



Clinic appointments

The first clinic appointment after diagnosis will be within 6 weeks of discharge.

After this, you will be offered appointments every 3 months. All the appointments will be with a Consultant, a diabetes nurse and the dietician. Each appointment will last 30 mins. One of these will be what we call an annual review clinic. At this appointment you may need to have blood tests, your feet checked and your blood pressure taken. These are things we need to do once a year. You will also see our Psychologist who will ask you fill out a questionnaire and have a discussion with you regarding the impact of diabetes on you and your family. The other three appointments will mainly concentrate on your day to day diabetes control.

The clinic appointments are usually made for the whole year and you should receive your appointments in November, for the following year. If these are not suitable, we can change the date or time, to try to suit your needs.

At each of your clinic appointments you will have your HbA1C checked, to monitor your overall diabetes control and we will then advise you of any changes you may need to make to your treatment.

We will also ask that once a year, you bring a urine sample to clinic. This is to test for small traces of protein in your urine. It would be best to collect a sample pot at your clinic visit and bring the urine sample at the next visit, using the first urine of the morning to collect the sample.

Once you reach the age of 12 years, you will be referred for yearly retinal screening (eye test). This will be organised through your GP and will usually be performed in the community. If you have not received a letter by the time you are 13 years old, please let us know, and we will remind your GP to refer you.

After 16 years of age, you will be transferred to the Adolescent or transition clinic. This is a clinic held in the diabetes centre, by one of our Paediatric Diabetes Consultants and our Diabetes specialist nurse. You will still be seen every three months but the appointments tend to be in the afternoon and run up until 6pm.

Once a year, the adult team (Adult Consultant and nurse) will join us in clinic. After 18 you will be transitioned to the Young Adult clinic. You will be seen in the Young Adult clinic until you are about 21 years old.