Your Child's Medical Kit: A Simple Family Guide

Easy steps for a smooth clinic or telehealth visit



Clinic: Suburban Pediatrics **Phone:** 716-565-9030

This kit lets you help the care team check on your child from home. Take your time, explain each step to your child, and follow the directions below. These tools do not replace an in-person exam or emergency care.

Before You Begin

- Tell your child what you are going to do before you begin. A favorite toy, video, or helper may make the steps easier.
- Wash and dry your hands. Put the kit on a clean, dry surface.
- Keep small parts, batteries, covers, tips, and cords away from young children.
- Use the kit only for your child. Do not share it with anyone outside your household.

- If a device is damaged, wet, or not working, stop and call the clinic.
- **Call 911 now** if your child has severe trouble breathing, is unresponsive, has blue or gray lips or face, has a seizure lasting 5 minutes or longer, or you believe there is an emergency.

Using the Devices

Temporal Thermometer

1. Read the directions that came with the temporal thermometer.
2. Tell your child, "I'm going to gently check your forehead." Make sure the forehead is clean and dry, and move hair, hats, or head coverings out of the way.
3. Place the thermometer on the forehead, press the button, and scan exactly as shown in the device directions.
4. When the number appears, write it down as a **temporal temperature**.
5. Clean the thermometer as directed. Do not put it in water unless the instructions say it is waterproof.

FDA-Cleared Pulse Oximeter

1. Let your child sit quietly. You can say, "This little clip is going to give your finger a gentle hug." Warm a cold hand and remove nail polish or artificial nails if possible.
2. Slide the sensor all the way onto one finger. Help your child relax the hand and hold it very still.
3. Watch the screen. Wait until the numbers stop changing, and you see a good, steady wave pattern. The steady wave helps make the result more reliable. Then write down the oxygen level (SpO_2) and pulse.
4. For a small finger—or if no reading appears even when the hand is still—gently cover the open sides of the pulse oximeter to block room light. Wait again for a steady wave. If the result still looks unusual, reposition the sensor and try once more. Follow the clinic's directions about when to call, and do not rely on the device alone if your child appears seriously ill.

Wi-Fi Camera Otoscope

1. Follow the package directions to set up the otoscope on your phone before the visit.
2. Open the app and tap **"Start Ear Cleaning"** to turn on the camera and take ear photos. This is only the name of the camera button.
3. If the picture looks blurry, gently wipe the camera lens with an alcohol wipe. Let it dry completely before using it.

4. **Important: Do not use the ear-cleaning tools.** Use only a soft silicone tip to look in your child's ear.
5. Tell your child, "I'm going to look gently in your ear." Have your child sit securely and keep the head still. Place the soft silicone tip only at the opening of the ear canal. **Never put it far into the ear, and never push or force it.**
6. For a baby younger than 12 months, gently pull the outer ear **down and back**. For a child age 1 year or older, gently pull the outer ear **up and back**. This helps straighten the ear canal so the camera can see better.
7. Stop right away if your child has pain, bleeding, moves suddenly, or has an object in the ear. Do not use the otoscope after recent ear surgery unless the clinician says it is okay.
8. **Before the visit:** Upload clear photos of your child's eardrum to the patient portal. Sending them ahead of time helps the provider prepare and keeps the visit moving smoothly.

All Done!

- Turn each device off. Wipe the outside with a clinic-approved wipe. Do not spray liquid directly onto a device.
- Throw away single-use covers or tips as directed. Do not use disposable pieces again.
- Let everything dry, make sure all pieces are back in the case, and store the kit away from children.