



# WELCOME TO CLACKAMAS & OREGON PEDIATRICS

**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 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 important visits as they tend to fill quickly.**

3-5 days	Newborn exam, jaundice screening
2 weeks	Wellness exam, PKU test, Hep B (if not already done at birth)
1 month	Wellness exam
2 month	Wellness exam, DTaP-IPV/Hib, Pneumococcal, Hep B, Rotavirus
4 month	Wellness exam, DTaP-IPV/Hib, Pneumococcal, Rotavirus
6 month	Wellness exam, DTaP-IPV/Hib, Pneumococcal, Hep B, Rotavirus
9 month	Wellness exam, Hep B (if not already done at birth), ASQ Screening
12 month	Wellness exam, Hib, Pneumococcal, Iron level blood test
15 month	Wellness exam, MMR, Varicella
24 month	Wellness exam, Hep A, ASQ & M-CHAT Screenings
3 year	Wellness exam, BP
4 year	Wellness exam, BP, Varicella, MMR, Vision & ASQ Screenings
5 year	Wellness exam, BP, Vision Screen, DTaP, IPV
6-10 year	Wellness exam, BP, Vision Screen, Immunization review & catch-up
11-17 year	Wellness exam, BP, Vision Screen, Tdap, Meningococcal, HPV. <i>Various other adolescent screenings may be recommended.</i>
18 + year	Wellness exam, BP, Vision Screen, Immunization review & catch-up

**TERMS:**

*Combination vaccines given in 1 injection are listed in italics...*

ASQ = Ages & States Questionnaire

BP = Blood Pressure screening

*DTaP = Diphtheria, Tetanus, Pertussis*

*DTAP-IPV/HIB = combo vaccine/1 inj.*

Hep A = Hepatitis A vaccine

Hep B = Hepatitis B vaccine

Hib = Haemophilus influenzae type B (Meningitis) vaccine

HPV = Human Papillomavirus

IPV = Inactivated Polio Vaccine

M-CHAT = Modified Checklist for Autism in Toddlers

Meningococcal vaccine

*MMR = Measles, Mumps, Rubella vaccine (combo)*

PKU = Phenylketonuria screening test

Pneumococcal vaccine

Rotavirus vaccine

*Tdap = Tetanus, Diphtheria, Pertussis*

Varicella = Chicken Pox vaccine

Vision Screen = eye chart vision screen



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	<u>Breast:</u> On demand or every 2-3 hours. <u>Bottle:</u> 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.

- As your child gets older she/he may wish to take part in activities sponsored by schools, churches and other organizations. In some cases a wellness form (aka "physical form") may be required prior to participation. Depending on when the activities take place, 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 about your benefits.



**FLU Vaccine** - 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.

## Clinics:

<b><u>Clackamas Pediatric Clinic</u></b>	9290 SE Sunnybrook Blvd., Suite 200, Clackamas	<b>(503) 659-1694</b>
Monday - Friday	8:00AM - 5:00PM	Extended hours seasonally.
Saturday	8:30AM - 12:00PM	See website for more information.
<b><u>Oregon Pediatrics - NE Portland</u></b>	5050 NE Hoyt St., Suite B55, Portland	<b>(503) 233-5393</b>
Monday - Friday	8:30AM - 5:00PM	
Saturday	open at Clackamas	
<b><u>Oregon Pediatrics - Happy Valley</u></b>	16144 SE Happy Valley Twn Ctr Dr, Ste 210, Happy Valley	<b>(503) 427-2637</b>
Monday - Friday	8:30AM - 5:00PM	
Saturday	open at Clackamas	
<b><u>Oregon Pediatrics - Meridian Park</u></b>	19260 SW 65th Ave, Suite 275, Tualatin	<b>(503) 691-2519</b>
Monday - Friday	8:30AM - 5:00PM	
Saturday	open at Clackamas	

Weekend clinics and seasonal extended hours are available at our Clackamas location. Patients from any of our clinics are encouraged to call and schedule appointments at our Clackamas office when care is needed during extended hours.

**FIND THIS AND OTHER HELPFUL INFORMATION ON OUR WEBSITE AT**

**[www.oregonpediatrics.com](http://www.oregonpediatrics.com)**