



Welcome to the Barbara Davis Center for Childhood Diabetes

1775 Aurora Court, Aurora, CO (303) 724-2323 www.barbaradaviscenter.org

The Barbara Davis Center for Childhood Diabetes provides state-of-the-art clinical diabetes care and is one of the world's largest diabetes programs specializing in type 1 diabetes care and research in both children and adults.

Coming to the BDC from Children's Hospital Colorado

Please see map on back. There is a free courtesy shuttle to the BDC.

- CU courtesy shuttle: Please call 303-570-6855 to arrange a pick up.
 - Children's Hospital Colorado shuttle: Go to the main entrance and ask the valet to call the shuttle.
 - Visitor Parking: Located on the west side of the BDC. Cost is \$5/day or \$1/hour and you need a code to park. You can call ahead to get your code or you can get it at the main desk: (303) 724-2323. Plan to stay for 4-7 hours; this will cost \$5.
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What to Expect:

Day 1 (4 hours): Appointments start at 8:00am or 12:30 pm.

Education in diabetes care, assessment with instruction for patients and their families who have just been diagnosed with diabetes. You will need to arrive 15 minutes early to check in and get your child's blood sugar checked.

- **You and your child need to eat a meal (breakfast for morning visit, lunch for afternoon visit) before you come, or bring your meal (breakfast or lunch) with you. We do not have a cafeteria on site. Please bring snacks with you.**
- Training is for family members and daily caregivers of the child. The class provides families and patients with a basic understanding of diabetes and helps build the skills for confident day-to-day management.
- Morning appointments start at 8:00 am and last until about 12:00 pm. Please arrive by 7:45am. Afternoon appointments start at 12:30 pm and last until about 4:30 pm. The ending time may vary depending on each family's educational needs.
- On day 1, you will meet with your diabetes physician and a nurse. The team also includes a dietitian and a social worker, who you will see on day 2. You are not alone in this process; we will be there with you every step of the way.
- Families are provided with intensive and comprehensive individual and group training, care and coaching.
- You will receive a free copy of Understanding Diabetes (the Pink Panther book) written by BDC physicians and staff.
- You will be provided with supplies to get you through the first few days until you can go to a pharmacy.
- Newly diagnosed patients and their families continue to work with the BDC closely with daily contact until the next follow-up appointment, or as long as needed.

Day 2 (4 hours): Appointments start at 8:30am or 12:30 pm

You will meet the dietitian and social worker. A nurse practitioner or physician assistant will also meet with families and make insulin dose adjustments and discuss the plan for follow up. Questions will be answered and a non-fasting blood draw is done at this visit as well.

One week Follow-up (7 hours): Classes are held the following week on Wednesdays (sometimes on Thursdays) from 8am to 3pm for the patients and families new to the BDC. This class provides a more in-depth understanding of diabetes management. You will have an opportunity to review topics from the previous week. You will learn new skills and get more information from nurses, dietitians and a nurse practitioner or physician assistant. You will also have an appointment with the physician assistant or nurse practitioner following the class. After meeting with them you will have met your complete BDC team.

Barbara Davis Center is one block northwest of Children's Hospital Colorado

