

Down Syndrome Healthcare Guidelines (2022 Revision) Record Sheet*

	Birth	6 mo	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Genetic Counseling ¹ , Karyotype																						
Cardiology	Echo ⁴																					
CBC to R/O transient myeloproliferative disorder, polycythemia																						
Swallowing assessment if feeding issues, aspiration	Any visit																					
Parent Group Info, Support	Parent-to-parent contact, support groups, current books and pamphlets																					
CBC with differential																						
Screen for iron deficiency (ferritin + crp, or iron panel)																						
23-valent pneumococcal vaccine ²																						
Audiology Evaluation/ Hearing Assessment	ABR or OAE	Every 6 months until 3 years of age, then annually																				
ENT evaluation		If tympanic membrane is not visualized																				
Ophthalmologic/ Vision Evaluation	Red Reflex	Ophtho Appt	Annual ophthalmology appt					Vision screen annually, Biennial Ophthalmology appointment					Vision screen annually, Ophthalmology appointment per Ophthalmology									
Celiac Disease Screening						IgA and TTG initially. then TTG every 3 years (Sie Center recommendation)																
Thyroid – TSH, T4	TSH	6 mo	12mo, 18mo	Test TSH and T4 annually																		
Neck X-ray (AAI) ³					✓ ³																	
Dental Exam				Annual Dental Exams. Reassure parents that delayed or irregular eruption, hypodontia are common.																		
Sleep Study between 3-5 years	Prior to 3 years of age if clinically indicated				PSG																	
Early Intervention	PT, OT and speech therapy starting at 9 mths																					
Childhood					Discuss self-help, ADHD, OCD, wandering off, transition to middle school																	
Puberty																						
Facilitate transition																						
Sexual development and behaviors																						
Preventive care	Annually monitor for signs and symptoms of constipation, OSA, and aspiration.																					

1. Discuss Recurrence Rate of future pregnancies with parents
2. 23-valent pneumococcal vaccine if chronic or pulmonary disease.
3. AAI: See AAP Guidelines page 11 - X-rays only if myelopathic signs or symptoms
4. Follow up to be determined by Cardiologist