

ROUTINE HEALTH CARE

The following is a general guideline for the care of well children who are growing and developing as expected. Also listed below is a schedule of immunizations as recommended by the American Academy of Pediatrics. The first year is a particularly busy time with at least 8 trips to the office. During that time, I suggest scheduling your next visit before leaving our office.

OFFICE VISITS

Birth (in hospital)

3-5 Days

2 Weeks

1 Month

2 Months

4 Months

6 Months

9 Months

12 Months

15 Months

18 Months

2 Years

3 Years

4 Years

5 Years

6 Years

7-10 Years

11 Years

12 Years

IMMUNIZATIONS AND LABS

Hepatitis B #1

Hepatitis B #2

Pentacel#1, PCV#1, Rotavirus#1 (*oral*)

Pentacel#2, PCV#2, Rotavirus#2 (*oral*)

Pentacel#3, PCV#3, *Rotavirus#3 (oral)*, Hep B #3

Hemoglobin/Hematocrit, Lead testing

MMR #1, Varivax #1, Hepatitis A #1, TB test

DTaP #4, Hib #4, PCV #4

Hemoglobin/Hematocrit, Lead testing, TB test,

Hepatitis A #2

Cholesterol (optional), TB test

DTaP #5, IPV #4, MMR #2, TB test

Urinalysis, TB test

Varivax #2, TB test

Tdap, Menactra

Hemoglobin/Hematocrit, HPV series

Pentacel: DTaP, IPV, Hib

DTaP / Tdap: Diphtheria, Tetanus, Pertussis

Hib: Haemophilus influenza (type B)

IPV: Inactivated Polio

PCV: Prevnar (*Streptococcus pneumoniae*)

Rotavirus: RotaTeq (3 doses) or Rotarix (2 doses)

MMR: Measles, Mumps, Rubella

Varivax: Chicken Pox

Menactra: Meningococcal conjugate

HPV: Gardasil (Human papillomavirus)

Brent K. Tamamoto, M.D. **Aiea Pediatrics, LLC**



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99-080 Kauhale Street
Aiea, Hawaii 96701

Ph: 487-1600

After hours, please call Physician's Exchange: 524-2575

TELEPHONE PROTOCOL

During office hours, you can call for problems or questions regarding your child's health at **487-1600**. Calls are screened by the staff who have been trained to make decisions on which patients need to be seen and how to treat children that don't need to be seen. If they cannot help you or if you have further questions, I will call you back as soon as possible. If you would feel better having your child seen even though it may be minor, please let the medical assistants know.

Before calling the office to request a refill on daily medication, please check the box or bottle of medication and call the pharmacy to make sure you don't already have refills approved.

After office hours, calls should be made only for emergencies or urgent problems. Please do not abuse this free privilege by calling for something that could be handled during the day. After hours, please page me through the **Physician's Exchange at 524-2575**.

E-MAIL POLICY

Although our practice does have an e-mail address, please be aware that I sometimes don't check my e-mail until the end of the day, and a 3rd party could intercept your message. E-mail is for **NON-URGENT, NON-SPECIFIC** communications only. If you need to reach me quickly, I recommend calling the office or paging me through **Physician's Exchange at 524-2575**.

EMERGENCIES

If the situation is critical, call 911. If you believe your child's situation is urgent, take your child to the nearest Emergency Room. **Before driving to the ER, call me first.** Often, I may be able to provide important first aid instructions by phone and direct decision making. I would prefer you to take your child to Kapiohale Medical Center ER since there are experienced and qualified pediatricians available 24 hours a day. If for any reason, you have difficulty reaching me, you may call the nearest emergency room for immediate advice (Kapiohale Medical Center: 983-8633)

For poisonings, call the **Hawaii Poison Center at 1-800-222-1222**.

Always check with the Poison Center before taking any action.

There will be occasional times when I am either out of town or

unable to direct you to their offices. I will make arrangements with other physicians in the area for the care of your child in my absence, and the office staff will be able to direct you to their offices.

WELCOME TO MY OFFICE

The staff of Aiea Pediatrics, LLC and I are honored to be chosen as your child's medical providers. We believe that children are our most precious treasures and we strive to care for each and every child who walks through our door as if they were our own.

I am a general pediatrician and board certified member of the American Academy of Pediatrics. Born and raised in Aiea, and an alumnus of Aliah A. Scott Elementary School, I graduated from Iolani High School before earning Bachelors degrees in Biology and Physics from Lawrence University in Wisconsin. I then returned home and earned my medical degree at the John A. Burns School of Medicine. My pediatric residency training was completed at Kapiohale Medical Center for Women and Children where I was awarded the Calvin C.J. Sia Community Pediatrics Advocacy Award and the Ralph Platon Interest in General Pediatrics Award.

My wife, Sheri, and I live in Aiea and are blessed with two sons.

The care of your children is a team effort between us as medical providers and you as parents. We will do our best to explain our recommendations and encourage you to ask questions whenever there is something that you do not understand. We are excited and privileged to share in the growth and development of not only your child, but also your family.

OFFICE HOURS

Monday, Tuesday, Thursday, and Friday
8:00am – 5:00pm

Wednesday and Saturday

8:00am – 12:00 noon

We are closed on Sundays as well as most State and Federal holidays. The office is also closed during lunch from 12:00 noon - 1pm.

We see children by appointment only. If your child is sick, he/she will typically be seen that day, but please call ahead for an appointment. We suggest you talk to the staff before requesting an appointment for a sick child. They may be able to advise you on how to treat your child at home, saving you time and the cost of an office visit. If you are unable to keep an appointment, please notify our office as soon as possible so we may use that time to care for another patient.