Dietitians at Christchurch Women's Hospital

What is a dietitian?
Dietitians are experts on food and nutrition. They are uniquely qualified to manage the nutritional care of people with special dietary needs and to promote health. All dietitians must be registered health practitioners in New Zealand and will have trained for at least 4½ years at university.

What do dietitians at Christchurch Women’s Hospital see women for?
A wide range of women are seen by a dietitian at Christchurch Women’s Hospital. These include women:

- who need extra nutrition support while pregnant, and in the six weeks following their pregnancy
- who have severe nausea and vomiting in pregnancy
- who have diabetes or gestational diabetes in pregnancy
- who have PCOS (polycystic ovarian syndrome)
- who have cancer and require nutrition support
- who need to gain or lose weight (this may be to make an operation safer, or to make surgery more effective)
- who have bowel problems.

What will your appointment involve?
Your dietitian will be aware of your medical history. They may also have talked to the person who referred you.

Your dietitian will provide you with advice that is unique to you. To do this, they will do a nutrition review. This will involve talking about what you eat and drink, and how much you eat and drink. Other lifestyle factors like exercise may also be discussed.

You should allow one hour for a new appointment and 30 minutes for a follow-up appointment. We hope you will not feel nervous or self-conscious about seeing a dietitian. Dietitians are trained to support good nutrition in a non-judgemental and supportive way.

Important!
If you cannot make your appointment and wish to reschedule, or to cancel your referral, please let us know as soon as you can. We have a long waiting list and rescheduling your appointment will mean you may have to wait up to six weeks to be seen again. If you do not attend your appointment without letting us know, you will be discharged from our service, and your referrer will be notified.
Contact us
You are welcome to contact us

Nutrition Services
Christchurch Women’s Hospital
Monday to Friday
8.30 a.m. to 5 p.m.
Phone: (03) 364–4908

Written by Nutrition Services, Christchurch Women’s Hospital. Adapted by HealthInfo clinical advisers. October 2013.