

About your appointment with the Dietitian (for Diabetes)

Well controlled diabetes is achieved by managing diet, lifestyle and medications effectively.

A dietitian is able to individualise dietary advice to best suit you, your lifestyle and type of diabetes.

Why do I need to see a Dietitian?

- Your consultant or diabetes nurse has recommended you see a dietitian because they feel it would be of benefit to you.
- This may be because you have recently been diagnosed as having diabetes, or to discuss carbohydrate counting, or they feel you may benefit from a review of your food intake.
- A dietitian can provide support in various ways e.g. by helping to manage weight or improve cholesterol levels, or to help prevent low and/or high blood sugar levels.

What do I have to do next?

- **In order to make your appointment please telephone the Dietetic Department on 0151 529 2054 and you will be offered an appointment.**
- If you decide you do not want an appointment then please telephone 0151 529 2054 and advise the staff that you do not require an appointment.

- If we do not hear from you within 4 weeks you will not be given an appointment and will be discharged by the diabetes dietitian.
- We ask that you ring to be given an appointment to help reduce non-attendance.

Where will my appointment be?

Your appointment will be in the Diabetes Centre at Aintree University Hospital.

What can I expect from my appointment?

- Your appointment will last approximately 20 minutes. The dietitian will discuss your diabetes with you and talk to you about your normal food intake.
- The dietitian will work with you in putting a plan together, tailored to meet your needs. The dietitian is also likely to offer you some written information.

Will I need to see the Dietitian again?

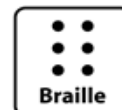
This will be discussed and agreed at the end of your first appointment.

For further help please contact: Dietetic Clerical Team

Tel: 0151 529 2054

Aintree Diabetes Centre (the dietitian for the Diabetes Centre is Jennifer Harvey)

Tel: 0151 529 4876



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk