

UNITY HOSPITAL BARIATRIC CENTER



* Attend support groups sponsored by Unity Bariatric Center at any point in your journey to help you consider and prepare for surgery and to support your new life style after surgery. **For more information call 763-236-2068.**

1 Attend Information Session

- The free information session on weight loss surgery is required for everyone interested in pursuing surgery. To register for the information session, call 612-262-3333 or 1-800-877-7878. This class is held at Unity Hospital in Fridley.

2 Make appointment and complete Health History

- Schedule an Initial appointment with a nurse when you are at the information session or call the Unity Hospital Bariatric Center office at 763-236-2045 or 1-888-490-7386. At this appointment, one of the Bariatric nurses will go over the Health History form. Please bring the completed health history form with you.

3 Complete the Health History Form.

- Bring it and the records from your last doctors' visits to your first appointment. Don't sign or date the form until your meeting with the Bariatric nurse. Make a copy of your completed Health History form. You will need to bring this copy with you for your psychological evaluation.

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Center of
Excellence
BARIATRIC SURGERY



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4 Meet with a Bariatric Nurse for Introductory Session

- Attend your Initial appointment with the Unity Hospital Bariatric center nurse. You will review your health history form, insurance criteria, and the required steps in the surgical process. You will receive a handbook, psychologists information, and a dietary consultation if necessary

5 Prepare for Surgery

- Read the handbook and answer the Pre-Op Gastric Bypass Assessment questions.
- Start losing the pre-op weight as instructed by the nurses. Smokers need to be smoke-free for at least 8 weeks prior to surgery.
- Attend Images support group meetings prior to surgery. This will help prepare you for the journey

6 Schedule and Complete Psychological Evaluation and Sessions

- The Bariatric Center will provide a list of psychologists that have experience with this type of assessment. Choose one of these psychologists and schedule a psychological evaluation. Make sure you bring your copy of the Health history form to this appointment.
- The purpose of the psychological evaluation is to determine whether you are in the best possible mental health to proceed with surgery at this time. The psychologist helps you prepare for surgery by teaching the skills necessary to cope with the changes that you will be facing after surgery. this evaluation may consist of three to six sessions.
- The psychologist will go over your health history form and identify behavior or attitude changes that you may want to make in order to enhance your likelihood of success.

7 Meet with the Bariatric Nurse for Education Session

- When the Unity Hospital Bariatric center has received your required assessments and paperwork, they will contact you. You will schedule an in depth teaching appointment. Please bring in your answers to the pre-op weight loss surgery assessment as well as the patient contract Form.

8 Meet with Surgeon to Review Surgery

- When the surgeon's office receives the prior authorization and approval from your insurance company, they will contact you to make an appointment with the Bariatric surgeon and schedule your surgery date. You should have lost at least half of the recommended pre-op weight by this appointment.

9 Prepare for the Day of Surgery

- Continue getting into condition for surgery by losing weight, exercising, not smoking, and reducing caffeine consumption. you should also practice using your incentive spirometer daily prior to surgery.
- See your own family physician for a pre-operation physical exam within 7 days prior to your surgery date.
- Purchase liquids and pain medications to have ready at home after your surgery (refer to your handbook).

10 Surgery

- On the day of your surgery, bring your surgery handbook, your incentive spirometer and all prescription and over the counter medications you are currently taking with you to the hospital.

11 Return Home in 1-2 Days

- You will receive information on what to expect during your recovery and your surgeon's pager number. you will have access to your surgeon should you have a question or issue.

12 Complete Follow Up Visit One Week After Surgery

- You will meet with your surgeon one week after surgery to check your incision and to give you further instructions. Before you leave that visit, make an appointment for your five week post- op follow up with your Bariatric nurse.

13 Participate in After Care Support for Life!

- Faithfully participate in the after care program to ensure your health and success. the program is designed to support you every step of the way as you lose weight and create your new healthier lifestyle.



Congratulations, you are on the road to a new healthier you!