

## If I am ill, what should I do?

If you have been told that your care has transferred to the adult unit, you can telephone the Transplant Clinic on 0121 371 4428 during normal working hours (09:00-17:00). Please ask to speak the transplant co-ordinators or nursing staff. Outside of working hours, please ring the main hospital switchboard and ask to speak to the on-call renal medical staff or the on-call transplant co-ordinator who will advise you further.

If you have not been told your care has transferred please telephone the Renal Unit at Birmingham Children's Hospital.

## Repeat prescriptions

Once transferred you will need to start requesting repeat prescriptions for you anti-rejection medicines. It will not automatically be delivered. When a repeat prescription is needed telephone 0121 371 4428 and ask to speak to one of the nurses. A prescription for 3 months supply of medicines will be sent out to you within 2-3 days. You can also ask for a repeat prescription at your next clinic visit.

**Please make sure you request repeat prescriptions. It is very important that you do not run out of your medicines.**

## Useful websites

[www.renalpatientview.org.uk](http://www.renalpatientview.org.uk)  
[www.kidney.org.uk](http://www.kidney.org.uk)

[www.kidneymatters.co.uk](http://www.kidneymatters.co.uk)  
[www.kidneypatientguide.org.uk](http://www.kidneypatientguide.org.uk)  
[www.edren.org](http://www.edren.org)

## Useful contacts/resources

### Renal Transplant Clinic (Appointments)

0121 371 4428

### Renal Outpatients

0121 371 4447

### Transplant Co-ordinators

0121 371 4433

### Haemodialysis Unit (Ward 301)

0121 371 3010

### Peritoneal Dialysis Unit

0121 627 2515

### Transplant Ward 305 (Surgical)

0121 371 3050

### KAT (Kidney Assessment Team)

Via switch 0121 627 2000

### Pharmacy

0121 627 2000 ext 2055

### Birmingham Children's Hospital

Ward 1 0121 333 9203

Haemodialysis unit 0121 333 9213

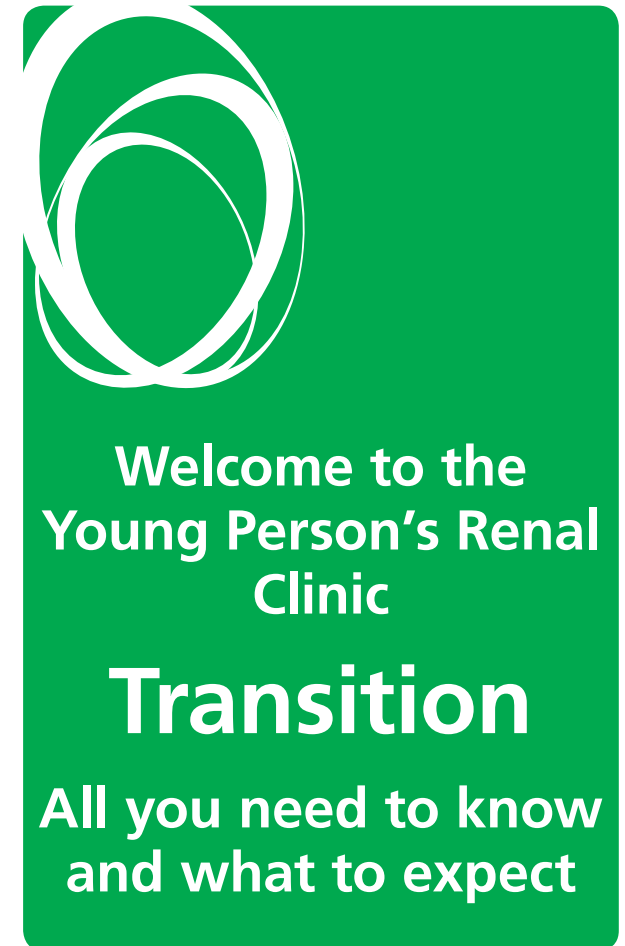
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### Young Person's Renal Clinic

Queen Elizabeth Hospital Birmingham  
Mindelsohn Way, Edgbaston,  
Birmingham, B15 2TH

Telephone: 0121 627 2000

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[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## Welcome to the Young Person's Renal Clinic at Queen Elizabeth Hospital Birmingham

Transfer to an adult hospital can be very scary not only for you but for your family as a whole. Hopefully this leaflet will answer some of the questions you may have and it also contains helpful information and telephone numbers.

By now you may be familiar with where the clinic is and already know a few members of staff. If you did not get to attend one of the transition tours arranged by your previous hospital, please inform one of the transplant co-ordinators.

## What is a Young Person's Renal Clinic?

These clinics are run to introduce you to the adult hospital renal services. Your care will continue to remain with Birmingham Children's Hospital and transfer will only take place when your doctor at the Birmingham Children's Hospital arranges for your care to be transferred to the adult hospital setting. This is usually when you reach the age of 16 onwards.

At the clinic you will get to meet your new consultant nephrologists (kidney doctor) and the nurses. Your paediatric nephrologists your nurses from the

Children's Hospital will be present. Moving to the adult hospital can be stressful for you and your family. Having the doctors and nurses who know you at your clinic appointment will help you feel more comfortable. It will also help your new doctor to understand your needs.

## Transition tours

These are arranged to help you familiarise yourself to the adult service available. You will be showed around the hospital and will have the opportunity to meet various members of the adult kidney team.

## First visit

This should be a 'Young Person's Clinic', which are only held every 2 months. You may also need to be seen in the general transplant clinic. The main difference with attending our clinics is that they are on a much larger scale to the Birmingham Children's Hospital. We have lots of specialist doctors and nurses who work as part of the renal team.

## Clinics

These run very much same as in your last hospital. When you arrive you will be greeted by one of the receptionists. You will be asked to provide two urine samples and then asked to take a seat. You will be called in by a member of the nursing staff for a blood pressure, height and weight check. You will also

have blood tests. You will then return to the waiting room to wait to be called to see your doctor.

## Blood tests

These will be taken by one of the phlebotomists (person who takes blood). If you have any fears or concerns about this process, please speak to the nurses. You will be asked about when was the last time you took your medicines and the test will be taken the same way as at your previous hospital.

## How do I get my blood results?

You will only be contacted if there is something to discuss further. If you are contacted, it will be by one of the nurses you speak to.

The hospital also offers a service where you can have access to your own blood results through a system called 'Renal Patient View'. If you want to view your blood results in this way, please mention this to the receptionist when you visit. The receptionist will give you the relevant form to complete to register for this service.

If you are concerned about your results and have not heard anything you can telephone the Transplant Clinic on 0121 371 4433 and ask to speak to one of the transplant co-ordinators.