



DIETWISE
SIMPLIFYING NUTRITION

Dietitian Appointment

This is a story about going to my Dietitian appointment.





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Many people have heightened preferences for routines and may feel overwhelmed navigating unfamiliar settings. Knowing what to expect before coming to see the dietitian can help to reduce anxiety and overwhelm.





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Seeing the dietitian helps me with my food
and eating to stay healthy and strong.





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The dietitian will call my name and
walk me to their room.





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I will find a comfortable place to sit.
Depending on the room, I will have a choice of a
chair that can turn or rock, a Therapy Pod or a
couch with cushions.





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Most of the rooms have a big window with a city view.
I will ask if the lighting and blinds can be adjusted if I
find it too bright or too dim.





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If helpful, I will ask for a weighted blanket or weighted soft toy or use fidget toys on the desk.
I will bring my own if I prefer to.





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My dietitian will ask me questions to learn about me and write down what I say to help them remember and to help me in the future. If my dietitian asks me about something that makes me feel uncomfortable I will say, "I don't want to talk about that today."





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If I feel anxious, I will:

- Ask someone I trust to sit with me during the appointment
- Ask for a Dietwise dog Ella or Reggie to be in the room with me
- Ask my dietitian to take a break at anytime or get up and move around
- Ask for a shorter appointment
- Ask to do appointments over the phone or using Telehealth





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My dietitian may ask if she can weigh me. I will take off my shoes and step onto the scale in the room. I can say 'no' if I don't want to. I will step off the scale. I can ask the dietitian to tell me my weight if I want to know.





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My dietitian may ask if she can measure my height. I will take off my shoes and step onto the height measure. She will slowly slide the plastic measure to gently touch the top of my head. I can say 'no' if I don't want to. I will step off the height measure. I can ask the dietitian to tell me my height if I want to know.





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My dietitian will write things down and give me handouts if I find that helpful to remember what we spoke about.





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My dietitian will work with me to decide
when I will see them next.





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I feel more at ease knowing more about
going to see the dietitian at Dietwise.

