



## Medical Appointment Organizer

It is important to make the most of your visits with your child's clinician. This tool will help you optimize these visits and give you the opportunity to write down information provided by the clinician.

### WHO SHOULD USE THIS TOOL?

The Medical Appointment Organizer is to be used by a parent or guardian in preparation for a clinical appointment. It is also a very useful tool to take notes during the appointment.

### HOW SHOULD IT BE USED?

Print a copy of the Medical Appointment Organizer **BEFORE** your child's medical visit.

Sit down with your child and complete the **"Changes since child's last visit"** section together.

Write down any questions you or your child may have for your child's clinician.

If the clinician makes any changes to your child's medication regimen, be sure to make detailed notes. Make sure you and your child fully understand how to take the medication. Before the visit ends, make sure that all of your (and your child's) questions or concerns have been addressed.

After the visit, sit down with your child and discuss the visit together. Keep the Medical Appointment Organizer in a safe place so that you can refer back to it if needed.

# Medical Appointment Organizer

Child's Name	Date of Visit	Doctor's Name

Changes since child's last visit:	Less	Same	More	N/A
Feels restless/fidgets				
Interrupts/talks out of turn				
Easily distracted				
Has difficulty sleeping				
Appetite level				
Other:				

Questions to ask during today's visit:	Notes
1.	
2.	
3.	
4.	

## Changes to Medication Regimen?

Medication	Dose	Take at	Notes

## Follow Up Visit

Date:	Time:
-------	-------