

TIPS ON PREPARING TO SEE THE DOCTOR



1. GET READY:

- a. Bring any information that you have on your child (*The CHSA).
- b. Bring pen/pencil and paper to take notes.
- c. Check your data and be specific about all changes in your child's health status (*Weekly Planner Gate 2 & Gate 3 in CHSA).
- d. Have a list of all medications your child is currently using, including over the counter drugs (*Medication Sheet in CHSA).
- e. Have a list of reactions your child has experienced from any medications, prescribed or over the counter, (*Allergy Log in CHSA).
- f. Write all your questions down before calling or visiting the physician (*Gate 3 in CHSA).



2. TELL THE DOCTOR:

- a. How your child has been doing (*Weekly Planner or Month-at-a-View in CHSA).
- b. Information about successes and setbacks (*Weekly Planner & Gate 3 in CHSA).
- c. Detailed information about changes and symptoms that are different from your child's normal status (*Weekly Planner & Gate 3 in CHSA).
- d. What you are concerned about (*Gate 3 in CHSA).
- e. When the symptoms started changing (*Gate 3 in CHSA).
- f. How often and when the symptoms occurred (*Gate 3 in CHSA).
- g. What you tried to relieve the symptoms and your child's response (*Gate 3 in CHSA).



3. DON'T LEAVE THE DOCTOR'S OFFICE WITHOUT:

- a. Instructions and name(s) for new and old medication(s).
- b. Asking how long the child will be on the medication and whether there are refills.
- c. Asking about possible side effects or cross-reactions of medication(s).
- d. Asking what the child can eat with new medication(s).
- e. Asking if you need an authorization before filling the prescription for your specific insurance provider.
- f. Understanding all follow-up questions including how to report changes in symptoms.
- g. Asking physician if you need a follow-up appointment.
- h. Making the next appointment, if needed.