

Frequently Asked Questions – Ddoctor.ie Weight Loss Programme

1. What is FFMC's Weight Loss Programme?

FFMC's **Weight Loss Programme** is a **comprehensive 6-month medically supervised plan** that combines **nutritionist and doctor consultations** to support safe and effective weight loss. We offer **both online and onsite consultations**, allowing flexibility based on your schedule. Our approach includes **nutritional guidance, medical assessments, and prescription-based treatments** if required.

2. How does the programme work?

The programme is structured over **six months**, split into two phases:

- **Phase 1 (First 3 months):**
 - Initial consultations with a **nutritionist (60 min)** and **doctor (40-45 min, including prescriptions if needed)**
 - Follow-up sessions every **two weeks** with either a doctor or nutritionist to track progress and make necessary adjustments.
- **Phase 2 (Second 3 months):**
 - Continued **bi-weekly follow-ups** to ensure sustained progress and long-term weight management.

3. What are the costs of the programme?

- **Eligibility Questionnaire:** €25
- **Blood Test:** €100
- **6-Month Programme:**
 - **Package 1: €600 (one-time payment, includes €20 discount + 2 free doctor consultations anytime)**
 - **Package 2: €620 (paid in 6 monthly installments of €103.33)**

4. Who is eligible for the programme?

Anyone looking for a **medically guided** weight loss solution can apply. However, only those who **pass the eligibility questionnaire and blood test** will be approved for the **6-month medicated weight loss programme**. These steps ensure that any prescribed medications are safe and suitable for your health.

5. What kind of support will I receive?

Throughout the programme, you will receive:

- **Regular check-ins** with a nutritionist and doctor
- **Personalized meal planning and lifestyle advice**
- **Medical supervision, including prescription medications if necessary**
- **Ongoing progress tracking and guidance**

6. Can I do the programme online?

Yes! You can choose **onsite consultations** at our clinics or opt for **fully online sessions** for convenience.

7. Will I be prescribed weight loss medication?

Only those who **pass the eligibility questionnaire and blood test** will be approved to proceed with our **6-month medicated weight loss programme**. During your initial consultation, our doctor will assess your health and determine if medication is suitable for you. If approved, your prescription will be provided under strict medical supervision.

If you do not qualify for the medicated programme, you can still join our **non-medicated weight loss programme**, which is guided by our expert **nutritionists** and focuses on **diet, lifestyle changes, and personalized support**.

8. How do I sign up?

1 Complete the online eligibility questionnaire (€25)

2 If eligible, book a blood test (€100) to assess your health status

3 Schedule an initial consultation with our nutritionist and doctor 4

Begin your personalized 6-month weight loss journey!

9. What if I don't pass the eligibility test or blood test? Is there another option?

Yes! If you are not eligible for the medicated weight loss programme, you can still join our **non-medicated weight loss programme**, which is guided by our **expert nutritionists**. This programme focuses on **personalized meal planning, lifestyle modifications, and regular nutrition consultations** to help you achieve your weight loss goals safely and effectively—without medication.

10. Can I contact Dooctor.ie for more details?

Absolutely! Feel free to contact us via:

✉ **Email:** info@dooctor.ie

11. Is Dooctor.ie a trusted medical provider?

Yes! Dooctor.ie is a fully licensed and regulated healthcare provider. Our team consists of Irish Medical Council (IMC)-registered doctors and qualified nutritionists, ensuring safe and professional medical care. Additionally, all prescriptions are dispensed through approved pharmacies, guaranteeing quality and compliance with Irish healthcare regulations.

12. Is Dooctor.ie regulated?

Yes, Dooctor.ie follows the strict guidelines set by the Irish Medical Council (IMC). Our doctors practice in accordance with the Guide to Professional Conduct and Ethics for Registered Medical Practitioners and participate in continuous medical education to uphold high standards of care. Our partnered pharmacies are also fully licensed and operate under regulatory oversight.

13. What does the non-medicated weight loss programme include?

Our non-medicated weight loss programme provides expert guidance from our nutritionists and focuses on:

- ✓ Personalized nutrition plans based on your lifestyle and goals
- ✓ One-on-one coaching to help you adopt healthy habits
- ✓ Regular progress check-ins for ongoing support
- ✓ Education on sustainable weight management

This programme is ideal for those who prefer a natural approach to weight loss without medication.

14. Can I switch to the medicated programme later?

Yes! If you start with our non-medicated weight loss programme, you may transition to the medicated programme later—provided you meet the eligibility criteria. You will need to complete an eligibility questionnaire and a blood test to ensure it is a safe option for you. Our medical team will guide you through the process and recommend the best approach based on your health.

15. What if I just want to get the prescription only without joining the programme?

Yes, we do provide the option to obtain a prescription through our online prescription service without enrolling in the full programme. However, we strongly advise that any treatment, especially those involving weight loss or metabolic health, should be supervised by a qualified medical professional.

Unsupervised treatment can pose risks such as incorrect dosage, potential side effects, interactions with other medications, and underlying health conditions that may require monitoring. By joining our programme, you benefit from medical oversight, regular check-ins, and personalized adjustments to ensure safe and effective treatment.

16. Should my GP be aware of my weight loss medication?

Yes, it is highly recommended that your GP is aware of any weight loss medication you are taking. While our online doctors provide safe and effective treatment, your GP has a complete picture of your medical history, ongoing conditions, and other medications you may be taking. Keeping them informed helps ensure that your treatment is monitored holistically and minimizes potential risks.

With your explicit consent, we can send a medical note to your GP, detailing your prescribed medication and treatment plan. This allows your GP to integrate this information into your overall healthcare management and provide any necessary follow-ups or additional support if required.

17. How can I get my prescription delivered to me?

We have partnered with Molloys Pharmacies to offer a seamless and convenient prescription delivery service. Once your prescription is issued by our doctors, Molloys Pharmacies will handle the entire process, including payment collection, dispensing, and delivery of your medication directly to your preferred address.

This service eliminates the need for you to visit a pharmacy in person, making it an ideal option for those with busy schedules, mobility issues, or limited access to a local pharmacy.

After your consultation, you will receive instructions on how to proceed with the payment and delivery arrangements through Molloys Pharmacies. If you have any questions about delivery times, fees, or specific pharmacy locations, their team will be happy to assist you.

18. Is the weight loss programme fee included in the medication cost?

No, the weight loss programme fee does not include the cost of medication. If a prescription is issued as part of your treatment plan, you will need to purchase the medication separately through our partner, Molloys Pharmacies.

Molloys Pharmacies will handle the payment collection and dispensing process, ensuring you receive your medication safely and conveniently. They also offer a delivery service, allowing you to have your medication sent directly to your preferred address.

The programme fee covers medical consultations, treatment planning, ongoing support, and follow-ups to monitor your progress and adjust your treatment if needed. Since medication costs can vary depending on the type a...

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