

Items to expect at my last pediatric healthcare appointment

As you prepare to change doctors, here are items to plan for when it's time to transition to adult care.

- Make sure your prescriptions are valid for at least one year after your last pediatric appointment so that you don't run out of insulin and supplies before the transition to your new clinic.
- Ask your pediatric physician to write a transfer letter (chart summary) and send it to your new physician. You can request a copy.
- Ask for a letter from your doctor stating that you have type 1 diabetes in order to have accommodations at school (e.g. extra time to finish an exam, having your pump and blood glucose meter with you during an exam) or if you are traveling outside the country (for air travel).
- Ask for the name and number of the doctor to whom you will be transferred so you can contact them to make an appointment.
- If you do not have a family doctor, it is time to register to the Guichet d'accès à un médecin de famille (for Quebec). This is the doctor you will see for anything other than diabetes (e.g. sexual health, infections)