

Urinary Reflux (VUR) Doctor Discussion Guide for Caregivers

A little preparation goes a long way.

Before you visit your child's doctor, write down all the symptoms your child has had, how long your child has had them, and any other recent health issues. Document all medications, vitamins, and supplements your child is taking.

Then write a list of questions to ask.

QUESTIONS FOR YOUR DOCTOR MAY INCLUDE THE FOLLOWING:

1. **What could be causing my child's symptoms?**
2. **What else could be causing these symptoms?**
3. **What can I do to reduce my child's risk of future urinary tract infections?**
4. **Will my child get better on his/her own?**
5. **Do you recommend that my child see a paediatric urologist?**
6. **What are the treatment options?**
7. **How will each treatment option affect my child?**

Your doctor may suggest your child see a paediatric urologist, as they have treatment options not available to all healthcare providers.

YOU WILL WANT TO HAVE MORE SPECIFIC QUESTIONS FOR A PAEDIATRIC UROLOGIST. DURING YOUR VISIT, BE SURE TO ASK:

1. **What kinds of tests will you need to run?**
2. **Is my child at risk of complications from this condition?**
3. **Are my other children at increased risk of this condition?**
4. **What are the treatment options?**
5. **How will each treatment option affect my child?**

There may be other questions you have. Make sure you ask them, so you're comfortable with the treatment option your doctor or paediatric urologist recommends.

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