

Baseline Visit – What to Expect

Diabetes Remission Programme (Total Meal Replacement)

St Helena Health and Social Care Directorate (HSC)

Version 1

Date: 05-Jan-2026

Prepared by: Ian Hambleton / Selvi Jeyaseelan

What is the baseline visit?

The **baseline visit** is the first full appointment for people who decide to take part in the Diabetes Remission Programme.

This visit helps us:

- Confirm that the programme is right for you
 - Record starting measurements so we can track progress safely
 - Make sure you feel informed, supported, and ready to begin
-

How long will the visit take?

The baseline visit usually takes **about 60–90 minutes**.

We will take our time and answer any questions you have.

What will happen at the baseline visit?

At this visit, a member of the health team will:

- Review the programme again and check that you are happy to go ahead
 - Go through the **Participant Information Sheet** with you
 - Ask you to sign the **Consent Form**, if you have not already done so
-

Measurements and checks

To understand your starting point and keep you safe, we will:

- Measure your **height** (if not already done)
- Measure your **weight**
- Measure your **blood pressure**
- Take routine **blood tests**, including diabetes-related tests
- Review your current **medications**

These measurements are part of routine care and help guide safe support during the programme.

Talking about medications

As weight and blood sugar levels change, some medications may need to be **reduced or stopped**.

At the baseline visit:

- We will review what medications you are currently taking
 - We will explain how medication changes are handled safely
 - No changes will be made without clear explanation and clinical oversight
-

Starting the programme

If everything is in place, the baseline visit will also:

- Mark the official **start** of the programme
 - Confirm the date for beginning the Total Meal Replacement phase
 - Explain how and when you will receive the meal replacement products
 - Schedule your follow-up appointments
-

What will be expected of you?

We will talk openly about:

- Following the programme as closely as you can
- Attending regular appointments
- Staying in contact with the health team if you feel unwell or unsure

You will be supported throughout, and you can raise concerns at any time.

What should I bring?

Please bring:

- Any **medications** you are currently taking (or a list)
 - **Glasses** if you need them for reading
 - Any **questions** you would like to ask
-

Can I change my mind?

Yes.

Even at the baseline visit, you can decide not to continue.

Your usual diabetes care will continue whether or not you take part.

Who can I contact?

If you have questions before or after your visit, please contact:

[Clinic / Programme Name]

Phone: [number]

Email: [email]

Thank you

Thank you for taking this step. Deciding to take part is a personal choice, and we appreciate the time and thought you are giving to your health.