

Cystic Fibrosis Clinic

Information for parents

Making appointments at the clinic

- To make or change an appointment, call 905-521-2100, ext. 78515
- Clinic visits are every 3 months, unless the CF team gives you other instructions.
- The clinic is open Monday afternoons and Tuesday mornings.
- If you cannot come to your appointment, please call to cancel. Give us as much notice as possible so we can give this time to another family.
- After each appointment, make your next appointment with the Business Clerk before you leave the clinic.
- If your child has MRSA, please book an end of clinic appointment.

Ordering medications from hospital pharmacy

- To order your child's medications, call 905-521-2100, ext. 75019
- Please order 1 to 2 weeks before your appointment, so they will be ready to pick up when you come to the clinic.
- If you do not order in advance, Pharmacy cannot guarantee that all the medications will be available at your clinic visit.

Information about clinic visits

- We encourage **all** parents and caregivers to come to a clinic visit at least once a year.
- If you need a letter or form completed, please call 1 to 2 weeks before your clinic visit.
- If you have questions about physiotherapy please bring your child's equipment to your clinic visit.

Understanding your child's tests

Test	How often	Ages	Why it is needed
Blood tests	Every year	All	To check vitamin and iron levels, liver function and measure other substances in the blood.
Chest x-ray	Every year	All	To see changes in your child's lungs and check for lung disease.
Breathing test (pulmonary function)	½ hour before every clinic visit, and before exercise testing	6 years and up	To find out how your child's lungs are working, compared to previous visits.
Abdominal ultrasound	Every 2 years	Under 10 years	To look for any changes in your child's liver.
Oral Glucose Tolerance Test (OGTT)	Every year	Over 10 years	To check how your child's body is using sugar, and to check for diabetes related to CF.
Exercise testing	As recommended by CF team Usually every 6 months to 1 year	Over 10 years	To assess your child's fitness and tolerance for exercise.

To speak with a CF team member, call the
2G Pediatric **Cystic Fibrosis Clinic at 905-521-2100**

Nurse Coordinator	Val Carroll	ext. 73086
Dietitian	Rachel Freeman	ext. 72591
Social Worker	Jennifer Thomas	ext. 73920
Physiotherapist	Julie Ball	ext. 76457
Child Life Specialist	Heather McKean	ext. 76661