



Initial Patient Instruction

Pre-Op Weight Loss Goal: _____ *remember everyone is expected to lose weight prior to scheduling surgery

DATE COMPLETED	REQUIREMENT										
	Complete online seminar and educational videos www.flowersbariatriccenter.com										
	Bariatric Surgery PreOp Program \$200 fee (may be paid in increments of \$50 each month)										
★	EGD										
★	Occupational Therapy Evaluation (Tricare and Peehip insurances must be Physical Therapy instead)										
★	Sleep Study/ Pulmonary Clearance										
	Medicines Addressed										
	Colonoscopy for Patients 50 years old and older (within the past 5 years)										
	Mammogram for Women 40 years old and older (within the past year)										
	Mental Health Eval & Clearance for Bariatric Surgery										
	Out of Pocket Expense Paid for Flowers Hospital and Surgeon (WSA)*										
	Medical Clearance for Surgery (if you have a history of heart problems, you'll need cardiac clearance, too).										
	Support Group Attendance (at least one time is required)										
	5 year weight history documentation										
	Complete your 3 or 6 month supervised diet with the bariatric center (be sure you do NOT skip a month)										
	Complete nutritional class (scheduled by bariatric center closer to surgery)										
	Negative Nicotine Test (done at your last visit with us)										
Jan	Feb	March	April	May	June	July	Aug	Sep	Oct	Nov	Dec

★ = Your surgeon's nurse will order these tests for you. **You are responsible for calling and setting up the appointment. You will receive a red folder at your 2nd appointment with the phone numbers. Do not set up until you see surgeon.**

*You will need to make arrangements for any old balances for either the surgeon office or the hospital before surgery

Support Group Calendar

Location: Classroom 1

Time: 6:00 p.m.

2019 Dates
January 22, 2019 *This will be out annual Fashion Show held at the Dothan Country Club @ 6:30 pm*
March 14, 2019
May 9, 2019
July 11, 2019
September 12, 2019
November 14, 2019

Bariatric Center Staff: Cindy (Front Desk), **Dana** (Navigator)**, Jessie (Bariatric Dietitian & Coordinator), Lindsey (Dept. Director), Kelli Heer, PA-C (Physician's Assistant), & Valerie (Certified Medical Assistant).

****The Navigator will be your point of contact concerning your progress/requirements for surgery**

Intake Class - Initial Patient Instruction

Congratulations! You completed the first step towards a healthier you. Our goal is to help you achieve your ultimate health and weight goals. It is **your responsibility** to call your insurance provider to make sure there are **no exclusions** for bariatric surgery.

You will learn that there are certain requirements you must complete prior to surgery. **Please refer to your checklist on the back of this page for your preoperative requirements.** *Some* insurance providers require you to complete a 3-6 month supervised diet before we can submit your case for pre-approval; this supervised diet can take three to six months. Once you have completed the supervised diet and all of your other requirements, we will submit your claim to insurance. You will complete the supervised diet, overseen by Kelli Heer, PA-C, at the Bariatric Center. **You must have a visit one time each month for the 3 or 6 month supervised diet or else the time period starts over (insurance mandate), and additional visits to our office may be an extra cost in addition to the \$200 bariatric program fee.**

How much will surgery cost?

You will be given an estimate of your out-of-pocket expense at your second appointment for the hospital; if you would like to be given an estimate for your surgeon out of pocket then contact Wiregrass Surgical and speak with Jana 334-793-1534. Please be aware, you will need to make arrangements for any old balances for either the surgeon office or the hospital before surgery. In addition, the estimate we give you is just for surgery itself. This does not include any cost you may incur from completing requirements for surgery.

Shoot for less than 45 g Carb per day – THINK “LEAN MEATS AND VEGETABLES”

If your usual meals are fairly high in carbs, then switching to such a drastic low-carb diet may be a little daunting. Breakfast could be eggs with smoked salmon or a piece of lean bacon. At lunch, a large green salad will help you get some fiber and vegetables without too many carbs, and you can top it with chicken or turkey, plus olives or avocado, and some grated cheese or nuts to get proteins and fats. At dinner, have a lean steak, like sirloin, or a piece of fish cooked with vegetables such as cabbage, kale or cauliflower. Snacks could be raw vegetables, olives, nuts, and pieces of cheese or meat. Please remember, the simplest way to explain weight loss is calories in vs. calories out. You should be creating a calorie deficit when you remove a large portion of carbs from the diet which will help lose weight and shrink the liver at the same time. **Everyone** is expected to lose weight prior to surgery to shrink your liver.

What do you do next?

- Go to www.flowersbariatriccenter.com and click on “watch our free online seminar.”
 - After you meet with the surgeon you will be given access to *all* of our education videos.
- **Attend your appointment at Wiregrass Surgical Associates to meet the surgeon** (located on 2nd floor)
 - WSA will contact you with an appointment. If you have not gotten a call after 7-10 business days, you should contact the bariatric center. **Be sure to have a separate appointment for the bariatric center that month.**
- **STOP SMOKING** or using any product that will give you a positive nicotine test
 - One of your requirements is to have a negative nicotine test. You’ll do a test at your last appointment with us. This is not only our surgeon rule; we must prove to insurance providers you do not currently smoke.
- **Call and make your psychologist or psychiatrist appointment**
 - Tell them you need an appointment for a *bariatric surgery evaluation*
 - Dr. Cotter at Child & Family Services - (334) 793-2237
 - Dr. Ann Jacobs or Dr. Walter Jacobs - (334) 794-5467
 - Dr. Acra at Acra Behavioral Health and Counseling (Enterprise, AL) - (334) 417-0385