

# CHECKLIST BEFORE WEIGHT LOSS SURGERY

## 3-6 Months Prior to Surgery

- Check with your insurance provider to see if weight loss surgery is a covered benefit.
- Schedule consultation with bariatric surgeon to discuss surgical options and to ensure you are a candidate for weight loss surgery.
- Begin required pre-surgical office visits. The amount of time is determined by your insurance.
- Complete psychological evaluation and any other clearance appointments required.

## Behavioral and Lifestyle Changes

Weight loss surgery requires major dietary and lifestyle changes; without these behavioral changes, you may not achieve your desired outcomes—optimal weight loss and health improvements. You may also put yourself at higher risk of complications by not complying with these recommendations.

- Some weight loss; meet weight loss goal if one is established
  - At a minimum, avoidance of a net weight gain
- Elimination of all carbonated beverages (sodas/diet sodas/carbonated waters/beer)
- Elimination of all caffeine-containing substances (coffee, tea, energy drinks, sodas, certain headache remedies)
- Elimination of sugary drinks (sweet tea, some coffee drinks, soda, juices, etc.)
- Complete avoidance/elimination of all nicotine-containing products (cigarettes, smokeless tobacco or “dip”, nicotine patches/gum/vapors)
- Elimination of all recreational drugs
- Avoidance/elimination of all alcoholic beverages
- Regular physical activity
- Completion of food journals

## 2 Weeks Prior to Surgery

By this time, you have already been approved for surgery by your insurance company and are scheduled for surgery. Now, the final preparations for surgery will begin.

- Meet with the bariatric surgeon for your last office visit prior to surgery to discuss any questions or concerns.
- Sign surgery consents and find out details about arrival time on day of surgery.
- Begin a 2-week liquid diet.
- Arrange for a leave of absence from work (4 weeks)
- Identify a support person to help you the first few weeks after surgery.

## 1 Week Prior to Surgery

- Attend a mandatory pre-operative class detailing your post-operative diet, vitamins, and discharge instructions.
- Attend a pre-admission visit to draw pre-operative lab work and to discuss medications to take the morning of surgery.
- Prepare for your upcoming hospital stay by packing your bag and shopping for items needed after surgery.

## **The Night Before Surgery**

- Do not eat or drink the midnight before your surgery.
- If instructed, complete the bowel prep the day before your surgery.

If you have any additional questions on the steps towards weight loss surgery, the professionals at Medical Group of the Carolinas Weight Loss Services would be happy to help!

Call 864-560-7070 today to find out more information!