

WLS Program Patient Instructions

****Please review with your GP or NP.***

1. Go to the Halifax Obesity Network website located at:
<http://www.cdha.nshealth.ca/obesity-network/weight-loss-surgery-wls-information-handouts-binder-information>
2. Assemble a binder with the information posted under the category:
Patient Information & Handouts (Binder Information)
3. Watch posted videos on the website of the Bariatric Surgery Team located under the category: Videos
4. Print the Pathway to Bariatric Surgery document and bring this to all appointments with your GP or NP for assessment
5. Book monthly appointments with your GP or NP for assessment
6. Connect with any of the following community supports as appropriate:
Psychologists, Personal trainers, Physiotherapists, Nurses, Dietitians (either through grocery stores or private practice)
7. Complete blood tests as requested by your GP or NP