

# Outpatient Nutrition Appointments



## General Nutrition Locations

### ***Annapolis Outpatient Center***

1730 West St., 1st Floor, Suite 100  
Annapolis, MD 21401  
Phone: 410-266-6582

### ***Howard County Outpatient Center***

5625 Maple Lawn Blvd, Suite 230  
Fulton, MD 20759  
Phone: 310-847-2900

### ***Montgomery County Outpatient Center***

9850 Key West Avenue, Second Floor  
Rockville, MD 20850  
Phone: 301-765-5400

### ***Main Hospital***

111 Michigan Avenue, NW, First Floor  
Washington, DC 20010  
Diabetes Care Complex (DCC) Phone: 202-476-5631  
Children's Health Center (CHC) Phone: 202-476-2123,  
Option 3  
Adolescent Health Center (AHC) Phone: 202-476-5464,  
Option 3

### ***Prince George's County Outpatient Center***

2900 Campus Way North, Second Floor  
Lanham, MD 20706  
(May also be listed as Glenarden, MD)  
In the Woodmore Town Centre  
Phone: 301-276-9100

## Conditions that are Treated in Nutrition Clinics

- Weight management/overweight, Diabetes, High Cholesterol/Lipids, Underweight/Poor Growth, Tube Feeding, Food Allergies, Renal/Nephrology (Kidney)

## Tips for Your First Appointment

- **When scheduling, be ready to answer some questions about your child's health.** Specifically, what are the nutritional concerns? Is your child overweight or underweight? Do they have abnormal lab results? Is there difficulty with feeding, such as picky/selective eating?
- **Bring photo identification.** Parents or legal guardians must be with the child at all times, or must provide a written permission form if someone else accompanies the child to the appointment
- **Bring your insurance card.** Bring any referrals your insurance requires for testing or seeing a specialist. A co-pay will be collected at time of service. Private insurance, Medicaid and nearly every insurance plan is accepted, but still double check coverage for nutrition services with your insurance provider.
- **Bring your child's medical history.** Share any consult notes from pediatrician, growth charts, food records, and other documents which have important information about your child's condition, medications, and treatments.
- **Find out if your child needs lab work.** After their initial nutrition appointment, your child may need blood work before their next appointment. If so, ask if these tests can take place through your child's pediatrician or family doctor to save your family time and a trip to the lab. Ask the outpatient center where the results can be faxed and bring a copy of the lab work results to your child's next appointment.
- **Schedule follow-up visits before you leave.** This will ensure your child receives timely medical care.

## Specialty Nutrition Clinics



**When there is a need for more specific nutrition counseling the dietitian may recommend your child be seen in one of these specialty clinics:**

### **I.D.E.A.L. (Improving Diet, Energy and Activity for Life) Weight Management Clinic**

Phone: 202-476-7200

Locations: Fairfax VA, Laurel MD, Fulton MD, Friendship Heights D.C., Southeast D.C.

### **Eating Disorders Clinic**

Phone: 202-476-2164

Location: Friendship Heights, D.C.

### **Gastroenterology Nutrition Clinic**

Phone: 202-476-3032

Locations: Main hospital, Annapolis, MD, Rockville MD, Friendship Heights D.C.



## Referral Guidelines

### **For the I.D.E.A.L. Clinic:**

- Body Mass Index (BMI) at or above the 95th percentile
- Elevated fasting cholesterol, triglyceride (TG), insulin, glucose, high blood pressure (hypertension) or liver function tests (LFT)
- Slipped capital femoral epiphysis (SCFE) or Blount's disease

### **For the Eating Disorders Clinic**

- Suspected eating disorder, such as Anorexia Nervosa, Bulimia Nervosa or Binge Eating Disorder

### **For the Gastroenterology Nutrition Clinic**

- Poor appetite
- Poor weight gain
- Selective eating
- Difficulties advancing onto an age-appropriate diet
- Irritable Bowel Syndrome
- Crohn's Disease
- Ulcerative Colitis
- Tube feedings
- Fatty liver