

TEN STEPS TO WEIGHT LOSS SURGERY

WILLAMETTE VALLEY MEDICAL CENTER

1. Attend an information seminar

Presented by our multi-disciplinary team, the information session provides you with the opportunity to learn more about weight loss surgery and have any questions you may have about the surgery answered.

2. Review the information packet

Ask yourself if you are ready to make the lifestyle change commitment that is required to be successful with weight loss surgery. It is also important for you to understand the financial commitment involved with weight loss surgery.

3. Insurance benefits verification

Our financial counselor will notify you and verify your insurance benefits. At this time we will also discuss your insurance company's requirement for authorization of weight loss surgery. If weight loss surgery is not a covered benefit, we will provide you with information about your self-pay plan.

4. Complete appointments with the surgeon, dietitian, psychologist and cardiologist. Throughout the surgery preparation process, your progress will be tracked by our medical assistant and program coordinator.

• **Surgeon**

During your initial consultation visit the surgeon will review your medical/surgical history, medications and current dietary and exercise routines. Any questions not addressed during the information session or specific surgeries will be discussed further. They will give you our bariatric guidebook to review and take to your dietitian and psychology appointments. Patients will follow up with surgeon monthly to meet our Weight Loss Management requirements.

• **Dietitian**

Schedule and complete your first visit with our dietitian. The number of required meetings with the dietitian will be determined by your insurance.

• **Psychologist**

In order to have a successful long-term outcome, it is necessary to make a number of permanent lifestyle changes. You will need to permanently change your behaviors, eating habits and activity patterns. A psychology evaluation will include a one-hour interview and brief questionnaire(s) assessing eating habits, weight history, stress factors, coping patterns, and life style behaviors.

• **Cardiologist**

All of our weight loss surgery patients must be cleared by a cardiologist prior to surgery. We will work with you to schedule an appointment approximately three months prior to surgery.

5. Attend a support group meeting

Our program requires each patient to attend at least **two** support groups prior to surgery. The schedule of support group dates and times can be found in your information folder or on our website, www.willamettevalleyweightlossurgery.com/ Research shows that patients who attend weight loss surgery support group meetings lose 20 – 30% more weight.

6. Upper Endoscopy

If you are having a sleeve gastrectomy an EGD (Esophagogastroduodenoscopy) will need to be performed to evaluate your stomach and test for H.pylori bacteria.

7. Multidisciplinary Review/Approval

Once the above mentioned appointments (plus any other prerequisites required by your insurance) are completed our Bariatric team will review your case and determine if you're ready for surgery. After approved the surgeon's office will submit the required paperwork to your insurance company for approval of your weight loss surgery. We will notify you when you have been approved for surgery!

8. Pre-operation class

Attend a pre-operation class with our bariatric program manager / registered dietitian to prepare you for your day of surgery. This appointment will last for approximately 1 hour.

9. Preparing for surgery

You will need to complete your pre-surgical testing, which is usually done 2 – 3 weeks before surgery. This includes pre-admission testing, review of surgical/medical history, and medications at the hospital. All other medical clearances must be obtained before surgery.

10. Day of surgery: Congratulations!