

DOCTOR'S VISIT NOTES

Directions: Use this form to remind you about questions you have for your child's doctor and to record your own notes from this visit.

Date of Appointment:	
Doctor's Name / Phone Number:	

Before the Visit

1. Reason for today's visit:	
2. How long has this been going on?	
3. What makes it better/worse?	
4. What have you tried so far?	
5. What do you hope will happen at this visit?	

Notes from the Visit

1. What is the diagnosis?	
2. Does my child need a prescription? If yes, what is the medication and dosage?	
3. What should the medication do and when?	
4. Is there anything I should watch out for / side effects?	
5. If no medication is needed, what should I do for my child to resolve the issue?	
6. What should I do if my child gets sick or has more symptoms?	
7. Where can I get more information?	

DOCTOR'S VISIT TIPS

Get ready

1. Bring any information that you have about your child. (My Child's Profile)
2. Bring pen/pencil and paper to take notes.
3. Check your data and be specific about all changes in your child's health status. (Seizure Log, Seizure Description Sheet)
4. Have a list of all medications your child is currently using, including over-the-counter-drugs. (Medication Log)
5. Have a list of reactions your child has experienced from any medications, prescribed or over-the-counter.
6. Write all of your questions down before visiting the doctor. (Doctor's Visit Notes)

Tell the doctor:

1. How your child has been doing.
2. Information about successes and setbacks.
3. Detailed information about changes and symptoms that are different from your child's normal status.
4. What you are concerned about.
5. When the symptoms started changing.
6. How often and when the symptoms occurred.
7. What you have tried to relieve the symptoms and your child's response.

Don't leave the doctor's office without:

1. Instructions and name(s) for new and old medication(s).
2. Asking how long the child will be on medication and whether there are refills.
3. Asking about possible side effects or cross-reactions of medication(s).
4. Asking what the child can eat with new medication(s).
5. Asking if you need authorization before filling the prescription for your specific insurance provider.
6. Understanding all follow-up questions including how to report changes in symptoms.
7. Asking the doctor if you need a follow-up appointment.
8. Making the next appointment, if needed.