

Before Your Child's OPD Visit

Parent Friendly Checklist

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This checklist helps you prepare for an OPD visit. It is for general guidance and does not replace medical care. If your child is very unwell or you feel it is an emergency, please visit the nearest emergency department.

What to bring (quick checklist)

- Previous prescriptions, discharge summaries, and any investigation reports (if available)
- Vaccination card or records (a clear photo is fine)
- Your child's weight history or growth notes (if you track them)
- List of current medicines and doses (syrups, inhalers, supplements)
- Short video clips (optional): coughing, noisy breathing, wheezing, rash changes, unusual movements
- School form or certificate format needed (for school or sports), if applicable

If your child is a newborn or infant

- Feeding details: breast or formula, frequency, and any latch or pain concerns
- Wet diapers and stool pattern (a simple note is enough)
- Birth details if available: birth weight, NICU stay, jaundice treatment, discharge summary

If your child has recurring cough, wheeze, or allergy concerns

- Possible triggers: cold air, dust, smoke, exercise, seasonal changes, pets
- Night symptoms: coughing at night, disturbed sleep, breathing difficulty
- Any inhaler or nebuliser used earlier and whether it helped

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Before the appointment

Confirm details: Check the date, time, and location of your appointment. Call the clinic if you need help with language or have specific needs.

Follow instructions: Follow any special directions shared by the doctor or clinic, such as fasting if required for a test.

Arrange transport and support: Plan how you will get to the hospital and back, especially if you expect a procedure or medicines that may cause drowsiness.

Prepare questions and concerns: Write down your child's symptoms, what changed over time, and your top questions. Put the most important first.

Consider bringing a companion: A family member can support you, help remember information, and take notes.

Identification, insurance, and payment (if applicable)

- Government issued photo ID (for example Aadhaar card, driver's license)
- Health insurance card and any required forms or referral letter (if you are using insurance)
- A method of payment for consultation or tests (as needed)

Helpful personal items

- Pen and a small notebook (or phone notes) to write key instructions
- Your child's glasses, hearing aids, or other essential items
- A small snack and water (if allowed), and one comfort toy for younger children
- Avoid bringing valuables such as expensive jewelry or large amounts of cash

Tip for a smoother visit: If you can, note down 1) the main concern, 2) since when, 3) what changed, and 4) what you tried at home. This makes it easier to get clear next steps during the consultation.

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