

## Paediatric Diabetes

# Paediatric Diabetes – What happens on clinic days?

## When do we have our clinics?

### University Hospital Coventry

#### Children's Diabetes Clinic:

Where: Children's Outpatients Department, first floor, West wing

When: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday morning of each month

#### Young persons Diabetes clinic

Where: Wisdem Centre

When: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday morning of each month

### St Cross Hospital Rugby

#### Children and young person's clinic

Where: Children's Outpatients Department and for Young Person's Transition Clinic, The Diabetes centre (Swift House)

When: 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Friday morning of each month

#### Young person's Diabetes clinic

Where: Swift House, Diabetes Centre

When: Quarterly on Friday morning's



### **Before you come to clinic you must remember to bring with you:**

- Your blood glucose meter
- Your blood glucose diary, filled in with all your blood glucose results
- The Information folder given to you at diagnosis
- A list of questions you want to ask the Diabetes Team
- Snack and hypo treatment
- Something to do while you wait

If you are able to, please upload your meter or pump to Diasend (please contact the Diabetes Team if you need help with this)

### **When you arrive at clinic you need to book in at reception:**

- An out-patients nurse will check your height, weight. They may also do your blood pressure (at least once a year).
- There will be leaflets to read and take home if you wish, so feel free to browse.
- You will be seen by Dr Karthikeyan, Dr Malik, Dr Sankar or a locum consultant. Dr Stirling, Dr Karthikeyan, Dr Sankar or a Registrar. They will discuss your control and management of your diabetes, look at your blood glucose results, help you with any problems you may be experiencing and inform you of any new information about diabetes.
- You can see the paediatric dietician who will give you dietary advice.
- If you need/want to see the Psychologist it may be possible at clinic or can be arranged for another time.
- The Paediatric Diabetes Specialist Nurses, will always be at clinic to advise and assist with any problems concerning your diabetes.
- Every 3 months you will need a blood test called an HbA1c, this will be carried out at your appointment and you will be able to discuss the result in clinic.

## Patient Information

- Once a year you will have another blood test taken to assess your overall health. Ametop Gel (Magic cream) or a cold spray, to numb the area, is available so just ask us if you want to use it. You may need to book this appointment online at:  
<https://www.uhcw.nhs.uk/bloodtests>  
<https://www.uhcw.nhs.uk/caring-for-you/your-outpatient-appointment/blood-tests/>

The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7230.

The Trust operates a smoke free policy

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

### Document History

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