

Information for Patients Attending the Shoalhaven Diabetes Service

5 - 7 Lawrence Avenue Nowra

How do I make an appointment?

Phone the **Shoalhaven Diabetes Service** on **1300 308 969**. Press 1 to make an appointment. We can book an interpreter in your language if you need it. It is a free service

What do I need to bring?

- Any paperwork relating to your appointment at the Diabetes Service.
- A list of all the medications (tablets and injections) you take
- Your Medicare and/or Department of Veteran Affairs (DVA) card

How much does it cost?

The service is free with a Medicare or DVA card

Who will I see?

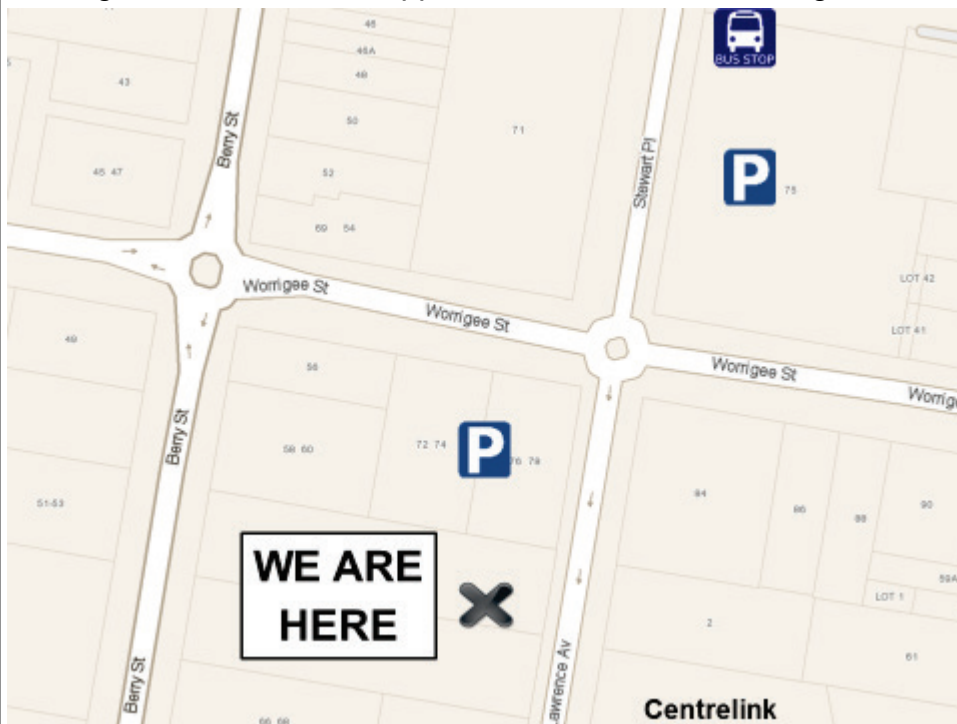
Our friendly staff will help you to make an appointment with the right person.

- The **Diabetes Educator** will help you learn how to look after your diabetes.
- The **Dietitian** will help you choose what food is best to eat for your diabetes.

If you have just been diagnosed with diabetes you may come to a group. This will go for about 2½ hours. You will see the Diabetes Educator and Dietitian. Individual appointments may also be made.

Where is the Diabetes Service?

We are located in **Nowra Community Health Centre** on the corner of Lawrence Avenue and Worrige Street. We are opposite the Centrelink building.



How do I get there?

P **By car:** There is free parking in the car park next door. There is another car park opposite on Worrige Street with 2 and 3 hour parking spaces. You may also park on the nearby streets (some with limited parking times).

BUS STOP **By bus:** Main bus depot at Stewart Place (200 meters from the diabetes centre)

Contact Details

Phone:
Mail:

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ISLHD Patient Information Portal