Nurse Check In

When all of the boxes have a check we will go to see the doctor

☐ Tell nurse your name, age and birthday
☐ Take off shoes and coat
☐ Measure your weight (stand on scale)
☐ Measure your height (stand against wall)
☐ Take blood pressure on arm
☐ Take temperature across forehead
☐ Tell nurse if you have any pains
☐ Put on your shorts and short sleeves
☐ Answer the nurse’s questions
Doctor Exam

*When all of the boxes have a check we will be done*

- Ask questions you wrote down (see next page)
- Tell the doctor how you are feeling
- Tell the doctor how many pills you take daily
- Answer the doctor’s questions
- Let the doctor look at your body and hands
- Let the doctor listen with the stethoscope
- Let the doctor wiggle and waggle your joints
- Walk or run down the hall
My Questions

Kids: write down your questions before you go to the doctor.
Put a check mark next to each question after you ask the doctor.

☐  Question: ________________________________
    Answer: ________________________________

☐  Question: ________________________________
    Answer: ________________________________

☐  Question: ________________________________
    Answer: ________________________________

☐  Question: ________________________________
    Answer: ________________________________