



The Diabetes Clinic

Important information about your visit

Answers to common questions about a visit to the Diabetes Clinic

Your child has been referred to the Diabetes Clinic at Seattle Children's. Your appointment has been set. Please come 15 minutes early to your appointment.

If you need to cancel or reschedule, please call the appointment line right away so that another patient can use your appointment time.

What is the diabetes clinic?

This "clinic" is a program with many services designed to meet the needs of children and teens with diabetes and their families. We have an outstanding team of staff who work together to provide comprehensive care for your child. We want for you to feel comfortable with the care we provide and minimize your waiting time.

About your visit

Here are some points to consider before your visit. We are always happy to discuss any of these with you, and tailor the visit to your needs.

The care team

Many **team members** take part in your child's or teen's care. These include a doctor, nurse practitioner, diabetes nurse educator, dietitian, social worker and research team. While you will not necessarily see all of these providers every time, **they are all part of your team.**

Please remember that when we do schedule a full team visit for you, the appointment might take longer than usual. You will receive a schedule for each visit so you know who will be meeting with you.

Doctors-in-training

Our clinic is a teaching hospital. Teaching the next generation of doctors how to care for children with diabetes is fundamental to our mission, and you too have much to teach them. This means that we often have medical students, residents and fellows (endocrinologists-in-training) with us, and we value them highly.

We will tell you in advance if a trainee is with us. If you do not want to interact with trainees, that is not a problem - just let the check-in staff know. Even if you do see a resident or other doctor-in-training, you will **always see your usual main attending provider** at every visit.

Patient education

The visit is a chance for you to receive teaching and to update you on cutting-edge diabetes practice. **Please bring questions with you.** You will take home your own new diabetes plan after the visit.

Glucose tracking

Good diabetes management depends heavily on blood glucose testing data. Modern meters and pumps can be downloaded to print lots of information, but this takes time for our clinic staff to do, and this is waiting time for you too. Almost all glucose meters and insulin pumps can be downloaded at home. **Please do this (if you can) 24 to 48 hours before clinic and bring the download with you to clinic.** This will save you time.

Research

We want to contribute to better diabetes understanding and patient care. We are involved in research, and feel this is a very important part of our mission. There are lots of opportunities to be involved in research, if you wish.

What should I bring to the visit?

We ask that you bring the following:

- Blood testing meter
- A record of your blood glucose levels – please download your meter or pump at home if possible
- A list of all medicines your child takes, including medicines you buy without a prescription, such as cold and cough medicines, ibuprofen, vitamins, herbs and naturopathic supplements.

What happens at the clinic visit?

1. A nurse or medical assistant will take your child's blood pressure, heart rate, weight and height.
2. You and your child will go to a room where a diabetes educator will take a history, review blood sugars, assess education needs and answer questions.
3. An HbA1c test will be done in the clinic. This is done through a "finger poke." A diabetes provider will examine your child, review blood sugars, adjust insulin if necessary and answer questions.
4. If this is your first visit, you will see the dietitian, social worker and diabetes nurse educator. You may schedule separate follow-up appointments with a dietitian, social worker or diabetes educator if needed.

When a child is first diagnosed with diabetes, we see them within 2 to 3 weeks after hospitalization. After that, we see most patients every 3 months, more often in some cases.

To Learn More

- Endocrinology
206-987-2640
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Who do I call?

Insulin dose adjustment

You may call the insulin dose adjustment line for help in changing your child's insulin dose. Please call Monday, Wednesday or Friday before 11 a.m. Call 206-987-5452 or 866-987-2000 and ask for the insulin dose adjustment line.

Leave your name and a phone number where we can reach you, and you should receive a return phone call between 10 a.m. and noon. You will need to have with you the last 3 days of blood sugars and insulin doses. This line is for routine dose adjustments, not emergencies.

Sick child

If your child is sick (has vomiting and/or ketones), please call the paging operator at 206-987-2000 and ask that a diabetes nurse be paged. If one is not available, ask for the diabetes doctor to be paged.

For illness not related to diabetes and/or not affecting your child's diabetes, please contact your primary care provider.

Other clinic numbers

Appointment Line	206-987-2640, option 1
Insulin Dose Adjustment Line	206-987-2640, option 3
Nursing Line	206-987-2640, option 4
Fax	206-987-2720
Dietitian	206-987-2613
Social Worker	206-987-2167
Office Administration	206-987-5037

Diabetes classes

We offer education classes for clinic families. To schedule a class with a diabetes educator, dietitian, social worker and/or psychologist, please call the appointment line.

We also offer a group insulin dose adjustment class once a month. Please call the appointment line to schedule.