

Your Child's Medical Exam



Stephanie V. Blank Center for Safe and Healthy Children

What do I tell my child to prepare for the exam?

You may share this information with your child so he will know exactly what to expect during the visit to our center.

- Tell your child that he will have a head-to-toe checkup by a doctor or nurse who works specifically with children and teens.
- Children are more relaxed and cooperative when they know what to expect.
- If you or your child has any questions or concerns, please call the center. Ask to speak with a social worker or child life specialist.

What should you bring to your appointment?

- The parent/guardian must bring a photo ID (i.e. driver's license/passport/ ID card)
- The child's medical insurance information (i.e. insurance card)
- Any paperwork provided to you by your child's doctor
- A case number provided to you by law enforcement
- Any custody documents requested at time of scheduling appointment
- Cost of parking is \$6

What happens when you first arrive at the Center for Safe and Healthy Children?

- You will check-in and get registered for the appointment.
- You will be asked to complete hospital consent forms and medical history forms for your child.
- Before your child's exam, you will meet with members of the Center's team. They can answer any questions you might have and explain the medical exam to you.

How does my child prepare for the exam?

During the time you are meeting with our staff, your child will meet with a child life specialist and medical assistant who will do the following:

- Take his height, weight, blood pressure and temperature.
- Explain what will happen during the exam and allow him to see and touch the equipment they will use.
- Provide options to distract the child during the exam, including:
 - Watching a movie
 - Reading a book
 - Listening to music
 - Playing a game

What happens during the exam?

Your child's exam will be similar to a pediatric check-up. It will be done by a doctor or nurse practitioner. During the exam they will perform the following:

- Examine the child's entire body to include eyes, ears, mouth, stomach and genital area (privates).
- In many cases (whether your child is being seen for physical or sexual abuse), a piece of equipment called a colposcope will be used. The colposcope does not touch your child, but provides a lamp and a magnifying glass to help us check for signs of injury or infection.
- In most cases, we do **not** need to do a speculum exam. We are only looking at the outside of the genitals. Speculum exams are rare and only needed with some adolescent patients.
- When necessary, cotton swabs are used to wipe the genital area and collect specimens, and to test for infections including some sexually transmitted infections.
- Sometimes we need to take a blood specimen to test for more diseases. In this case we offer a medicated cream to numb the child's arm, so the needle stick won't hurt.
- If any of the tests come back positive (indicating infection), we will contact you.

What happens after the exam?

- The doctor or nurse practitioner will talk with you about the results of the exam and answer questions you may have. If your child is old enough, he may also be included in the discussion.
- A follow-up visit will be scheduled if needed. Be sure to keep all follow-up appointments. We will work with you to ensure the well-being of your child.
- You may receive teaching materials or referrals for further services. These are offered to you and your child for additional treatment or support.
- If a report must be made to the Department of Family and Children Services (DFCS) or law enforcement, the social worker will talk with you about this.