



Capital Health

Sleeve Gastrectomy Weight Loss Surgery Pre-Surgery Clinic Appointment

Your Pre-Surgery Clinic Appointment is a one hour individual appointment where you will meet the Weight Loss Surgery (WLS) team's Nurse Practitioner, Dietitian, and Psychologist as a next step toward WLS. The purpose of this appointment is to determine if WLS is appropriate for you. The team will be interested in hearing about the lifestyle changes that you have made since you attended the "What is WLS" Information Session. The following list is a reminder of **patient responsibilities**. The importance of coming prepared for your Pre-Surgery Clinic Appointment cannot be emphasized enough.

1. **Assemble a Weight Loss Surgery Binder, study it and bring it with you to your appointment.**
 - a. Google *CDHA Obesity Network*. Print off and study the information under the *Weight Loss Surgery Information and Handouts* subtitle on the website. You are expected to bring your binder with you to ALL appointments.
 - b. Complete the patient quiz and bring it with you to your appointment.
 - c. If you are an emotional eater, come up with behavior modification plans for changing this behavior. Write it down and bring this plan with you.
2. **Quit smoking! See the attached website for smoking cessation programs:**
www.cdha.nshealth.ca/default.aspx?page=SubPage&category.Categories.1=129¢erContent.Id.0=5375
3. **Trial 1-2 weeks of the liquids only diet.** You can find this under the *Stage 3 Sample Diet*. Include whey protein powder, Boost or Ensure High Pro and Carnation Instant Breakfast to ensure you tolerate them.
4. **Improve overall eating habits including:**
 - a. Eat 3 healthy meals daily with a high quality source of protein at every meal.
 - b. Decrease and minimize caffeine, carbonated beverages and alcohol. Stop chewing gum.
 - c. Remove all junk food from your diet, home and car!
5. **Achieve a weight loss of at least 10 to 20 pounds.**
6. **Build your activity level to 30 to 60 minutes daily.** Record your activities.
7. **If diabetic, record and bring blood glucose levels to all appointments.**
8. **Bring a list of all your medications,** both prescription and over-the-counter (names, doses, when you take them), to EVERY appointment.
9. **Bring a food record.** Try to add up how many grams of protein and how many cups of water you consume each day.
10. **Be sure to have your blood work done at least one week prior to this appointment and as requested.**