



CLACKAMAS PEDIATRIC CLINIC, 9290 SE Sunnybrook Blvd., #200, Clackamas, OR 97015 (503) 659-1694
 OREGON PEDIATRICS – NE PORTLAND, PC, 5050 NE Hoyt St., #523, Portland, OR 97213 (503) 233-5393
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To Our New Families,

Congratulations on your new arrival! You may find it a challenge to juggle the many needs and obligations that a new baby brings. To help you we offer this schedule and recommend that you keep it in your child’s baby book or some other handy spot. We encourage the following schedule recommended by the American Academy of Pediatrics for routine preventative care, although some variations may apply. Please call in advance to schedule these appointments as they tend to fill quickly.

- 3-7 dayNewborn check up and check for possible jaundice
- 2 WeekWellness exam, PKU test & Hep B # 1 if not already given at birth. Please bring the PKU card you received from the birth hospital.
- 2 MonthWellness exam, DTaP, IPV, Prevnar & Hib. RotaTeq offered (see below).
- 4 MonthWellness exam, DTaP, IPV, Prevnar & Hib. RotaTeq offered (see below).
- 6 MonthWellness exam, DTaP, Prevnar, Hib & Hep B #2. RotaTeq offered (see below).
- 9 MonthWellness exam, IPV & Hep B #3.
- 12 MonthWellness exam, Hib, Prevnar, & CBC (blood test) for iron level. Lead level may also be ordered.
- 15 MonthWellness exam, MMR & Varivax.
- 18 MonthWellness exam, DTaP & Hep A #1.
- 2 YearWellness exam & Hep A #2.
- 3 YearWellness exam & BP check (blood pressure check).
- 4 YearWellness exam, BP, Varivax, MMR booster & possible vision screen.
- 5 YearWellness exam/School physical, vision screen, BP check, U/A (urinalysis), DTaP & IPV boosters.
- 6 - 11 YearsWellness exam/physical yearly or every other year, vision screen, BP check, U/A. Vaccines will be administered if necessary.
- 12 YearWellness exam/physical, BP check, U/A, & Tdap. Eye exam, cholesterol level, Varivax and MMR booster if needed.
- 13 – 17 YearsWellness exam/physical, BP check, U/A. Tdap & vision screen if needed. Menactra & Gardasil vaccines offered (see below).
- 18 YearPhysical, BP check, U/A. Vision screen, Tdap, Menactra, & Gardasil offered if not received earlier.

DTaP Diphtheria, Tetanus, Pertussis
 Gardasil HPV (Human Papillomavirus – females only)
 Hep A Hepatitis A
 Hep B Hepatitis B
 Hib Haemophilus influenzae type B (Meningitis)
 IPV Polio

Menactra Meningococcal
 MMR Measles, Mumps, Rubella
 Prevnar Streptococcus Pneumoniae
 RotaTeq Rotavirus
 Varivax Varicella (Chicken Pox)



Wellness Exam Schedule, continued:

Please note:

- ▶ Participation in various activities sponsored by schools, churches and other organizations may require the completion of wellness exam (aka physical exam) and forms prior to participation. These exams may or may not coincide with the above schedule.
- ▶ If you anticipate your child may want to participate in such activities please try to let the doctor know several weeks in advance and bring the applicable forms with you to the exam. If an exam has been performed within the past 6 months, forms *may* be able to be completed without requiring an additional exam.
- ▶ All exams include height and weight check and a review of the child's vaccination history.
- ▶ Insurance companies may have limitations regarding wellness exam benefits and other services provided at the wellness exam. We encourage you to check with your insurance carrier if you have questions.

ADDITIONAL INFORMATION:

Newborn care:

- ▶ Cord Care:Do not clean with rubbing alcohol. Cord will fall off at 2-3 weeks of age.
- ▶ Bathing:Sponge bathe every other day until the cord falls off, then bathe baby every other day in a shallow tub of comfortably warm water. Never leave baby unattended in bath.
- ▶ Feeding:.....Breast: On demand or every 2-3 hours. Bottle: 2-3oz every 3-4 hours. Burp well.
- ▶ Fever:You should contact the physician as soon as possible for any fever 100.4 (rectally) or greater in an infant less than 90 days of age.

Clinic Hours:

General (typically May through October)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am-5pm	8am-5pm	8am-5pm	8am-5pm	8am-5pm	8:30am-12pm (Clackamas Only)	Closed

Cold & Flu Season (typically November through April)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am-6pm	7:30am-6pm	7:30am-6pm	7:30am-6pm	7:30am-5pm	8:30am-12pm (Clackamas Only)	9:30-12pm (Clackamas Only)

Patients from all of our clinics are invited to call and schedule appointments at our Clackamas office when care is needed during the weekends.

Both Fluzone® (intramuscular injection) and FluMist® (intranasal spray) are generally available as early as October each year and for as long as supplies last. Children must be at least 6 months of age to receive the vaccine. Please discuss with your physician if you wish to receive either of these vaccines. CDC guidelines will be followed during periods of limited supply.

FIND THIS AND OTHER HELPFUL INFORMATION ON OUR WEBSITE LOCATED AT:

www.oregonpediatrics.com