



# Family Health Care Tips

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## Parents-Questions to ask your child's Doctor

*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.*

### Questions, Questions, Questions

*Sometimes it is hard to remember everything, or think of what you need to ask your child's doctor. Here are some sample questions to help you get on the right track.*



#### Questions about Illnesses

- When will my child begin to feel better? What are the indications that he/she is getting better? What are the indications of any complication or worsening?
- Are there symptoms I should be aware of in order to properly monitor this illness?
- If I do notice any signs of complications, how can I contact you after hours or in case of an emergency?
- When can he/she go back to school? Should the school be made aware of any special precautions? (Ask that these be put in writing for school personnel.)

#### Questions about Medications

- When should I give this medication?
- When the prescription says "three times a day" does that mean every 8 hours including during the night, or three times during the daytime?
- When my child goes back to school, will he need to take this medicine during school hours or can it wait until he goes home at (specify time) to take it?
- Should my child take this medication before, during, or after meals?
- Are there any foods, which should not be mixed with this medication?
- Can my child take this medicine with other medications?
- Should I be aware of any possible side effects or allergic reactions?

#### Questions about Tests

- What can be learned from these tests?
- Have these tests been given to my child before? Can we coordinate any of the earlier results with these?
- Does the school or public health clinic also do these tests? Are there any reasons not to have them done there to save on expenses?
- How long will these tests take and what is involved in them?
- Is there anything I should tell my child about these tests which will help prepare him/her?
- Can he/she eat before the test?
- Are there any precautions I should take before, during or after these tests?

#### Questions You May Want to Ask About Referrals to Specialists

- Specifically, why is this referral being made? Is this for a second opinion or are we seeing the specialist for a diagnosis?
- Are there records I should take with me or will they be sent in advance?
- Who will get the reports of this evaluation? Who will be interpreting them? Who will be discussing these reports with me?



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