

Best prep for your kid's doc appointment

When somebody needs to see the doctor, it's best to make the most of your visit, said Dr. Hannah Chow, Loyola University Health System pediatrician, who shares this advice:

- Ask your most important questions first. Bring a list of questions. Keep it short.
- Make good use of the office nurse. Sometimes the nurse can answer your questions by phone right away. A doctor may not be able to call you back until the end of the day.
- Make sure your phone number and address are correct in your chart.
- Never assume no news is good news regarding tests, labs, X-rays and other similar results. Always contact your doctor's office if you do not receive a test result in the expected time frame.
- Fill out papers to the best of your ability. If the doctor needs to sign a release to the school to give your child medication, fill out which drug and which child.
- Don't bring too many other children to the appointments.
- Schedule annual physicals early. Doctors' offices get very busy for back-to-school and sports appointments.