

Example of a Food and drink record

Meals	Day or Date
Breakfast	1 slice toast (wholemeal), lightly buttered Marmalade, thinly spread Banana
Lunch	Roast chicken leg, 2 small roast potatoes 1 serving spoon carrots and green beans, gravy Small bowl apple crumble and custard
Dinner	Medium bowl vegetable soup ½ can beans on toast (2 slices wholemeal bread)
Snacks	2 chocolate digestive biscuits Fruit scone (buttered)
Drinks	2 mugs tea, 3 cups of coffee (semi skimmed milk) Glass orange juice Large glass of wine, white

(Please note this is not a suggested meal plan to follow)

All patients should be involved in their treatment and decisions regarding diet and lifestyle. We do not ask for written consent as your participation in the discussion counts as consent to treatment. If at any time you do not wish to see a dietitian, you can cancel your appointment or leave the consultation; this should not stop you being referred again at any time in the future.

Email ruh-tr.PALS or telephone 01225 825656.

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What to expect when visiting the dietitian

What is a dietitian?

A dietitian is a member of the health care team who has studied nutrition (the science of food) and its effect on health and disease. For the purposes of training, you may be seen by a student dietitian. If you are not happy to receive advice from a student, please let us know.

Why do I need to see a dietitian?

Your doctor may have asked you to see a dietitian for a number of reasons:

- You may have a health problem that can be improved or controlled by diet.
- You may be able to reduce the risk of ill health in the future by changing what you eat now.
- You may be allergic (or suspect you are allergic) to certain foods.
- You may be underweight or losing weight.
- You may be overweight.

Appointments – where will my appointment be held and how long will my appointment be?

You **may** be able to be seen by the dietitian at a location of your choice. Allow 30 minutes for your visit to the dietitian. We will always try to see you at your appointment time, but this may not always be possible. The dietitian may offer a follow up appointment, and this will be discussed with you in your appointment. You may be offered an appointment to receive advice on the telephone or by video.

What should I do if I cannot attend or do not wish to keep my appointment?

Please ring to cancel as soon as you know, so that we can try to offer someone else your appointment time. The sooner you ring the more notice we are able to give the next person. The number to ring will be on your appointment letter.

When you cancel your appointment please let us know whether or not you want to arrange a new appointment. **If you cancel two appointments, we will not arrange another appointment and will inform the referrer.**

What will happen when I see the dietitian?

It is important for the dietitian to get a full picture of what you eat and drink in order to give the best advice.

It would be very helpful if you could bring a written record of what you eat and drink during the week before your appointment. (See example on next page).

The dietitian may ask you questions about:

- What you eat and how much you eat
- When you have your meals
- What snack foods you eat
- How much you drink (including alcohol)
- What type of food you buy
- Your lifestyle

The dietitian will discuss your diet with you and how changing your diet may help and will then help you to identify specific changes in your current diet. We encourage you to ask questions and make suggestions.

You will usually be weighed and your height may be measured. Changes in your weight (and height in children) may be used to monitor your progress with the diet.

If the appointment is for a child it would be helpful to bring the red book and get the health visitor to weigh infants in advance of the appointment.

How we handle your information

Information about you may be shared with other staff caring for you. Staff should discuss with you, what information they are sharing and why. You can always ask if you have any concerns.