

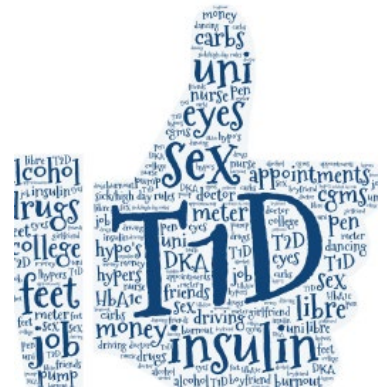
Until you are 19 years old you will still be able to contact:

Nurses:

Andrea Jones 07825 434 350
Boikie Osupeng 07826 534 445
Email: paeds.diabetesnurses@royalberkshire.nhs.uk

Dietitians:

Solenne Guest
& Dani Barker 07825 283 706



To find out more about our Trust visit
www.royalberkshire.nhs.uk

Please ask if you need this information
in another language or format.

Children’s Clinic, October 2021
Next review due: October 2023



Royal Berkshire
NHS Foundation Trust



Your transition to Adult Clinic Diabetes Care

Compassionate

Aspirational

Resourceful

Excellent

Transition Clinic will be your last visit to Children's Clinic. At this clinic you will meet one of the doctors from the Young Adult Clinic (YAC).

From then on your diabetes care appointments will be at the YAC which is located in the Centre for Diabetes and Endocrinology at Melrose House West on London Road.

Finding YAC



**Centre for Diabetes and Endocrinology
Melrose House, 71 London Road,
Reading RG1 5BS**

Park in North Block or Craven Road multi storey car parks. Cross London Road at the traffic lights, and the Diabetes and Endocrinology Centre is directly in front of you and is opposite the garage.

After your 19th birthday

When you are 19, Boikie or Andrea will hand over your care to the diabetes specialist nurses in the YAC. They will be available for you contact during normal working hours.

Young Adult Clinic Tel: 0118 322 7478
diabetes.nurses@royalberkshire.nhs.uk

Diasend Clinic ID: 72-82878

Libreview share code: 07086602

You can upload your meter and share it with the adult diabetes nurses after your 19th birthday. Please remember to email or call the nurses after uploading your meter.

During visit to the YAC

You will notice that the YAC waiting area is a little smaller than what you are used to in the Children's Clinic. However, the procedure on arriving at the clinic is generally the same:

- Check in at reception in the entrance.
- You will be shown to the YAC waiting room down the stairs.
- You will then be invited into a room for the usual checks to be done.
- Boikie or Andrea will be present during your visit to the Young Adult Clinic (YAC).

Which checks to expect

- Blood pressure.
- Weight.
- Hb1Ac.
- Urine (when needed).
- Bloods (sometimes) or you will be given a blood request form to have a test at your GP surgery or hospital before the next appointment.
- Your meter or pump will be uploaded.

Once you are 19 you need to apply for an NHS medical exemption certificate to continue getting free medication.

If you are going to university please discuss your future follow-up plans with your consultant.

Young Adult Clinic Team

Lead Consultant:	Dr F Kavvoura
Consultants:	Dr Gallen & Dr Theingi Aung, Dr E Saeed, Dr G Farah
Diabetes Specialist Nurses:	Chandrawati Mcculloch & Patricka Ferdinand
Dietitian:	Mary Jones

Clinic days: Wednesday afternoons

Visits: At least 4 times a year