<Address, Postcode>

Dear [Title] [Surname],

## Medication changes: IMPORTANT- PLEASE KEEP

We are writing to you because you have been referred to the NHS Low Calorie Diet Programme. On the first day you are to start the programme, the following medication changes are to be enacted……. [Insert medication changes here].

**Please note, you should NOT commence taking any total diet replacement product until the required medication changes have been made. In addition, if any changes to the listed medications are made whilst you are on total diet replacement, you should discuss this with both your health care provider and your diabetes practitioner.**

## The NHS Low Calorie Diet Programme

A unique one-year programme combining specialist nutrition, psychology and physical activityto support rapid weight loss and long-term behaviour change. Supported by GPs, practice nurses, diabetes practitioners, dietitians, clinical psychologists and exercise specialists

## How does it work?

12 weeks of low-calorie diet (shakes and soups) followed by reintroducing food, focusing on movement and maintaining a new healthy eating lifestyle.

## The 12-month service will include:

An initial one-to-one assessment followed by 20 sessions with a diabetes practitioner as well as 26 online support modules and a Final one-to-one assessment.

## Find out more:

For more information about the programme, please visit:

<https://xylahealthandwellbeing.com/our-services/diabetes-remission/nhs-low-calorie-diet/>

[Enter contact details]

Your sincerely,

[Name of healthcare professional to go here]