

# GP AND SPECIALISTS REFERRAL GUIDE



## About Joanna Aaron

Joanna Aaron is an experienced and accredited Gut Health Dietitian dedicated to providing evidence-based nutritional support for a wide range of gastrointestinal conditions. With a patient-centered approach, Joanna empowers individuals to manage their digestive health through individualised dietary strategies.

## When to Refer

### Inflammatory Bowel Disease (IBD)

- Crohn's Disease
- Ulcerative Colitis
- Dietary management during remission and flares as they need continuous support

### Irritable Bowel Syndrome (IBS)

- Diagnosis of IBS confirmed using Rome IV criteria
- Patients suitable for FODMAP dietary intervention
- Individualised dietary advice for symptom management

### Coeliac Disease

- Newly diagnosed patients requiring education on a gluten-free diet
- Patients experiencing persistent symptoms despite gluten-free diet
- For Nutrition Education as the diet is restrictive

### Functional Gut Disorders

- Unexplained abdominal pain, bloating, or altered bowel habits
- Suspected food intolerances or sensitivities
- Dietary strategies to improve gut motility and reduce visceral hypersensitivity

## Additional GI Nutrition Support

- Use of GLP-1
- Support with nutritional deficiencies related to gut disorders

- Confirmed MASLD with metabolic risk factors (T2DM, prediabetes, dyslipidaemia, hypertension)
- Weight gain, weight loss, or difficulty implementing lifestyle changes
- Elevated ALT/AST or worsening fibrosis markers
- Overly restricted diets, confusion about dietary advice, or low motivation

## Pre-referral Information

To ensure optimal patient care, please include the following information in your referral:

- Relevant medical history and diagnoses
- Recent blood test results (including coeliac serology, inflammatory markers, and nutritional status)
- Medication list
- Patient's primary concerns and goals

## How to Refer

Referrals can be made via:

- Email: [hello@joannaarongutdietitian.com](mailto:hello@joannaarongutdietitian.com)
- Phone: 0452 460 405

### Find me Here

 [Joanna Aaron Gut Dietitian | Online](#)

## Summary

This referral guide provides an overview of Joanna Aaron's expertise in gut health and nutrition. By referring your patients, you are ensuring they receive individualised and evidence-based dietary support to improve their digestive health and overall well-being. We welcome your referrals and look forward to collaborating with you to provide the best possible care for your patients.