

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](mailto:paeds.diabetesnurses@royalberkshire.nhs.uk)

Dietitians:

Solenne Guest

& Dani Barker 07825 283 706



Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Telephone 0118 322 5111  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Children's Clinic, November 2017  
Review due: November 2019



Royal Berkshire  
NHS Foundation Trust



Your transition  
to Adult Clinic  
Diabetes Care

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.

Adult diabetes nurses, tel: 0118 322 7478 or email: [diabetes.nurses@royalberkshire.nhs.uk](mailto:diabetes.nurses@royalberkshire.nhs.uk)

### Diasend Clinic ID: 72-82878

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

<b>Lead Consultant:</b>	Dr F Kavvoura
<b>Consultants:</b>	Dr Gallen & Dr Theingi Aung
<b>Associate Specialists:</b>	Dr Diptendra Ghosh & Dr E Saeed
<b>Diabetes Specialist Nurses:</b>	Chandrawati Mcculloch & Patricka Ferdinand
<b>Dietitian:</b>	Heather Duthie
<b>Psychologist:</b>	Saniya Rizvi

**Clinic days:** Wednesday afternoons

**Visits:** At least 4 times a year