

Appointment Checklist



Two weeks prior to first appointment/medical records

If this is your first appointment with this doctor, request your medical records from your current doctor's office to be sent to your new doctor's office at least 2 business weeks prior to the appointment. Call to follow-up and make sure this happens.

If this is your first appointment, request your OWN copy of your medical records from your current doctor's office and bring them to the appointment.

Insurance

Bring your health/medical insurance card.

Know where you are going

Make sure you have the address, phone number of where you are going (you can use this app if you found your new doctor using this app).

Know how long will it take to get to appointment

Make sure you know how much travel time it will take to get to and where to park at the new doctor's office.

What to bring

- Bring a list of your current medications (write down their names and when you take them).
- Bring your pharmacy's address and phone number (you can put this in your profile in this app).
- Bring your other doctors' names and contact information.
- Bring your calendar/schedule to schedule your next appointment.

This checklist was based on faculty expertise and review of existing publications.

NASPGHAN
FOUNDATION
For Children's Digestive Health & Nutrition

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Help & Hope
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