

## DOWN'S SYNDROME - SUGGESTED SCHEDULE OF HEALTH CHECKS

The following are suggested ages for health checks. Check at any other time if there are parental or other concerns						
	Birth to 6 weeks	6 - 10 months	12 months	18 months to 2½ years	3-3½ years	4-4½ years
<b>Thyroid blood tests</b>	Routine Guthrie test		Thyroid blood tests including antibodies		Thyroid blood tests including antibodies	
	If your area has introduced fingerprick blood tests these should be done every year.					
<b>Growth monitoring</b>	Length and weight should be checked frequently and plotted on Down's syndrome growth charts. (see page 9 onwards) Head circumference should be checked at each routine medical check.			Length and weight should be checked at least annually and plotted on Down's syndrome growth charts.		
<b>Eye check</b>	Visual behaviour. Check for congenital cataract	Visual behaviour. Check for squint	Visual behaviour. Check for squint	Orthoptic examination, refraction and ophthalmic examination		Visual acuity, refraction and ophthalmic examination
<b>Hearing check</b>	Neonatal screening, if locally available	Full audiological review (Hearing, impedance, otoscopy)	Full audiological review (Hearing, impedance, otoscopy) annually			
<b>Heart check and other advice</b>	Echocardiogram 0-6 weeks <b>or</b> chest X Ray & ECG at birth <b>and</b> 6 weeks			dental advice		

FROM AGE 5 TO 19 YEARS	
Paediatric review	Annually
Hearing	2 yearly audiological review (as above)
Vision / Orthoptic check	2 yearly
Thyroid blood tests	At age 5 years, then either 2 yearly venous surveillance or annual fingerprick.

Detailed recommendations for Medical Surveillance Essentials for children with Down's syndrome are available.

For further information contact your local community paediatrician.