

# Transitioning to adult care: Appointment checklist

Reviewed by SickKids Hospital Staff | Last updated: March 3rd 2021

---

- Health card
- Hospital card (if you have one)
- Name and address of primary-care providers and specialists
- A list of questions or issues you want to talk about
- Your current medication list with your pharmacy's phone number
- Any medical or personal supplies you may need
- Knowledge about:
  - Your condition
  - Your past procedures and surgeries
  - Your medications
  - Any other medical problems you have  
(Don't be afraid to write information down to help you remember)
- A book or a magazine to help pass the time while you are waiting
- A snack or some cash or a card to buy something to eat or drink
- Your phone to track your appointments and keep you busy while you wait  
(Don't forget your charger!)

*Tip: You will be asked to make decisions and give consent to treatments. Bring a support person or family member with you if this will make you feel more comfortable.*