

How to Have a Successful Doctor's Visit:
A checklist for those with Autism Spectrum Disorder

Fill this box in as you go through the checklist below	
Doctor's Name: _____ Phone Number to Doctor's office: _____	

Appointment Date: _____ Appointment Time: _____ Reason for my appointment: _____	
I am traveling to my appointment by: _____ _____ (ie. parent, sibling, friend) is going to the appointment with me.	

**Fill in the Doctor's name and
Check the boxes next to each item after you have finished with it.**

Making your Appointment with Dr. _____	
	Call the doctor's office. Phone number: _____
	Tell the receptionist on the phone you are new patient to see Dr. _____.
	Tell the receptionist you would like him/her and the doctor to know you have ASD.
	Tell the receptionist why you would like to see Dr. _____.
	Tell him/her you have trouble waiting and would like the first appointment of the day or the first appointment after lunch.
	Make an appointment.
	Ask the receptionist if you can visit the clinic before your appointment to see the clinic and take any necessary paperwork home to fill it out.
Optional: Leaving a Message (If your call to the doctor's office goes to voicemail, leave a message.)	
	Say your full name.
	Say you were looking to make an appointment with Dr. _____.
	Say why you wanted to make an appointment (check up, you're not feeling well, etc.)
	Say your phone number slowly.
	Hang up the phone.

Before the Appointment	
Practice the Visit	
	If possible, tour your doctor's clinic before your visit (waiting room, scales, patient room).
	Talk to your parents and family members about both their and your medical history.
Preparing for the Visit	
	Fill out a <i>New Physician Worksheet</i> (attached).
	Write down questions you have about your health that you want to ask your doctor about.
	Plan how you are going to and from your appointment.
	If possible, ask a family member or friend to come to your appointment with you.

Day of the Appointment	
Before you leave for the Appointment, Make sure you have:	
	Medical Insurance Card
	State ID or Driver's License
	Contact information for a parent or guardian
	Your filled out <i>New Physician Worksheet</i>
	List of questions, about your health, you want to ask your doctor.
	Something to read or stay occupied with while in the waiting room (book, magazine, phone).
Entering the Doctor's Office	
	Walk up to the receptionist.
	Tell them your name, your doctor's name, and the time of your appointment.
	Give them your <i>New Physician Worksheet</i> and any other completed paperwork.

	Remind her/him that you have ASD and that waiting is hard for you.
	Ask what will happen after someone calls you in from the waiting room.
	Sit in the waiting room while reading or working on what you brought along.

The Appointment/ Exam

Entering the Exam Room and seeing the Doctor

	Tell your doctor you have ASD, and how to best to communicate with you.
	Give the doctor your <i>New Physician Worksheet</i> .
	Answer any questions he/she asks you to the best of your ability.

During the Exam

	Tell the doctor why you have come to the clinic.
	Tell the doctor you have ASD and would like to have everything explained clearly before he/she examines you or any tests are given.
	Tell him or her if you have any sensitivities, like to the gowns or the paper on the exam table.

After the Exam

	Ask the doctor: "I came to see you for _____, will it now be taken care of?"
	<p>Ask the doctor what you should do next:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Visit another doctor <input type="checkbox"/> Go for more testing (Blood Work) <input type="checkbox"/> Wait for a phone call with laboratory results <input type="checkbox"/> Come back in _____ months <input type="checkbox"/> Other: _____
	Ask the doctor to write down any recommendations he or she has for the next appointment.
	Ask the doctor if you are finished for today and if you can leave.
	Go back to the receptionist and ask him or her if there is anything more you need to do before leaving (set up another appointment, ask what your insurance covers).

After the Appointment

Back at Home

	Ask your parent or guardian to talk to you about how your appointment went.
	Write down anything that you would do differently for your next appointment.
	Show your parent or guardian any paperwork from the doctors office.
	Make any future appointments for lab tests, x-rays, or visits to other doctors.

**If you have trouble with any of these steps, ask a parent or guardian for help.