

Preparing for a Visit With Your Doctor

This TelAbility Handout gives you a checklist of things you can do to get the most out of a visit to your child's doctor.

___ When making an appointment, let the scheduler know that your child has special needs and that you would appreciate a **longer appointment time**. Try to **avoid an appointment during your child's nap time**.

___ Make sure the office visit and any procedures planned for that day are **covered by your insurance company** (The doctor's office staff should be able to help you).

___ Try to find **someone to watch your other children** for you while you're at the appointment.

___ If this is your first visit, call ahead for **directions to the office**.

___ If you're going to a clinic located in a hospital, ask for information about the **best place to park, cost and/or reimbursement for parking, and directions from the parking lot**.

___ Bring copies of your child's important **x-ray reports, lab results, and hospital discharge summaries**. Ask the medical records department if these can be faxed directly to your doctor's office.

___ Bring a list of your child's **allergies, medications and dosages, special diets, immunizations, and names and phone numbers of other health care providers**.

___ If you have questions about your child's **braces or other equipment**, try to bring those things with you to the visit.

___ Make a **list of the questions** you'd like to ask the doctor, putting the most important ones at the top of the list (If your child is old enough, ask them what they'd like to have on the list).

___ Bring some favorite **quiet toys or books** for your child to use in the waiting room.

___ If you can, **bring a friend** or family member to help play with your child while you talk with the doctor.

___ Bring a notebook and pen to **write down the plans** you and your doctor discuss during the visit.

___ Consider bringing a tape recorder to **tape the discussion** with your child's doctor so that you and other family members can review it later on.

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