

What will happen at my appointment?

First appointment



When you are called, the dietitian will take you to a private consulting room and, with your help, will:



- ♦ assess what you have been eating and drinking
- ♦ give you nutritional advice and agree a plan for your care.

Return appointments

If you need to come back to the Outpatient Department to be seen again by the dietitian you will:



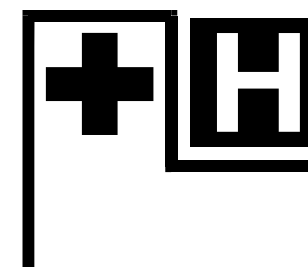
- ♦ be in the department for 15 to 30 minutes



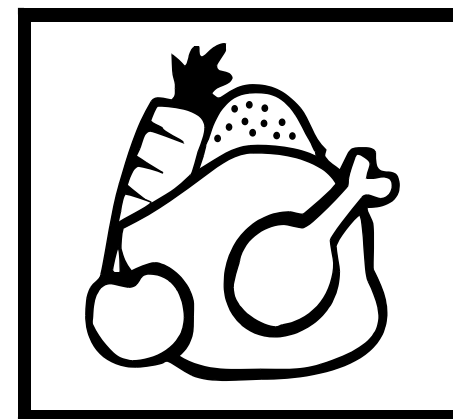
- ♦ be asked to bring any dietary advice leaflets you may have been given



- ♦ You may be asked to bring a 5 day record of your food and fluid intake since you were last seen.



Nutrition Clinic



Outpatient Department

You can get this leaflet in audio, Braille, large print, various computer formats or in community languages. Please contact Interpretation and Translation Service (ITS) on 0131 242 8181 and quote reference **00540/15**.



What is the Nutrition Clinic?

You will see a dietician who advises people to make the right choices about their food and lifestyle.



If you need help or a wheelchair, please phone us before you come. Our phone number is on your appointment letter. Please try to arrive on time.

What should I do when I get to the Outpatient Department?



When you arrive, go to the reception desk. Either hand in your appointment card or give your name.

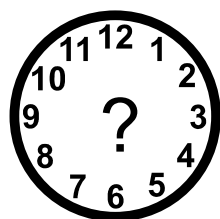


The receptionist will ask you to sit in the waiting area. Someone from the clinic will call your name when it's your turn to be seen.



What should I do if I cannot come?

If you cannot come to your appointment please phone the number on your appointment letter or e-mail the address on your appointment letter.



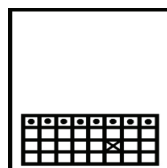
How long will my appointment take?

Please allow up to an hour and a half for your appointment. When the clinic is very busy you may have to wait.

We will tell you how long you have to wait.

We will give you another appointment time if you cannot wait.

What should I bring to the appointment?



Bring:

- ♦ your appointment card



- ♦ any dietary advice leaflets you have been given



- ♦ a list of your medicines



- ♦ reading glasses if you normally wear them



- ♦ you may be asked to bring a record of what you have had to eat and drink for 5 days.