Inherited Metabolic Disease Service
Patient Information
Metabolic Clinic

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This leaflet is designed to welcome patients and families to the inherited metabolic diseases clinic at Cambridge University Hospital (CUH).

**About us**

The metabolic service is one of the UK’s regional specialist centres for the diagnosis, assessment and management of patients with inherited metabolic diseases (IMD).

Inherited metabolic diseases are a group of rare genetic conditions that cause disruption to the normal chemical reactions taking place in the body. There are many different inherited metabolic diseases please ask the doctor or nurse for more information about the disease that affects you.

The clinical team consists of:

- Consultant metabolic physicians
- Clinical nurse specialists
- Metabolic dieticians
- Metabolic pharmacist
- Metabolic psychologist
- Administrative staff
- Specialist laboratory staff

You may also need to be seen by other departments in the hospital for investigations and/or clinical advice which will be discussed with you at your clinic appointment.

Usually clinics are held on a Wednesday morning in clinic 5 in the main outpatient department.

You may need to collect medication from the outpatient pharmacy and/or have blood tests at your visit and these departments can be very busy so please allow plenty of time.

You should receive a clinic letter within a day or so of your visit, with a further letter three weeks letter with any test results.

**Attending the clinic**

There are often quite a few members of the metabolic team present during your appointment and this can sometimes feel a little daunting. You are welcome to bring a friend/relative with you. We would recommend that you complete the pre-clinic questionnaire and hand this in so that we don’t miss anything that is important to you. Please indicate if there is anything you wish to speak to a member of the team about in private.

CUH is a teaching hospital and from time to time there may be medical students or other trainees present at the consultation.

Please:

- Bring a list of your current medication and most recent emergency management plan if you have one
- Allow plenty of time for your visit
- Let us know in advance if you are unable to attend
- Provide feedback on your experience using the forms available in the clinic or in response to the subsequent text message
- Bring any completed questionnaires

**Finding us**

Clinic 5 is located in main outpatients on the ground floor. Please do ask for directions from the hospital volunteers if you have any difficulty finding us.

For help with finding your way to or around the hospital please visit the CUH website: [https://www.cuh.nhs.uk/addenbrookes-hospital/finding-us](https://www.cuh.nhs.uk/addenbrookes-hospital/finding-us)

For help with travel costs please ask for a leaflet in clinic or visit the CUH website: [https://www.cuh.nhs.uk/finding-us/help-with-travel-costs](https://www.cuh.nhs.uk/finding-us/help-with-travel-costs)