**Step 1: Initial appointment**
The following questions may help prompt your GP:
- Do you think the person I care for is eating enough?
- Why do you think the person I care for is losing weight or why do you think they have lost their appetite?
- I understand there is a way to screen for malnutrition, can you do this? I understand there is a pathway which explains about this and suggests what to do?
- Do you think the person I care for needs to see a dietician?

GP recommends managing with diet or another form of nutrition support – remember to ask:
- If I don’t see an improvement, how long should I wait until I come back?

GP doesn’t recommend any form of nutrition support – remember to ask:
- Is there anything I can do at home to help prevent the person I care for losing weight/losing more weight or to help improve their appetite?
- Are there any over the counter products that I could buy which could help the person I care for?
- What signs should I look out for to make an appointment to see you again?

**Step 2: If you don’t see an improvement or continue to worry, make another appointment**
Here are some questions you may want to ask:
- Explain that you have tried whatever your GP suggested and the person you care for is still not eating well/losing weight. Ask what is the next step?
- Ask if it is possible for the GP, or someone in the surgery to screen the person you look after for malnutrition.
- Ask your GP if they think the person you care for needs to see a dietician or needs medical nutrition.

GP recommends additional nutritional support – remember to:
- Ask for a variety of flavours so that the person you care for can choose the one that's right for them.

GP does not recommend any additional nutritional support but you feel that they should – remember to:
- Reinforce your concerns and show change in weight or typical diet of the person you care for. State that the strategies tried so far aren't working and ask what else the GP can recommend.
- Ask for a referral to the dietician.
- Before you leave ask or state the length of time you will leave it before returning if nothing changes.

**Step 3: Still no improvement, return to GP and request referral to dietician**
- Ask about your GP practice’s local policy for managing malnutrition and do they have a separate one for prescribing medical nutrition.
- Keep a weekly record of the weight of the person you care for and take this to the GP if nothing improves. You could also keep a food diary alongside the weight record as this again will help when you explain what they are eating.