

What to expect at your dietetics appointments

Lothian Eating Disorder Service (LEDS)

Information for patients

Dietetic sessions

Within the LEDS service you have access to structured sessions with a dietitian that may also coincide with your psychological therapy.

We offer 4 – 6 sessions which can last from 30 - 50 minutes.

These sessions can be used to focus on work that you feel is most important, such as:

- planning your food intake day to day
- making a meal plan together
- challenging food beliefs
- making goals to improve the nutritional quality of your diet.

What if I can't make it to appointments?

Sometimes rescheduling or even missing appointments altogether is unavoidable. Please contact us if you will not be able to attend any of your appointments and we try to re-arrange this for you.

If you do not attend an appointment and do not contact us to re-arrange, we will send an opt in letter where you have the opportunity to re-schedule, but you may need to wait a few weeks before the next dietetic appointment becomes available.

How can I make the most of my appointments?

Try and remember what was discussed and please let your dietitian know if there was anything about the last session that has been bothering you or that you thought was unhelpful.

Please bring/share any food diaries that you have been asked to do.

Let your dietitian know if there is anything of particular importance you want to discuss at the beginning of the session.

It is helpful if you tell your dietitian about important events that have happened since you last spoke, especially anything that has been particularly challenging for you. However, it is also important that we do not spend too much time in session just talking about how your week has been either. This way we can make sure we do address important developments, but also focus on dietetic work.

Communicating between scheduled appointments

You will need to do this with our administrative staff and can call them on 0131 537 6655 or email them on cullenadmin@nhslothian.scot.nhs.uk. Emails and voicemails will be read or listened to in office hours, Monday to Friday excluding public holidays.

Email communications

We cannot reply to emails unless we have formal consent in place to do so. If you want to arrange this, please email our admin and they will send back instructions for giving your consent.

We try to see as many patients as we can to ensure quality of service. This means, if you feel it is helpful and important to write an email about matters other than re-scheduling appointments, we only have time to read this with you in your next dietetic session. Please think carefully about whether this is how you want to use your sessions as it could interfere with focusing on dietetic goals.

YOUR DIETITIAN THINKS ABOUT...

