



Getting ready for my health care transition

You have a key role in helping your providers plan and implement your health care transition. Here are three steps to help you plan a successful transition.

Step 1 — Prepare for my health care transition

As you read this guide, make notes here about some of the things that you think will help you get ready for your health care transition. Consider things like learning more about your eosinophilic esophagitis (EoE), getting input from your parents/caregivers about your special needs, etc.

Step 2 — Work with my pediatric providers

Your provider(s) know you and your condition well and can make a huge difference in the success of your health care transition. Make notes here about when you want to talk with your provider(s) about your health care transition and how they can help you prepare for it.

Step 3 — Set goals

Set goals for your health care transition and track your progress.

Goal: _____

Action steps: _____

Date to accomplish: _____

Goal: _____

Action steps: _____

Date to accomplish: _____

Goal: _____

Action steps: _____

Date to accomplish: _____



Managing my medications

Medication may be a key part of your treatment. When you take medication, it’s vital that you:

- Follow the directions carefully.
 - Take the right dose of medication at the right time.
 - Keep up with your refills to make sure you have the medication you need.
 - Plan ahead so that you have the medication you need when you’re at school, work or other activities.
- Bring extra medication with you when traveling away from home, in case your return is delayed.

If you take multiple medications, keep important information about your medications in one place so that it’s easy to access and update. This chart can help you stay on top of your medications.

Medication and type (injection, pills, etc.)	Date prescribed	Dosage	When to take/ special instructions	When to refill

