

Bariatric Preoperative Appointments Checklist



Appointment Needed	Date	Time	Instructions
<input type="checkbox"/> Initial visit with medical provider			Provide most recent medication list and lab work. <i>A scale is required for weight verification if visit is scheduled as telehealth.</i>
<input type="checkbox"/> Initial visit with behavioral health provider			Please have the name, phone number and fax number of current counselors or psychiatrists (<i>if applicable</i>). Not having this information could delay in moving forward with the rest of the team.
<input type="checkbox"/> Attend Bari 200			Please read and review the following items prior to the group. All of the documents below are available on the patient education website. <input type="checkbox"/> Preparing for Bariatric Surgery Video <input type="checkbox"/> Procedure-Specific Booklet (<i>Sleeve, Gastric Bypass, DJB-S or Duodenal Switch</i>)
<input type="checkbox"/> Initial visit with dietitian			<input type="checkbox"/> Complete Bari 200 prior to initial dietitian visit. <input type="checkbox"/> Complete initial screening lab work (<i>orders given by medical provider</i>) <u>at least one week prior to appointment</u> . Not completing labs could result in a delay of surgery. <i>A scale is required for weight verification if visit is scheduled as telehealth.</i>
<input type="checkbox"/> Initial visit with physical therapist			Wear comfortable shoes, no sandals or heels.
<input type="checkbox"/> Attend surgeon session online			Please go to the patient education website* to access the bariatric surgeon session video and PowerPoint presentation.
<input type="checkbox"/> Follow up with medical provider**			Complete initial screening lab work, chest X-ray, EKG <u>at least one week prior to appointment</u> . Not completing screenings could result in a delay of surgery. <i>A scale is required for weight verification if visit is scheduled as telehealth.</i>
<input type="checkbox"/> Follow up with behavioral health provider			If recommended by team or patient desires due to difficulties making or maintaining lifestyle changes.
<input type="checkbox"/> Follow up with dietitian			Bring food logs to nutrition visit. <i>A scale is required for weight verification if visit is scheduled as telehealth.</i>
<input type="checkbox"/> Follow up with physical therapist			Wear comfortable shoes, no sandals or heels.
<input type="checkbox"/> Attend Bari 300 (<i>monthly supervised weight loss</i>)			Please bring food log to be reviewed as well as progress toward changes such as: balancing plate, spreading calories throughout the day, drinking 64–80 ounces of decaffeinated/non-carbonated beverages. Weight verification required at time of visit.

<input type="checkbox"/> Attend Bari 400			<input type="checkbox"/> Please read and review the following items prior to the group. All of the documents below are available on the patient education website. <input type="checkbox"/> Preparing for Bariatric Surgery Video <input type="checkbox"/> Procedure-Specific Booklet (<i>Sleeve, Gastric Bypass, DJB-S or Duodenal Switch</i>) <input type="checkbox"/> Presurgical Diet Booklet <input type="checkbox"/> Daily Dose on Vitamins and Minerals <input type="checkbox"/> Vitamin Contract <input type="checkbox"/> Vitamin schedule—please use the schedule that coordinates with your procedure. <ul style="list-style-type: none"> • Sleeve (<i>First Stage Duodenal Switch</i>) • Gastric Bypass • DJB-S • Duodenal Switch
<input type="checkbox"/> Vitamin schedule			An individualized vitamin schedule will be created after bariatric surgery.
<input type="checkbox"/> Insurance submission	n/a	n/a	Once all preoperative requirements have been completed, our insurance staff will submit all preoperative requirements to your insurance for prior authorization.
<input type="checkbox"/> Scheduling preoperative visit with surgeon and scheduling surgery			Our surgery scheduler will call you to discuss scheduling your preoperative visit with surgeon and scheduling surgery.
<input type="checkbox"/> Complete preoperative knowledge assessment test			Your procedure-specific booklet contains a preoperative knowledge assessment test. This must be completed and brought to your preoperative visit with the surgeon.
<input type="checkbox"/> Complete preoperative visit with the surgeon (<i>normally scheduled 7–14 days prior to your surgery date</i>)			<ul style="list-style-type: none"> • You will complete preoperative teaching in a group setting with the surgeon’s nurse. • The surgeon’s nurse will collect and review your completed preoperative knowledge assessment test. • The surgeon will also complete preoperative teaching in a group setting. • You will complete an individual visit with the surgeon once the group teaching has been completed.
<input type="checkbox"/> *Patient education website			Please access this website for all patient education needs: memorial.health/medical-services/wellness-care/patient-education

**Some insurance companies require a specific amount of time working with the program or specific number of visits with the program. We will make you aware of what your insurance company requires.

***This preoperative appointment checklist is for all surgical patients. Due to individualized needs, you may be asked to complete appointments that are not on this checklist.