

## **Before Your First ADHD Appointment**

At Worthington Pediatrics, we strive to completely evaluate your child's learning, nutrition, sleep, attention, mood, and concentration before making any diagnosis of ADHD. In order to ensure that we have examined all important and relevant data, we ask that you gather important information about your child before the first ADHD evaluation appointment. The following is a list of things that will assist in the diagnostic process. We ask that you obtain this information and return it to our office at least 1 week before the initial appointment. It can be faxed to 352-371-4865 or hand delivered.

The following list contains the information we will need before the appointment:

- € Parent Vanderbilt forms, one completed by each parent if the child spends time with both parents
- € Teacher Vanderbilt forms completed by each of your child's teachers. Parent and teacher Vanderbilt forms can be found on our website under "Forms".
- € Most recent FCAT scores (the school can give these to you if you do not have them)
- € Report cards from the past several years with teacher comments (the school can give you copies if you do not have them)
- € An in-class observations completed by the guidance counselor at your child's school may be requested. Request letters to the school staff can be downloaded on our website under "Forms" then "In-Class Observation Request". These observations can usually be completed within 2 weeks of your request to the school guidance staff. You can ask the school to fax them directly to us, or you can pick them up and get them to us before the appointment.
- € A written list of all medications, vitamins, and supplements your child is currently taking. Please include the names, strengths, amount, and times of day your child takes each of these.
- € A food diary from the past week. Please include everything that your child eats and drinks for each of seven days.
- € A sleep diary with general information about your child's sleep patterns. Include things such as where your child sleeps, with whom, what the bedtime routine usually is, what time they go to bed, what time they go to sleep, what time they wake up, if they are easy or difficult to wake up, if they snore, if they grind their teeth during sleep, if they have restless movements during sleep, if they sleepwalk or talk, if they awaken during the night, if they wet the bed.
- € Think about your family's medical history before the first appointment, as this will be discussed at that visit. Talk to other relatives about people in the family who may have had problems with school, learning, concentration, impulsive or hyperactive behavior, as well as mood or anxiety problems. We will also discuss any family history of thyroid or seizure problems, as well as problems with substance abuse. Be sure to include both the mother's and father's family in your information gathering.