

HOW TO PREPARE FOR YOUR VISIT WITH THE DIETITIAN

Whether your appointment is in person or through telehealth, the scheduling department will call you ahead of time to confirm insurance details, time, and date.

If your appointment is in person, the dietitian will meet you in the waiting lobby outside the office 10 minutes before the time of your appointment. If you are meeting virtually, the dietitian will send a link to your email with instructions 15-30 minutes before your scheduled time.

What should you have ready for your appointment?

1. Current list of medications, vitamins, minerals, or supplements you are taking
2. Updated lab data
3. Updated height and weight for you or your child
4. Any nutrition related questions or concerns you may have

What will be reviewed at your appointment?

- Any new medication, formula, supplement, or prescription changes since last meeting
- Current anthropometrics (height, weight, BMI, growth curve percentile if appropriate, etc.)
- Overview of nutrition related labs
- Dietary recall and review of current dietary regimen
- Nutrition recommendations
- Ability to meet nutrient needs
- Additional topics will be address on an individual basis

If there are any questions prior to your visit, feel free to call your dietitian:

Alyssa D'Amico, MS, RDN, CDN, CSG at 845-437-3026

