

PLEASE READ AND SIGN BEFORE YOUR FIRST CONSULTATION. THANK YOU.

ABOUT YOUR APPOINTMENT

Before your appointment you will be asked to complete as best as you can the Pre-Appointment Questionnaire and a separate Food Diary. Don't worry if you cannot answer all the questions, or find some ambiguous. You will have time to discuss these during your nutritional consultation.

For your first consultation, we will spend about 1-1½ hours discussing your particular health problems or reason for attending, resulting in a recommended diet and supplement programme for you to follow. If you wish a friend to sit in with you that is fine. If you are under 16, it is a legal requirement that a guardian or parent be present. Anything you say or any information you give during a consultation is completely confidential. The fee for this initial consultation is €75.

I understand that Grassroots Nutrition will not diagnose, prescribe, treat or interfere with a treatment programme put in place by your GP or consultant.

TESTS: You may be recommended to have some tests to find out more precisely what is going on. Where possible we recommend tests that are available through your GP, but we can also arrange private testing where appropriate. Results of these private tests will be returned to you at your next follow up consultation. You can request a copy of your test results for yourself anytime. Tests will be charged in addition to your consultation fee and will vary depending on the test carried out. A €20 Test Review fee may be charged.

FOLLOW-UP & FEES: Follow up consultations will usually take place 4-6 weeks after the initial consultation and generally last 45 minutes. If no follow-up appointment is scheduled at the time of the appointment, the therapist may contact you within 4-6 weeks by phone or email to catch up.

CANCELLATIONS AND MISSED APPOINTMENTS: If you need to cancel an appointment please give 24 hours notice either by text to 085 7399603 or by email to alex.dobbs.nutrition@gmail.com. If this is not followed, Grassroots Nutrition may have to apply a missed consultation charge.

SUPPLEMENTS: Part of the recommendations from the consultation may be to take a course of dietary supplements. Should you have any problems or questions concerning your supplement programme please contact the therapist. Please note that any supplement programme is only intended to be used on a short-term basis whilst you are under supervision. Also, any treatment programme will be specifically designed for you and may not have the same effect on other people. Finally, please check with the therapist before making any alterations to your supplement programme.

Grassroots Nutrition will never share your details with a third party unless requested by you. All data is kept safe.

Print your Name : _____ **Sign here :** _____ **Date :** _____

Please return completed form to: alex.dobbs.nutrition@gmail.com, or bring it to your first appointment.

