

Doctor Visit Prep Checklist for Parents

Organize recent observations, documents, current items, and questions.

Previous two weeks

- ☐ Dated observations to discuss
- ☐ Sleep times or night wakes, if relevant
- ☐ Food, activities, bowel or behavior records
- ☐ Missing days marked unrecorded

Current items

- ☐ Medicines as currently used
- ☐ Supplements: name, dose, and unit
- ☐ Pharmacy labels or photos
- ☐ Known allergies or sensitivities

Documents

- ☐ Appointment and insurance details
- ☐ Records requested by the office
- ☐ School or therapist notes you may share
- ☐ Short timeline or observation sheets

Practical details

- ☐ Confirm place and arrival time
- ☐ Plan for forms, travel, and waiting
- ☐ Choose the top three questions
- ☐ Leave space for next steps

Questions I want to ask

1. _____
2. _____
3. _____