

## Steps to complete the bariatric surgery program

Our surgery program takes time and dedication. The steps listed on this page take three to six months to complete. You will complete many of these steps at the hospital.

To schedule bariatric surgery you will need to, at a minimum, complete the following steps after your first appointment with the surgeon:

- Surgeon evaluation appointment (1.5 hours)
- Physical therapy evaluation appointment (1 hour)
- Nutrition evaluation appointment (1.5 hours)
- Nutrition follow-up appointments, 2 or more (30 minutes each)
- Psychology evaluation appointment (2 hours)
- Reach a 5% weight loss goal (goal set by surgeon at evaluation)
- Complete lab work and imaging studies
- Complete clearances from other health care providers as required by your bariatric surgeon, such as cardiac and sleep (if you are diagnosed with sleep apnea you will be required to wear your CPAP at night.)
- Complete annual screening tests as needed, such as mammogram, pap, colonoscopy, etc.
- Attend two support group meetings. These meetings occur twice a month in the evenings.
- Watch 1 or 2 patient education videos at home (30 minutes each)
- Attend a pre-operative class (4 hours)
- Attend a pre-operative appointment (1.5 hours)