

Labs, Tests, and Procedures for Molly

It is recommended that you ask Molly's doctor to consider ordering the following during the upcoming routine physical exam:

- Eye exam.** Molly is due for a vision test by an eye doctor specialist. [More information on vision changes and Down syndrome.](#) [Evaluation and treatment options \[video\].](#) [Why?](#)
- Celiac screen** (blood work). Molly has symptoms that might be consistent with celiac disease [\[video\]](#) [or](#). Further testing is needed [or](#), with potential follow-up testing [or](#). Treatment options are available for those with a confirmed diagnosis ([brief handout](#) [or](#) [more information on gluten-free foods](#) [or](#)). [Why?](#)
- Sleep study.** Molly has symptoms that might be consistent with obstructive sleep apnea. Further testing is needed. Testing for sleep apnea is important [or](#) with many medical consequences if apnea is present and untreated [\[video\]](#) [or](#). Treatment options are available for those with a confirmed diagnosis. [Here is how caregivers can prepare for sleep studies.](#) [Here is a social story that Molly can use prepare for the sleep study.](#) [Why?](#)
- Thyroid function tests** (blood work). Molly is due for her thyroid check. Further testing is needed. Treatment options are available for those with a confirmed diagnosis [\[video\]](#). [More information on thyroid conditions in Down syndrome.](#) [Why?](#)
- Dental visit.** Molly is due for a dental visit. Regular dental care is important for all people with Down syndrome. [Here is a Webinar \[video\]](#) [or](#) on common dental issues for people with Down syndrome. Please see this handout for how to prepare for a dental visit. [And, a book for Molly to read as she prepares for her visit.](#) [And, here is a Webinar \[video\]](#) [or](#) in case orthodontic care is needed. [Why?](#)
- Pap smear.** We recommend discussing this with Molly's provider. [Why?](#)
- Flu shot.** [Why?](#)
- Pneumonia vaccine.** [Why?](#)
- SLP and Neuropsych referral.** Talk to Molly's provider about having Molly referred to a Speech and Language Pathologist and a neuropsychologist to assess Molly's speaking abilities. [Why?](#)

Figure S4. Caregiver Checklist snapshot