

TAKE CHARGE

TRANSPLANT

Your questions and concerns are important and will be the focus of your visit. Plan ahead and gather what you need to take to the appointment.

Appointment checklist

How to prepare for clinic

- Know about your medical condition and the past procedures and surgeries you have had. If you don't know, ask your parents before you come to clinic.
- Remember that you will be discussing your health with the transplant team and participating in making decisions about your healthcare.



What to bring to clinic

- Your health card
- Hospital or clinic card (you will be given one at your first visit if you need one)
- Any medication you will need during your appointment or for a few hours after in case you are delayed
- Your copy of MyHealth Passport (you can create this by visiting www.sickkids.ca/myhealthpassport)
- Your health journal from this website or your diary, cell phone or computer - wherever you track your health information
- A list of questions or issues you want to talk about
- Name and address of your family doctor
- Phone number of your pharmacy
- Your medication list
- A book or magazine to help pass the time while you are waiting to be seen
- A snack and drink from home or some cash to buy something to eat or drink

Source: <http://www.sickkids.ca/Good2Go/Transition-Interventions-Tools/Graduation/33791-Getting%20Ready%20for%20Adult%20Care%20BOOKLET%20formatted%20for%20website.pdf>