

Dear Parents,

We are making ADD (Attention Deficit Disorder) and ADHD (Attention Deficit Hyperactivity Disorder) care a priority at Twin City Pediatrics! Whether your child is currently being seen for ADHD care or whether you may have future questions about ADHD, we want to provide you with the latest updates from Twin City Pediatrics.

ADD and ADHD can be an overwhelming diagnosis to receive and takes time and dedication to manage. When scheduling your very first ADHD visit, there are many questions you may have for your provider.

- Your first visit is called an Initial Consult. Before this appointment we require the completion of several documents. These forms can be found and printed from our website, www.shotshurtless.com. You will find them under the ADD/ADHD Initial Forms section, and we will need the following:
 - Initial Evaluation Form- open ended questionnaire completed by parent
 - Vanderbilt Form- completed by parent(s)
 - Vanderbilt Form completed by teacher(s)
 - Cardiac Risk Factor Form- completed by parent

All of these forms must be submitted *prior* to the Initial Consult visit with your primary care physician. These forms are required for diagnosis and are an important measure for improvement as we progress through the phases of ADD/ADHD management. You will have multiple ADD/ADHD visits. Each child is different and quite often, the first medication your child receives may not be the medication on which he/she remains. You may have an appointment every 2-4 weeks until we are certain the prescribed medication given to your child is the best one for him or her. After that, a child Must be seen at least every 4-6 months if well controlled and more often if not.

After your Initial Consult, you will have Follow Up or Medication recheck appointments. These visits allow us to determine how much improvement your child is making on his/her medication as well as monitor any side effects. As with the Initial Visit, we require the completion of both parent and teacher Vanderbilt forms for the follow-up visit. Vanderbilt forms must be submitted prior to each Follow Up appointment. These follow up Vanderbilt forms can be found and printed in the ADD/ADHD Follow Up section (click "Forms from our homepage). As noted above, these appointments must be at least every 4-6 months maximum due to the medications being controlled substances.

Please allow 5 business days when calling or requesting medication refills as our doctors are on rotating schedules. If you request prescriptions on mychart, please only send 1 request. Multiple requests will slow down the refill process. Note requests are not seen after hours or weekends. Additionally, once a child is well controlled, a provider can send in 3 months of separate prescriptions dated for each month. The pharmacy will put the future prescriptions on hold. These are not considered refills and cannot be requested electronically. We recommend calling the pharmacy directly to get these medications filled by the month they are prescribed for.

Lauren Stokes is our Behavior Specialist assisting our ADHD patients. Feel free to contact them at our office at 336-718-3960 or by sending a Mychart message. Any forms can be faxed to either of their attention at 336-712-0128. At Twin City Pediatrics we want ADD/ADHD care to be safe and healthy for your child, which is why we closely monitor each patient's progress. We look forward to seeing you throughout the year and thank you for entrusting your health care with us!

Twin City Pediatrics Team