

Your transition from children's allergy services to adult allergy services

What does transition mean?

Transition is the process where we plan and prepare you for the handover of your allergy care from children's services to your GP or local adult allergy services.

As a teenager, moving to adult services is a natural step. It's important for you to develop independence in your allergy care, as you do in other areas of your life.

Making this change, which might be at the hospital or with your GP, may be stressful. This is to be expected, particularly if you have been coming to the children's department for a while and are used to the staff and how we run our clinics.

By talking about the transition, and planning for it in advance, we hope to reduce your stress and make sure that the process is as smooth as possible.

Do you have to move?

As you get older, some of the things you want to discuss or the care you might need, are not properly provided by the children's services.

You might also prefer to be seen in a more grown-up environment rather than being surrounded by young children, toys and noise.

Can you choose which adult allergy service you move to?

Part of the transition process will look at the service that best meets your allergy needs.

Most 16 year olds can be discharged from our service back to their GP unless they need ongoing specialist allergy care. If this is the case for you, you'll be referred to the most appropriate service.

How it works

There are 3 phases to the transition process:

1 Planning phase (when you're 12 to 14 years old)

We'll introduce the idea of transition to you. We'll talk about how much you already know about your allergies, and how to manage them.

2 Preparation phase (when you're 14 to 16 years old)

We'll start to encourage you to have some of your appointment time with your doctor or nurse on your own, and discuss a plan for transition. There'll be doctors and nurses from children's and adult allergy teams at your appointment.

3 Transfer phase (when you're 16 years old)

We'll talk with you about how ready you are to move to adult services, and make sure you have the information you need about your allergies.

Who can help you?

There are lots of people who will support you before and during the move to adult services. These include nurses, doctors and dietitians at the adolescent (young adult) clinics, your GP and your school nurse.

They can help you by:

- teaching you about your allergies and how to manage them
- making sure that in an emergency you know who to contact, and how
- working through situations relating to your allergies
- making sure you know what support networks are available (including charities)
- helping you understand how your allergies might affect your education and career plans
- helping you feel comfortable and confident in talking to the doctors, nurse and dietitians about your allergies on your own

Your family

Your family have been responsible for looking after your health since you were young, and they might continue to be involved in your allergy care during the transition to the adult services.

It's important to realise that your parents might find it difficult handing over responsibility to you, and realising that you are becoming an adult.

Try to talk to them about how you feel, and discuss practical issues with them too, such as making appointments, ordering repeat prescriptions and asking questions in clinic.

Questions for your allergy team

Here are some questions you might like to ask your allergy team.

- When will I be moving to the adult services?
- Can I choose the adult service I move to?
- What is different about the adult service?
- Can I meet the adult team before I move to them?
- Will I always have allergies?
- Will my allergies affect my plans for my future such as travel, university or work?

More sources of information

The Anaphylaxis Campaign

Helpline and information service about severe allergic reactions, [web](http://www.anaphylaxis.org.uk) www.anaphylaxis.org.uk

Allergy UK

Helpline and information service to support people with allergies, [web](http://www.allergyuk.org) www.allergyuk.org

Contact us

If you have any questions about your transition, please book a nurse phone call by [phone](tel:02071883300) 020 7188 3300, or you can book a phone appointment using MyChart for the specialist nurse helpline. You can find more information on the allergy page of our [website](http://www.evelinalondon.nhs.uk/our-services/hospital/allergy-service/overview.aspx), www.evelinalondon.nhs.uk/our-services/hospital/allergy-service/overview.aspx.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit [web](http://www.evelinalondon.nhs.uk/leaflets): www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, [phone](tel:02071883003) 020 7188 3003, Monday to Friday, 10am to 5pm

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), [phone](tel:02071888801) 020 7188 8801 [email](mailto:gstt.pals-gstt@nhs.net) gstt.pals-gstt@nhs.net

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the service your child is seeing.

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, [phone](tel:111) 111 [web](http://www.111.nhs.uk) www.111.nhs.uk

NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, [web](http://www.nhs.uk) www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch, [phone](tel:08007310319) 0800 731 0319 [email](mailto:gstt.members@nhs.net) gstt.members@nhs.net
[web](http://www.guysandstthomas.nhs.uk/membership) www.guysandstthomas.nhs.uk/membership

Leaflet number: 4179/VER5

Date published: February 2026

Review date: February 2029

© 2026 Guy's and St Thomas' NHS Foundation Trust