



# what to expect

## at your appointment with the dietitian

### What is a dietitian?

**Dietitians help you to understand the relationship between food, your body, and your health.**

A dietitian provides evidence-based, non-judgemental support with food and eating. They are passionate about providing individualised and practical nutrition advice to support you to meet your nutrition needs and goals.

Dietitians employed at Ballarat Community Health and headspace Ballarat are Accredited Practising Dietitians (APDs) and offer medical nutrition therapy in numerous areas.

### What is involved in my initial appointment?

This first appointment is when you and the dietitian will get to know each other, discuss your reason for referral and what you would like to get out of working together.

This often involves the dietitian asking about your medical history, current medications, recent blood tests, your lifestyle, any symptoms and dietary patterns. This information alongside your goals helps the dietitian to provide the most appropriate nutrition education and tailored recommendations.

**An initial appointment typically lasts 45-60 minutes.** Follow-up appointments and their frequency will be dependent on your initial appointment and will be discussed at the end of the session.

### What do I bring to my initial appointment?

It would be helpful if you could bring the following items to the first appointment:

1. List of your medical history
2. List of current medications and supplements
3. Any recent blood test results e.g. iron studies

**If you need to reschedule your appointment, please call 5304 4777.**