

Checklist for doctor's visit

How to prepare:

* Sometimes you need to see a paediatrician

if your child is suffering from fever and possibly pain. Please keep calm in such situations because relaxed surroundings and reassurance are important to your child's recovery.

To ensure that the doctor's visit goes smoothly and your child can quickly return home, we have listed some recommendations below

- * Dress your child in clothing that can be quickly slipped on and off.
- * For infants, romper suits with snap fasteners work very well. If necessary, remember to bring an extra nappy.
- * Take your child's temperature once more and write it down.
- * If you have recorded the course of the fever (morning, noon, evening), bring this information with you as well.
- * Write down the course of your child's illness up to this time, for example type and onset of symptoms, temperatures taken, behaviour and pain symptoms. Stomachache in children may also be an indicator for other pains.
- * Take toys, your child's favourite stuffed animal or a book to read so that you can distract and calm your child while waiting at the surgery.
- * Please also bring something to drink and fruit or another snack for your child in case of an extended wait.
- * Write down the questions you would like to ask the paediatrician, for example on nutrition or fever-lowering

* Be prepared to answer the doctor's questions, such as:

- * Are other family members ill?
- * Has your child recently been vaccinated?
- * What have you already done to lower the fever?

* Also remember:

- * Health insurance card
- * Vaccination record
- * Yellow examination record

