

Welcome to Diabetes Clinic

7910 Frost Street, San Diego, CA 92123 (2nd Floor-Suite 200)—Arrive 15 minutes ahead and park in the garage at this address and we will validate your parking for \$4

Endocrine/Diabetes Department Contact

Please contact the endocrine/diabetes team if you require assistance:

****Weekdays (Monday –Friday) 8:00am to 4:30pm: Call 858-966-4032,**

Select option 5 to speak to administrative/office staff.

Office staff will page the nurse or doctor on-call if urgent matter.

Non-urgent matters: call the nurse line at 858-966-4951.

Nurse fax: 858-966-5854

****After hours, weekends and holidays: Call 858-966-1700, Press 0 for hospital operator. Ask operator to page the endocrinologist on-call.**

Your first diabetes clinic appointment will be in 1-2 weeks after leaving the hospital. We realize in your 2-3 day hospital stay you have received a lot of education. Your first clinic appointment is education based to help assist you with questions you would like clarified. Please keep in mind that this appointment is 3-4 hours. Please see the below list that you will need to bring to clinic.

- Glucometer/Meter. Your insulin + Insulin scale from inpatient/ on-call MD changes
- Teaching binder that was provided inpatient –we will continue to build and add to this.
- Lunch if your appointment time falls during that time. Snacks both low carb and carb. Bring a toy/activity/homework. Take a Break Café is located on the first floor if you would like to purchase food prior to your appointment.
- Treatment sources for hypoglycemia. (Glucose tablets/juice/ “Fun” size packet of Skittles) + a follow up solid carb such as a granola bar or peanut butter crackers.

You'll see the entire team this first visit. Our team consists of the following and below is a brief description of how we can help assist you:

Social worker: Our social worker will provide support, assessing your child's mood and coping following their diagnosis. Social work can assist with resource information including: support groups, summer camps, and educational resources to support your child. They can also answer questions about applying for financial assistance or medical insurance if needed.

Dietitian: Carb counting clarification, meal plan adjustments, label confusion, snack/meal planning, timing of meals, exercise/sports nutrition.

Nurse educator: Our nurse educator will review important information about diabetes management, review your child's blood sugar log, and answer questions about your child's insulin /diabetes needs.

Endocrinologist: Your diabetes doctor will make insulin updates to match changes needed with your meal plan and blood sugars/ address your labs/ clarify your type of diabetes.

Psychology: Our pediatric psychologist is available to meet with families to support their adjustment to a new diabetes diagnosis. Behavioral health services can also help support your child in working toward his or her health goals or in addressing emotional or behavioral difficulties that may affect his or her diabetes management.