

# Bariatric Surgery Patient Checklist

At Temple Health, our Bariatric Program helps patients gain back their confidence and life, and to move at their own pace. Using a holistic approach, our patients are provided with a treatment plan that fits their health needs. Here is an overview to help you better familiarize yourself with the process.

- Calculate your BMI. Do I qualify with a BMI of 35 or greater?
- Does my insurance cover bariatric surgery? Call the number on the back of your insurance card and ask them.
- View the online bariatric seminar.
- Schedule an appointment and meet your bariatric surgeon.
- Keep your appointments with your bariatric surgeon or practitioner as scheduled. If you cannot keep the appointment, please call to reschedule.
- Sign up for myTempleHealth, Temple's patient portal, so you can see all appointments and testing that have been scheduled for you.
- View the bariatric nutrition class online.
- Complete laboratory tests and blood work ordered by your surgeon as soon as possible.
- Attend a monthly support group. Our dietitian will email you this information.
- Meet with the bariatric psychologist. Clearance is required by your insurance company from a psychologist to determine your readiness for surgery and willingness to make lifestyle changes for long-term success.
- Attend your specialty appointments, if ordered by your surgeon, with any specialist like cardiologist, pulmonologist, gastroenterologist, or endocrinologist. These specialty appointments will be scheduled by our scheduling department.
- Complete any radiology testing ordered by your surgeon. Examples of the tests that may be ordered by your surgeon are an upper GI, an abdominal ultrasound, or a lower extremity Doppler ultrasound. If you cannot keep an appointment, please call to reschedule.
- Complete your sleep study, if ordered by your surgeon, and obtain your CPAP equipment if indicated. This is required for pulmonary clearance for surgery, if indicated.
- Keep your appointment with the dietitian. This is a monthly appointment. The required amount of appointments is determined by your insurance and required for you to achieve clearance by the dietitian for readiness for surgery.
- View the diet education for after-surgery class online. The dietitian will email you directions on how to view this class.
- View the pre-operative education class online. The nurse will email you directions on how to view this class.
- Once all requirements are met, your records are sent to your insurance company for approval for surgery.
- Sign consent for surgery with your surgeon.
- Your surgery date is scheduled by the surgery schedulers from the office.
- Attend your Pre-Admission Testing (PAT) appointment. This date will be provided to you. This appointment is VERY important. If you miss this, you cannot proceed to surgery.
- Surgery Day! You typically go home the next day.
- Keep your follow-up appointments and continue to attend the support group.
- Call us with any questions. No question is silly.
- Celebrate your journey and success on becoming a healthier you! You worked hard for it.

**Are you ready to start your journey with the Temple Bariatric Program? To schedule an appointment, please call 800-TEMPLE-MED.**



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