

# Nutrition Outpatient Services

## Information for patients

### Nutrition clinics

St Vincent's Nutrition Department is staffed by a team of qualified dietitians. We provide expert advice on diet and nutrition.

### How can a dietitian help you?

We can provide you with dietary advice about:

- heart health and to help lower cholesterol
- diabetes and pre-diabetes management
- managing your weight
- supporting nutrition when you are sick
- recovery after surgery
- digestive issues, including coeliac disease, inflammatory bowel disease, and irritable bowel syndrome.

### What to expect from your appointment

We will work with you to meet your food and nutrition goals. Our advice is based on current medical evidence.

The service includes:

- assessing your diet, lifestyle, and health status
- setting realistic dietary and lifestyle goals
- providing written information and practical tips
- providing follow up to help you achieve your goals
- recommending extra support through other networks or groups
- referring you to other clinicians if necessary.

Appointments usually take 30 to 45 minutes.

Family and carers are encouraged to join you so they can learn how to support your dietary goals.

This service is free. Interpreters are available upon request.

### Where to go

Please refer to your appointment letter for details. Most Nutrition clinics are based at St Vincent's in Building D (Daly Wing).



