

# ENT Visit Checklist for Adults with Down Syndrome

Use this quick guide for any ENT appointment or anytime symptoms pop up.

## 1. Symptoms I am noticing:

- Snoring / pauses in breathing
- Gasping or choking at night
- Frequent ear infections
- Changes in hearing
- Nosebleeds
- Chronic congestion
- CPAP struggles

## 2. Questions for the ENT:

- What could be causing these symptoms?
- Do we need a hearing test or sleep study?
- How should we handle wax safely?
- What are our CPAP alternatives?
- Could allergies be involved?
- What can we do at home between visits?

## 3. Sensory or communication needs:

- Preferred seating?
- Needs breaks during exams?
- Sensitivity to sound, light, touch?
- Best way to explain things?

## 4. Notes for next time:

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