

Pre-Visit / Visit Planning

It is important to be proactive in your child's visits to the clinic. Try to plan your needs ahead of time for the visit (i.e., OT, PT, nutrition). If your child is having special problems (i.e., disease flare, behavior, or school problems) or you have concerns (i.e., insurance), then try to inform the rheumatology staff before the visit. The Pre-Visit

Also, it may be helpful to write down information that is discussed at your child's appointments.

At the end of each clinic visit, you will be given a **white sheet** with instructions for scheduling your follow-up appointment. It will also have any special instructions or plans for your child (medicine doses, lab tests to be done, etc.) You may want to keep the pink sheets in a binder or your helping hands handbook so you can refer to them.

