

Transitioning to Adult Care: Your First Adult Appointment

As you begin to transition to adult care, you will attend your first appointment with your new adult doctor. Below are steps to help you prepare for and know what to expect at your first appointment with your adult doctor.

A Week Before Your Appointment

Confirm your appointment	• Call your doctor or check your patient portal to verify your appointment. • You may also get a phone call, text message, email, or letter informing you of your appointment date, time, and location. • If you need to cancel or reschedule, be sure to complete this within 24 hours to avoid a “no show or cancelation fee.” • Follow any other instructions, as needed.
Know where you are going	• Learn the name of building, floor, room number, doctor and clinic you will be going to. • Learn where to park, where you can be dropped off, or where the nearest bus stop is located and what entrance to use.
Know what you need to take with you	• Bring your insurance card and ID. • Bring a credit card, debit card, or cash. • Bring all your medicines and pharmacy contact information.

At Your Appointment

Check-in at the clinic	• Arrive 10-15 minutes before your appointment time. • Provide your insurance card and ID. • Sign and complete paperwork for registration, including: - o Consents for treatment - o Releases of medical information - o Surveys, questionnaires, or medical history forms. • Pay your co-pay or deductible, if needed.
During appointment	• Tell your medical team about your medical history, diagnosis and medical condition, current medicines (name, dose, when you take them, and what they do), past surgeries, and allergies. • Ask questions if you don't understand something. • Ask for printed information or education. • Be honest about your concerns with care or medications. • Take notes to help you remember any changes that are being made. • Ask what the next steps are for follow up appointments, refills, and labs. • Provide contact information for the pharmacy where you want medications filled.

After Your Appointment

Follow upon your care	• Pick up your medications or refills. • Check your patient portal or call doctor office for test results. • Schedule your follow up appointments, if needed. • Contact your adult medical team if you have more questions.
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