

## CHECKLIST FOR BARIATRIC SURGERY

- 1. AT LEAST SIX MONTHS OF A SUPERVISED DIET.** Under the care of your healthcare provider, you need to have been in a supervised weight-loss program for at least 6 months. Usually this includes regular progress visits and a medically approved weight-loss diet plan. The requirement for supervised weight loss varies by insurance company. For Medicaid and Medicare, the diet needs to be within the last six months. Other insurance companies are less restrictive and require the supervised diet to be within the last 2 years.
- 2. WRITTEN DOCUMENTATION FROM YOUR PROVIDER.** You need to bring a referral letter from your provider and written documentation regarding your supervised weight-loss program (usually a copy of your doctor's chart notes regarding the diet).
- 3. SMOKING CESSATION.** You do not need to be smoke-free to have a consultation. However, you must be smoke-free for at least three months prior to your surgery. We strongly encourage you to quit as soon as you can, smokers have higher risks of infection, blood clots, and other complications of surgery. If you are a smoker, your healthcare provider can help you achieve this goal; the healthcare providers at Surgical Associates can also help.
- 4. PSYCHOLOGICAL EVALUATION.** To help ensure that you are successful with weight-loss surgery, you will need to see a psychologist or psychiatrist to have a full mental health examination. You may use any individual that you are comfortable seeing. There is a team of mental-health professionals in Grinnell that would be happy to help you. Our office can help you get in touch with them. You will need to have a test performed called an MMPI as part of your evaluation. Some mental health providers will also give you a test called an MBMD; and possibly other evaluations.
- 5. EDUCATIONAL SESSION AT THE HOSPITAL AND PRE-OPERATIVE INTERVIEW.** If the surgeon has determined that surgery is indicated and appropriate for you and your insurance approves your surgery, you must schedule your education day and pre-op interview. You need to call the hospital 641-236-2412. These meetings are mandatory and your surgery cannot be performed if you do not attend both of these sessions.
- 6. HISTORY AND PHYSICAL BY YOUR FAMILY PROVIDER.** Within seven days prior to your surgery, you will need to have a full physical examination with your family healthcare provider. You will need to call your provider and make this appointment. Your provider will need to fax the history and physical to the Pre-Op Department 641-236- 2958. This is a state law and your surgery cannot proceed without this physical.
- 7. SURGERY TIME.** Please call Surgical Associates the day before your surgery to find out what time you need to arrive at the hospital. Please call 641-236-4323 between 3pm and 4pm. Call on Friday if your surgery is on a Monday.