

Weight Loss Surgery

Patient Introduction

And

Instruction Handbook

A HANDBOOK FOR NEW PATIENTS

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WEIGHT LOSS SURGERY QUALIFICATIONS

In order to undergo weight loss surgery, each patient must satisfy the criteria established by the National Institutes of Health (NIH) and adopted by the American Society for Bariatric Surgery (ASBS).

In general, you are a candidate for Weight Loss Surgery if you fulfill the following criteria:

1. Weight: BMI \geq 40

BMI \geq 35 with coexisting medical conditions such as:

Heart Disease

Diabetes

Sleep Apnea

High Blood Pressure

Blood Clots

High Cholesterol

Bladder Incontinence

Skin Infections

Heartburn

Hernias

Arthritis

Gallstones

Infertility

BMI (Body Mass Index) is a number calculated by dividing your weight in kilograms by the square of your height in meters. To many, this sounds very complicated. Fortunately, if you know your weight in pounds and height in inches, just visit our website, www.towncentersurgeryweightloss.com or call our office, to calculate your own BMI.

2. Inability to lose weight or sustain weight loss by conventional (non-surgical) weight loss programs and/or medically-supervised dieting

3. Demonstrate psychological stability

- All patients are required to undergo a psychological evaluation by a mental health professional (psychiatrist, psychologist, or marriage and family therapist)
- The purpose of the mental health evaluation is to:
 - determine if you understand the surgery (how it produces weight loss)
 - determine if you understand its risks and complications
 - help you prepare with the emotional and behavioral adjustments after surgery

4. Evaluation by a Registered Dietitian

- A Registered Dietitian will perform a comprehensive nutritional evaluation in order to:
 - review current eating habits
 - review dietary changes after surgery
 - help change eating habits before and after surgery
 - stress the life time commitment to dietary change

Dr. Lublin, *in conjunction with the recommendations of other healthcare professionals*, will make the final determination of your candidacy for Weight Loss Surgery

INSURANCE AND WEIGHT LOSS SURGERY

Your Insurance Company

Your personal health insurance company may have the same or different criteria for weight loss surgery as those required by the NIH and ASBS (listed on the previous page). All insurance companies and individual plans within each insurance company are different. Further, bariatric or weight loss surgery is not always an included benefit of every insurance plan. In order to determine if weight loss surgery is covered by your health plan, please contact Dr. Lublin, who will assist you while working with your insurance company.

WEIGHT LOSS SURGERY PATHWAY

(How do I get to surgery?)

1. The First Step (*Getting Started*)

- Prior to the first appointment with Dr. Matthew Lublin, you will need to have filled out the Medical and Bariatric History Form

2. The Second Step (*Initial Consultation*)

- Once the Medical and Bariatric History Form is filled out, you will be scheduled for an initial consultation.

3. Third Step (*Pre-Operative Requirements*)

- You should now begin completing the Pre-Operative requirements (***as detailed on the following 2 pages***).
- ***Try to make as many of your appointments at one time as you can. (Don't wait until each step is completed before making your next appointment).***
- At each appointment, make sure that our office receives a faxed copy of your results.

On the last page of this manual, a **checklist** (*Form B*), is provided to guide you through the pre-operative process.

4. Fourth Step (*Completion of Requirements*)

- Once you have finished all of the appropriate tests, procedures, and appointments and ***we have received all the reports for each test and from each physician***, we will call you in order to:
 - Make an additional appointment for you with Dr. Lublin for a final consultation
 - Schedule a date for surgery.

PRE-OPERATIVE REQUIREMENTS - CONSULTS

The following Medical Clearances are required. You are welcome to use your personal physician, dietitian, or mental health professional.

Dr. Lublin does not require consultations from specific caregivers.

If you do need a referral, our office or website can give you the names and numbers of healthcare professionals in our community.

1. Medical Clearance:

- Your Primary Care Physician (Internist) must supply our office with a summary of your health history, detailing any medical recommendations, tests, or consultations prior to weight loss surgery.

2. Registered Dietician Evaluation

- A nutritional and dietary history by a Registered Dietician is required.

3. Psychological Evaluation

- A mental health evaluation by a psychiatrist, psychologist, or licensed mental health professional is required.

4. Specialty Consultations

- If you have been or are currently under care with a specialist for a known medical condition (a problem with your heart, lungs, kidneys, etc.) then Dr. Lublin will require an appointment with those specialists prior to Weight Loss Surgery.

5. Support Group Attendance

- You will need to attend a Support Group (when scheduled) prior to surgery. An evaluation form will be provided at each meeting for your feedback. If no support groups have been scheduled, you may write an essay explaining your desire for and expectations following Weight Loss Surgery.

PRE-OPERATIVE REQUIREMENTS – TESTS & EXAMS

The Following Laboratory and Radiologic Tests are all required.

A. LABORATORY TESTS

These laboratory tests must be completed within **6 months** of surgery:

- **Complete Blood Count** (CBC)
- **Blood Chemistry** (Comprehensive Metabolic Panel)
- **Lipid panel** (Cholesterol and Triglyceride Panel)
- **Urine Test** (Urinalysis)
- **Urine Pregnancy Test** (HCG)

B. CHEST X-RAY

This must be performed within **one year** of surgery

C. EKG

This must be performed within **six months** of surgery.

D. UPPER GASTRO-INTESTINAL SERIES (UGI)

This test must be performed within **one year** prior to surgery.

PREOPERATIVE REQUIREMENTS FOR WEIGHT LOSS SURGERY
(For Primary Care Physician or Internist)

1. Laboratory Tests

These should be completed within ***six months*** of surgery

- Complete Blood Count
- Comprehensive Metabolic Panel
- Lipid panel
- Urinalysis
- Urine Pregnancy

2. Chest X-Ray

This study should be within ***one year*** prior to surgery

3. EKG

This should be done within ***six months*** prior to surgery

4. Upper Gastro-Intestinal series (UGI)

This study should be within ***one year*** prior to surgery

PREOPERATIVE PATIENT CHECKLIST FOR WEIGHT LOSS SURGERY

Name: _____

***Perform and schedule as many of your tests and consultations at one time as you can.
(Don't wait until one test or consultation is completed before making the next appointment)***

A. Primary Care Physician Medical Report

Physician: _____

Date: ___/___/___

B. Registered Dietician Assessment

Dietician: _____

Date: ___/___/___

C. Psychological Evaluation (*within 1 year of surgery*)

Mental Health Professional: _____

Date: ___/___/___

D. Laboratory Tests (*within 6 months of surgery*)

Date: ___/___/___

(CBC, Blood Chemistry, Lipid Panel, Urinalysis, Pregnancy Test)

E. Chest X-Ray (*within 1 year of surgery*)

Date: ___/___/___

F. EKG (*within 6 months of surgery*)

Date: ___/___/___

G. Upper Gastrointestinal Series (UGI) (*within 1 year of surgery*)

Date: ___/___/___

NOTES