i>typhoid</i>
transfusi	: <i>transfusion</i>
tulang	: <i>bone</i>
tungkai	: <i>leg</i>
virus	: <i>virus</i>



### 8.3 Informasi Tambahan - *Additional Information*



In Indonesia there is a group of illnesses commonly known as *masuk angin*. The term *masuk angin* may be used to describe several illnesses, including influenza, the common cold, fevers and headaches.

Many Indonesians prefer not to take medicine to cure *masuk angin*. Instead, they take herbal remedies (*jamu*), have a massage, or perform *kerokan*. *Kerokan* is the most common cure, and is performed on the patient's back. It involves lubricating the skin with balm and then scrubbing it with a coin.

Indonesians are also very fond of *jamu*, a mixed assortment of herbal remedies often sold by neighbourhood street vendors, but also available in shops. Indonesians usually take *jamu* to treat minor illness, such as muscular pains and *masuk angin*. Additionally, Indonesians might take *jamu* simply for an energy boost or to maintain their stamina throughout a long working day.



Most commonly, *jamu* is home-made by a local vendor, and sold from plastic bottles carried in a large basket strapped to the back of the *jamu* seller. However, these days *jamu* can also be found at many street-side stalls, known as *kaki lima* or *warung*. Increasingly, however, Indonesian factories are producing *jamu* on an industrial scale, thus endangering the businesses of the traditional neighbourhood *jamu* vendors.

*Jamu* is typically made up of a pulped mixture of roots, herbs, flowers, and spices, such as ginger, ginseng, turmeric, lemongrass, and rosela. However, local variations are widespread and might use a range of different ingredients. Feel free to try some *jamu* when you are in Indonesia, but as always, do exercise caution if taking the home-made *jamu*, since the safety of the product cannot be guaranteed.



Di rumah sakit - *At the hospital*

**Notes**

