

Guidance for online referrals

Please note there are two separate links to the referral forms. One is titled [‘Online GP Referral Form’](#) this can be used by GPs and any other health care professional who wishes to refer a patient to the service. This can be for patients who are registered with GPs in Islington or Haringey.

The other link is titled [‘Self Referral Online form’](#) this can **only** be used by patients who are registered with GPs in Islington (they may live in another borough as long as they have a GP with an Islington address). As a patient you may use this to refer yourself to our service, this means that you do not need the GP or other professional to do this for you. However, you may want/need to speak to a professional before referring yourself. Please note for some conditions we may require specific tests to be completed before seeing you. Please see the [Help and Guidance](#) tab for more information.

How to fill out the referral form

- Boxes with a red asterix (*) are mandatory; this means that the form will not be accepted without these boxes filled in or ticked. Please fill in the form with as much detail as possible. This will help us to process your referral as quickly as possible.
- Please fill in the ‘Reason for Dietitian appointment’ box with as much information as possible.

For example:

‘I would like to see a dietitian as I have type 2 diabetes and my blood sugar levels have been very high recently. I would like to know how my diet can help control these’

OR

‘I have been diagnosed with IBS and my GP said that diet can play a role in my symptoms. I would like help to try and manage my symptoms with diet’

- If you need specific information such as recent blood test/investigation results then please speak to your GP practice. They will be able to provide this information.
- **Please note:** If you are referring for advice on high cholesterol, type 2 diabetes or high blood pressure you must include relevant and **recent test results** to support your referral.
- If you are referring for advice on IBS or other gastrointestinal/digestive disorder please **make sure you have discussed this with your GP** and that you have had appropriate investigations into this. Please click here for more information: [IBS and Digestive Disorders](#).