

Information about the Diabetes Care and Research Program

We provide outpatient care to adults with diabetes

**McMaster University Medical Centre
1200 Main Street West
The Boris Clinic: 4Z (4th Floor, Yellow Section)
1200 Main Street West
Hamilton, Ontario**

**Clinic: 905-521-2100, ext. 76061
Website: www.hamiltonhealthsciences.ca/dcrp**

What is the Diabetes Care and Research Program?

We provide outpatient care to adults with Type 1 or Type 2 diabetes. A family member, significant other, or friend is welcome to come to the clinic with you.

You need to be referred by your family doctor or another medical specialist. Your family doctor will be kept informed of your progress and treatment plans.

How will a diabetes care program help me?

Our team can help you learn the skills needed to take control of the day-to-day management of your diabetes. You will learn about:

- the most current information on diabetes care
- how to eat healthy and plan your meals
- medications for diabetes
- exercise that is right for you
- how to test your blood sugar
- how to cope with diabetes
- how to reduce the risk of complications
- community resources

How do I get ready for my appointment?

When you come to the clinic please bring the following items with you:

- Your health card.
- All of your medications in their containers from the pharmacy.
These include vitamins, minerals, herbal supplements, inhalers, eye drops, patches and insulin pens (if you use them).
- Blood sugar meter and a written record or log book.
- If you are seeing the dietitian, please bring a record of what you have eaten for the past 3 days.

What can I expect at my first visit?

At the clinic you may first meet with a nurse practitioner who is a certified diabetes educator and specializes in diabetes management. The nurse practitioner will do a general physical exam, talk about your blood sugar control and develop a plan of care with you. This visit will be 60 minutes long.

How do I cancel an appointment?

If you must cancel or change an appointment with us, please call 24 hours before your appointment. If you miss the first appointment or miss two follow-up appointments in a row you will need a new referral from your family doctor.

To cancel or change an appointment, please call 905-521-2100, ext 76061.

Parking and transportation

McMaster University Medical Centre: Parking is available underground off Main Street West for an hourly fee. Parking spaces may be limited depending on the day of the week so leave plenty of time to get to your appointment.

Public transportation: For McMaster University Medical Centre, the bus stops at the front entrance to the hospital. Buses also stop at McMaster University – not all go to the front entrance.