

# Preparing to Visit your Doctor

There is a lot to cover at a doctor's appointment, so filling out these five simple steps will help prepare you for the visit.

Take your notes with you to help you remember everything you'd like to mention, and help you provide your doctor with all the information they'll need.

Diagnosing CMA can mean a bit more than a single test. Your child's symptoms, medical history and overall assessment will be taken into account along with any test results when deciding if your child has a food allergy.

## 1. My baby's symptoms

(Note down everything you'd like to mention - identifying the symptoms is the first step in providing relief for your baby. So the more you tell your doctor, the better.)

## 2. Family & Baby's Medical History

Do the baby's parents or siblings suffer from any allergies?  
Has the baby suffered from any similar symptoms in the past?

## 3. Questions your child's doctor may ask

(You might like to note down any relevant info)

How old was your child when you first noticed the symptoms?	
How quickly do symptoms develop?	
How severe are the symptoms?	
How long do they last?	
How often do they happen? Are they the same every time?	
Where do symptoms usually appear? (For example at home, or at school?)	
Do the same symptoms happen each time your child eats a particular food?	
Do you suspect a specific food is involved – if so, how much of the suspected food does your child need to eat for symptoms to appear?	

## 4. Questions parents often ask include

(Note down any other questions you'd like to ask, too)

Is it possible to confirm if my child has a food allergy?	
Which tests will have to be performed?	
What will be the next steps?	
How long will it take for my baby to get better?	

