

## Intake Class Reference Guide

### Complete online seminar and educational videos [www.flowersbariatriccenter.com](http://www.flowersbariatriccenter.com)

Visit our website and follow the link at the top of the page to gain access to the educational videos if you have not already received a link through your email to the videos. If you have any family members or friends who are interested in learning more about your future journey, we recommend them watching the videos with you. We have a desktop computer in our lobby you are welcome to use for the videos if you need to.

### Bariatric Surgery PreOp Program \$200 fee

This is an out-of-pocket expense that is not billable to insurance. This fee covers the supervised diet visits and the diet class with the bariatric center. You may pay this all at once or make payments in \$50 increments. If you decide to make payments, we ask that at least \$50 be paid by your first one-on-one supervised diet visit.

### EGD

An EGD is a scope they use to assess your upper GI tract. They will also check for H. Pylori during the EGD. This procedure will be scheduled by the surgeon's office. You will likely receive a date for this at the initial consultation with your surgeon. They will give you more information regarding this procedure when it is scheduled.

### Occupational Therapy Evaluation

You will receive an order for this evaluation at the time of the initial surgery consultation, however Wiregrass Surgical will not be setting a date for this requirement. The order will be sent to Flowers Hospital's Occupational Therapy office and it will be your responsibility to call the office and have this scheduled. We recommend calling within the next few days AFTER your initial surgery consultation to ensure this appointment is completed early on in the pre-operative process. Do not call before you meet with the surgeon. Of note, some insurances do not cover occupational therapy; the ones we are aware of are Tricare and Peehip. Your order will be given to their neighboring clinic (same office) Health Actions to complete a physical therapy eval instead. Flowers Hospital Occupational Therapy department phone number is 334-615-8440.

### Sleep Study/ Pulmonary Clearance

You will receive an order for this evaluation at the time of the initial surgery consultation, however Wiregrass Surgical will not be setting a date for this requirement. The order will be sent to Flowers Hospital's Sleep Center and it will be your responsibility to call the office and have this scheduled. We recommend calling within the next few days AFTER your initial surgery consultation to ensure this appointment is completed early on in the pre-operative process. Do not call before you meet with the surgeon unless you have an order from your primary care provider. Postponing this appointment has potential to postpone your surgery date so please be diligent in getting this scheduled. The phone number to the office is 334-794-5000 ext. 1685.

\*If you've already have had a recent sleep study and compliant with your device if prescribed, please schedule a follow up with the provider who performed the sleep study to obtain pulmonary clearance.

### Medicines Addressed

Medications will need to be addressed by your pharmacist or primary care provider prior to having surgery. This is to ensure you have a plan for after surgery regarding the form of your current medications.

### Colonoscopy for Patients 50 years old and older

This is only for patients who are 50 years and older. If you have NOT had a colonoscopy, please notify the surgeon's nurse at the time of the initial surgery consultation. They will likely be able to perform the EGD and colonoscopy at the same time.

### Mammogram for Women 40 years old and older

We will need a record of your most recent mammogram performed within the last year. You can call your insurance company to find out if you need a referral or order.

## **Mental Health Eval & Clearance for Bariatric Surgery**

The mental health evaluation is something we recommend to schedule within the few days following the initial surgery consultation. There is a list of providers in the area who are familiar with the bariatric surgery evaluation and can help you with this requirement. Do not delay this appointment until the end of the pre-operative process because if the provider recommends counseling prior to surgery, this could potentially delay your surgery date.

## **Out of Pocket Expense Paid for Flowers Hospital and Surgeon (WSA)\***

You will receive an estimated out-of-pocket expense report from our office at your second visit. Contact Jana, at Wiregrass Surgical, to prepare your surgeon's estimated out-of-pocket expenses. Out of pocket expenses will need to be paid prior to receiving a surgery date. Please remember this is an estimate and might not be an exact number.

## **Medical Clearance for Surgery**

There will be a Medical Clearance Form in the booklet you receive at your first one-on-one supervised diet appointment. If you need additional forms, please let us know. This clearance will need to be completed by your primary care provider and any specialist that you see, especially cardiologist. This will need to be completed about 1-1½ months before your surgery. If you see an endocrinologist or another provider for diabetes medication management, we recommend discussing what to do with your medication following surgery. You will need to check your blood sugars frequently and likely need to adjust your diabetes medication as directed by your prescribing provider.

## **Support Group Attendance**

At least one in-person visit is required by insurance companies. Please refer to the intake checklist to view support group calendar. You do not have to sign up for these in advance, but please SIGN IN when you arrive. Support groups are held on the same floor as the bariatric office in Classroom 1. Rather than taking a right as you come off the elevators or exit the stairs onto the 4th Floor, you will take a left to find classroom 1.

For our patients' overall peer support, which is not counted as "required attendance credit," we would like to invite you to join our private Facebook group which is open to our patients only to ensure your privacy. Search "Flowers Hospital's Bariatric Support Group" on Facebook, read the rules and answer the short questions and we will add you to the group!

## **5 year weight history documentation**

This is a requirement by certain insurance companies. Please return the Release of Information Consent to us as soon as possible so our office can start collecting your weight history from other doctor's offices.

Please note that IF your insurance requires a weight history and you have not met the BMI guidelines for the required weight history timeframe, this would disqualify you from insurance approval. It would also likely disqualify if there is not documentation for weight history as the majority of insurance companies will not accept photos in place of a medical record.

## **Complete your 3 or 6 month supervised diet with the bariatric center**

Insurance will require 3 or 6 months of a supervised diet period prior to being approved for surgery. This is to show that adequate preparation has been achieved prior to surgery. It is very important that you do not skip a month and all visits are with the same office. If you are not using insurance for surgery, your supervised diet visits will likely still be 3 months of visits.

## **Complete nutritional class**

The bariatric office will schedule this once all requirements have been met and you are very near to a surgery date. This is focused on your postop diet.

## **Negative Nicotine Test**

This is required by insurance and the surgeons. The order for this urine test will be given at either your last supervised diet visit or at the nutrition class. The results are good for 8 weeks.