



Neonatal Intensive Care Unit (NICU) Follow-up Clinic

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MINNESOTA



Every baby that begins life in our NICU is a part of the Children's Minnesota family. Even after you take them home, we want to make sure your baby is healthy, happy and thriving.

That's what the NICU Follow-Up Clinic at Children's Minnesota is all about. We provide continuing care for babies like yours, those who were born premature, with medical complexities or facing other health challenges.

WHY FOLLOW-UP CARE MATTERS

Follow-up care is vital for NICU babies. They are at an increased risk for medical and developmental complications in the first few years of life.

Our team, which includes specialists from across Children's Minnesota, works with your child's pediatrician, other health care providers and your family to create an individualized plan of care that ensures your baby is on track for growth, development and management of any medical conditions they have.

The care your family receives at the Follow-Up Clinic is intended to supplement, not replace, regular pediatric visits and well-child check-ups.

WHAT TO EXPECT

Your first visit to the NICU Follow-Up Clinic would likely happen when your baby is 4 to 6 months old. If they were born prematurely, the first visit will be scheduled from the mother's original due date.

Your child may be invited to the clinic earlier if there are specific medical concerns such as respiratory problems, oxygen use or diaphragmatic hernia.

Visits could last one to three hours, depending on your child's needs. During that time, our nurse practitioner or doctor will ask about medical and developmental concerns. They will review your baby's medical history and complete a physical exam. Depending on your child's age, our team will complete early childhood developmental assessments.

Results of the evaluation will be discussed with you during the visit. We'll also send a report to your child's pediatrician. We will provide information about how to support development at home between visits. If you need a referral for a different kind of care or service, we'll make sure you have that.

Throughout this follow-up care journey, your family could partner with any number of clinical experts on our team, including:

- Neonatologist
- Certified pediatric nurse practitioner
- Occupational therapist
- Physical therapist
- Clinical psychologist

We follow infants and children through age 5.



CLINIC LOCATIONS

The NICU Follow-Up Clinic has two locations:



- **In St. Paul:**
Garden View Building,
347 North Smith Avenue,
Suite 601, St. Paul, MN 55102

Parking is available in the Red Ramp at the corner of Smith Avenue and Grand Avenue. This ramp is connected to the Gardenview building, take the elevator to 6th floor. A free parking pass will be given to you.



- **In Minneapolis:**
Children's Specialty Center,
2530 Chicago Avenue South,
Suite 560, Minneapolis, MN
55404

Parking is available in the Green Ramp at the corner of Columbus Avenue and East 26th Street. This ramp is connected to the Children's Specialty Center. A free parking pass will be given to you.

HOW TO GET STARTED

To learn more or schedule an appointment in the NICU Follow-Up Clinic, please call us at 651-220-6144.

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