



## Preparing to see a doctor or other healthcare professionals

Getting organized for your appointment ahead of time will make the appointment go more smoothly. Following up afterwards will increase the chance that the health issues are well taken care of.

### Tips for individuals with 22q

- Find out how to get to your doctor's (or healthcare professional's) office.
- Find out the reason for the appointment. Knowing the name and specialty of the doctor or healthcare professional you are seeing may help.
- Bringing a family member or a trusted friend to the appointment—someone who knows you well—may be helpful.
- Bring a list of the health problems that bother you and the questions that you have, especially if something has changed since your last appointment.
- Check what the recommendations were from your last visit.
  
- Bring the following to your appointment:
  - Your OHIP card
  - Your hospital card (if needed)
  - Your list of health problems and questions
  - **All** the medications you take (including herbal, natural, and over-the-counter ones) with the original pill bottles, blister packs, or dosette cases you are using (with labels from the pharmacist)
  - A list of allergies that you may have
  - A list of doctors (and hospitals) that have taken care of you, now and in the past
  - Any forms or documents you need reviewed
  - A snack, water, etc. or money in case the appointment is long or you have a long journey
  - Money or payment (Presto) cards for transportation
  - For a first appointment, school records, IEP, and especially all previous neurocognitive assessments would be very helpful.

## Tips for caregivers

- Compile a list of health issues and questions together with the individual in your care a few days before the appointment.
- Doctors need to know **how a health problem is changing over time**. It may be useful to keep a log so you can report any trends to the doctor.
- Ensure that the individual in your care brings **all** their medications (including herbal, natural, and over-the-counter ones) when seeing a doctor.
- If the individual in your care is seeing other doctors and you have information they have provided, please bring it along.
- At the Dalglish Family 22q Clinic, the patient flow coordinator may be able to schedule appointments for multiple specialists on the same day. Please ask.

## At the end of the appointment

- Ask the doctor/healthcare professional(s) for a summary to take home.
- If you don't understand something, ask the doctor or the staff.
- Follow your doctor's advice and make a to-do list.
- Book a follow-up appointment.

**Please contact us if you have any questions**

### The Dalglish Family 22q Clinic

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Note: 22q11.2 deletion syndrome ("22q" or "22q11.2DS") has also been known as DiGeorge syndrome, velocardiofacial syndrome, and many other names. For more information, please visit [www.22q.org/awareness-events/awareness/same-name-campaign/](http://www.22q.org/awareness-events/awareness/same-name-campaign/).