

Down Syndrome Checklist

The following are suggested ages for health checks. Check at other time if there are parental or other reasons for concern

Birth to 5 years old	Neonatal – 6 Months	6-12 Mnths	1 yo	2 yo	3 yo	4 yo	5 yo
Completed -	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Confirm diagnosis with Chromosomes							
Screen for Hypothyroidism (done with PKU)							
Watch for feeding problems / GI malformations (duodenal atresia, Hirschsprung's disease)							
Check for cataracts and nystagmus							
Cardiology consult and/or echocardiogram (by 6-8 wks)							
Discuss and refer to Early Intervention Services							
Genetic Counseling referral (if not already obtained)							
Refer parents to support groups and literature							
Address questions about alternative therapies							
Repeat thyroid Screening (TSH) at 4-6 months							
ENT Consult for microscopic examination and tympanogram by 6 months							
Review growth and development							
review access to support groups and Early Intervention services							
Refer to Ophthalmologist by 9-12 months							
Vigilant attention to middle ear effusion							
Annual Thyroid Screening (TSH)							
Check hearing annually (refer to Audiologist for hearing test by 18 months)							
Check vision annually (Refer to Ophthalmologist if necessary)							
Consider screen for celiac disease at 2-3 yrs.							
Obtain neck flexion-extension radiographs for atlantoaxial instability or subluxation at 3-5 years							

Note: Children with Down syndrome are at increased risk for leukemia and for obstructive sleep apnea.

Ages 5-12 years old	6 yo	7 yo	8 yo	9 yo	10 yo	11 yo	12 yo
Completed -	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Annual Thyroid Screening (TSH))							
Annual hearing screening							
Annual vision screening							
Discuss development and social skills							
Discuss menstrual hygiene management; contraception							

Note: Children with Down syndrome are at increased risk for leukemia and for obstructive sleep apnea.

Ages 13 – Adult	13 yo	14 yo	15 yo	16 yo	17 yo	18 yo	19 yo
Completed -	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Continue thyroid screening annually							
Continue hearing screening							
Continue vision screening							
Discuss menstrual hygiene, sexuality, supervision, contraception, and consideration of sterilization							
Discuss transition issues, group homes, settings, and other community supported employment							

Down Syndrome Health Care Guidelines. Down Syndrome Quarterly. 1999;4

AAP Committee on Genetics. Health Supervision for Children with Down Syndrome. Pediatrics. 2001;107: 442-449