



Handling Medical Appointments

Parents Reaching Out provides resources that focus on helping families make informed decisions about the care and education of their children. Keeping your family healthy means knowing how to navigate the health care system and talk with your doctor or other providers. We hope these tip sheets will give you the information you may need to access the best, most cost-effective medical and related services to meet the needs of your family.

Taking your child to the doctor often is no easy task. Sometimes you may feel like it would be easier to plan a trip to another country! Planning a trip and handling your medical appointments are alike in many ways. You must think of all the things you may need to make your journey successful. The list below may help you as you plan your child's visits to the doctor.

Find out your doctors' schedules at the Hospital or Clinic.

- It might be possible to schedule a few appointments for one day.
- Planning will make it less stressful for you and your child.

Use one calendar for everything.

- It helps to avoid missing appointments.

In each calendar box on date of appointment: write down the doctor's name, address, and phone number.

- Then, if you must cancel or reschedule an appointment all important information is on one page.

Arrange for transportation.

- Check with your insurance company, this might be allowable benefit.
- Ask a relative or friend for ride and see if they can stay if appointment runs long.

Always keep a bag packed for your doctor visit.

- In an emergency, you have medications, notebook, phone numbers, toys, snacks, and drinks ready.

If your child is fearful or dislikes visits to the doctor or procedures used during the appointment, bring something that will help calm them.

- This may be food, candy, or a small toy that they enjoy.
- Bring something for you to do while waiting.

If you need to arrange for childcare for your other children, make sure the caregiver is available to stay later in case your doctor's appointment takes longer than you anticipate.

If a hospital admission is a possibility, bring your child's current medications, pajamas, and favorite nighttime toy to make the transition easier.

Have a list of all current medications, dosages and times given.

- The hospital will not be able to use the medications you bring, but it will provide accurate information on the medications and doses.
- Give the information to the doctor.
- It can save time and the doctor can attach the note to the file rather than write all the meds in the chart.
- This is also a good way to double check that medicines you are giving are needed.

Bring a small notebook to write down questions and notes about medication changes or instructions.

Write down your questions prior to the appointment.



Visiting a Doctor

Visit Healthy Children Org website for more information.

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>

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