

# Gastroenterology adolescent transition clinic

## Information for patients

This leaflet answers common questions about the gastroenterology adolescent transition clinic at the Royal Free Hospital. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor.

### **What is the gastroenterology adolescent transition clinic?**

The gastroenterology adolescent transition clinic is for patients between the ages of 16 and 18 years old. Previously, you will have attended the paediatric (children's) clinic and when you are 18, you will be transferred to the adult service.

To support you before you move to the adult service, the transition clinic provides you with extra support to develop and gain independence and responsibility for your own health.

It also gives you time to understand your condition in more detail, including information about the medication you are taking, and to start making some decisions on your own.

We will discuss with you and your family where you want your care to continue. It is also an opportunity to be seen by the team on your own if you wish.

The gastroenterology transition team is based at the Royal Free Hospital and includes paediatric and adult consultants and nurse specialists. The transition clinic runs every other month in clinic 1, first floor, Royal Free Hospital.

### **What happens next?**

You will be seen regularly in this clinic until you are 18 years old. Your point of contact will continue to be the paediatric inflammatory bowel disease (IBD) team. You can reach them on: 07818 014 794.

If you are approaching 18 years of age and taking medicines such as adalimumab, infliximab or vedolizumab, this will need to be discussed with the paediatric/transition team as we will need to apply for funding for you if your treatment is to continue in the adult service. This may require you having an up-to-date scan or stool test; a pot can be obtained from your GP or from the hospital. This will be confirmed by your paediatric and/or transition team.

Once you turn 18, you can choose to continue your care at the Royal Free Hospital or at another adult IBD service. If you continue your treatment with us, your contact will be the adult IBD team.

## Contact us

### IBD nurse advice line

- Email: [rfh.ibdnurses@nhs.net](mailto:rfh.ibdnurses@nhs.net)
- Phone: 020 7830 2283 (please note this is a voice message service for non-urgent queries)

All calls and emails will be returned within 24-48 hours, Monday to Friday, 9am-5pm.

### Other IBD services at the Royal Free Hospital

**Royal Free London switchboard:**  
020 3758 2000

**Planned investigation and treatment unit (PITU):** This is the adult infusion suite located on the 2<sup>nd</sup> floor where medications such as infliximab and vedolizumab are given as a day case. For infusion appointments, please contact the PITU directly on extension 33777.

**Endoscopy department:** This is where all endoscopy procedures are carried out including gastroscopy, flexible sigmoidoscopy and colonoscopy. For any queries relating to endoscopy appointments, please contact the department on extension 38499 or 32458.

**IBD secretary:** For IBD out-patient appointments, please contact the IBD secretary on extension 33338.

### Other useful links

**Crohn's & Colitis UK:**  
[www.crohnsandcolitis.org.uk](http://www.crohnsandcolitis.org.uk)  
CCUK is the leading charity in the UK for Crohn's disease and ulcerative colitis.

**Circa:** [www.cicra.org](http://www.cicra.org)  
Circa is the leading charity in the UK for children and young people with inflammatory bowel disease.

## More information

For more information about the gastroenterology service at the Royal Free London, please visit our website: [www.royalfree.nhs.uk/services/services-a-z/gastroenterology](http://www.royalfree.nhs.uk/services/services-a-z/gastroenterology).

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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Service: Gastroenterology  
Version number: 1  
Approval date: October 2019  
Review date: October 2021  
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