



## Welcome to Children's Genetics Clinic

### **What can I expect at a typical visit?**

A doctor or nurse practitioner will ask why you have come to the Genetics Clinic. She or he will review medications, past medical history, and concerns you have. We review your child's records ahead of the visit, but records might not be complete, and you tell your child's story best. The doctor or nurse practitioner will examine your child in the room (parents of adolescents will have the option to step out of the room). They will discuss results of the physical exam and any recommended lab tests or studies. During the visit, a genetic counselor may ask about your family's medical history, discuss lab tests and results, or discuss a new diagnosis.

### **How long is a typical appointment?**

The first appointment usually takes 60-90 minutes. Return visits may take 45-60 minutes. Appointments may be longer if there are new concerns, a new diagnosis, or require an interpreter.

### **How do I prepare for my appointment?**

A genetic counselor may contact you by phone a few days before your child's appointment to ask questions about your family's medical history. You will have the opportunity to provide additional details about the family medical history at the appointment as well.

### **Lab tests**

Most genetic tests are blood tests. Most insurance companies require preauthorization (PA) before blood for genetic tests can be drawn. Children's staff will submit the paperwork to your insurance company (it may take 3-4 weeks to obtain preauthorization). Once we receive preauthorization, the clinic staff will contact you to schedule a lab-only appointment. Genetic test results may take several weeks to months.

Sometimes a urine sample is collected during your child's visit, so please let clinic staff know before your child uses the bathroom in case a urine test is recommended.

### **Photographs**

We may ask your permission to take photographs of your child to place in his or her medical record. You may decline photographs.

### **Imaging/Radiology**

Occasionally as part of a thorough genetics visit, other tests (such as ultrasound or EKG) may be appropriate. Our clinic staff will call you to explain the reason for the test. We may pre-schedule this the same day of your child's appointment to hold a space. You may receive a call from Children's to register separately for the test.

### **Referrals**

The doctor or nurse practitioner may *suggest* your child see another subspecialist (example: ophthalmology). Please be aware that this suggestion is not the same as a "referral," which your insurance may require from your primary care provider. Please contact your insurance company to learn if a referral from primary care is required, or contact your primary care clinic to request an official referral.

### **MyChildren's**

MyChildren's Online Information Center allows you to access your child's medical records, request appointments, and send messages to your healthcare team. Sign up at the front desk today.

### **Financial concerns**

If you have financial concerns, please contact our Financial Resources office at 612-813-6432 (Minneapolis) or 651-220-6367 (St. Paul).

**Thank you for choosing Children's Hospitals and Clinics of Minnesota.**