

# Preparing for your first visit

## We're here for you!



We know bringing your child to their first clinic visit can feel like a lot.

You're not alone - we're here to help.

**Let's take it step by step—together.**

---

---

---

---

---

---

---

---

---

---

## BEFORE YOUR VISIT



### Set an appointment reminder

Make sure to set a reminder on your phone and add the date and time to your calendar.



### Log medicines

List all medicines your child is taking to share with your doctor.



### Prepare a list of questions

Write down questions and concerns to share with your doctor. Use the space on this worksheet to get started.



### Plan transportation

You can find public transportation and rideshare information at <https://www.choa.org/visitors/visiting-our-hospitals/public-transportation>. Contact a Children's social worker for help by calling the phone numbers listed at the end of this worksheet.



### Bring your health supporter

Doctor's visits can be emotional and overwhelming. If you have a trusted family member or friend, ask them to come with you.

**Bring these with you:**

- Insurance card
- Newborn discharge papers\*
- Newborn screen results\*
- A place to take notes
- Your calendar for scheduling
- Your family medical history

\*If you can't find these, don't worry! Your pediatrician may have included them with your Children's referral.

This worksheet is meant to provide general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child. In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

## DURING YOUR VISIT



### Appointment check-in

Check in for your visit at the front desk. You will provide your insurance information here.



### Get to know your care team

You will meet with a nurse, doctor, health navigator or social worker and school teacher during your visit.



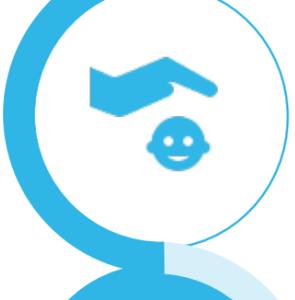
### Meet with your doctor

Your doctor will go over your child's diagnosis and newborn screen results. Use this time to share your questions and concerns!



### Be ready for blood tests

Your child will get blood drawn during the visit. Tests include blood counts and hemoglobin electrophoresis. Make sure your child is fed!



### Taking care of your child

Your care team will provide instructions for emergencies, fever, medicines, contact information, and more.



### Discharge and next steps

Your doctor will give you discharge instructions. Schedule a follow-up visit at the front desk.

Ask your doctor questions and make sure to **take notes**. Here are some questions to get you started.



What does this diagnosis mean for my child?



What are my child's care plan and treatment options?



What tests will you be doing? What are they for?



How can I get test results? When can I get them?



What medicines will my child need? Where can I get them?



What care should I provide every day?



When is the clinic open? Who should I call after hours? When should I call 911?



When should I take my child to the Emergency Department (ED)? What should I tell the ED care team?

## AFTER YOUR VISIT



### Check your prescriptions

Pick up medicines at the pharmacy chosen by you and your doctor. If the medicine requires special permissions, talk with your health navigator.



### Set up and access MYchart

MYchart is a secure, online tool that lets you view and track your child's health information, hospital visits and messages with the care team. Set it up as soon as you can.

Scan for resources



[bit.ly/scdresourcehub](https://bit.ly/scdresourcehub)

Contact us

Arthur M. Blank Hospital  
2220 North Druid Hills  
Road NE, Atlanta, GA 30329  
(404) 785-1200  
[choa.org](http://choa.org)

Hughes Spalding Hospital  
35 Jesse Hill Jr Drive SE,  
Atlanta, GA 30303  
(404) 785-9800  
[choa.org](http://choa.org)