



SSMHealth.

Weight Management Services

Bariatric Surgery

A guide to your journey

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Welcome

SSM Health welcomes you to your first step with weight loss and advanced laparoscopic surgery. We know the road to better health through bariatric surgery is not always easy, but we are committed to seeing you through the process as efficiently as possible.

Over the next few months, you will be using this GUIDE to navigate your way through the pre-op process. If at anytime you get lost....don't worry! We will get you back on course. Our doctors, advanced practice providers, nurses, dietitians and office staff are here to answer all of your questions and guide you down the road to your new beginning.

Please read this manual in its entirety and do not hesitate to contact our office through MyChart with any questions.

Bariatric Pre-Surgery Checklist

Patient Responsibility

- Attend 3-6 support group meetings as recommended
- High protein diet Start Date ____/____/____
- Required weight loss before surgery _____lbs.
- EMMI education videos Completed ____/____/____

Required Testing

- EKG Completed ____/____/____
- Chest X-ray Completed ____/____/____
- Labs Completed ____/____/____
Must be fasting for 12 hours prior
- Dietitian consult Completed ____/____/____
- Psychiatric consult and clearance Completed ____/____/____

EKG, chest X-ray, and labs should be done at any SSM Health facility. Please have these tests completed 1 week before your appointment in

If you use a non-SSM Health facility, it is your responsibility to provide this office with a copy of the results.

Additional items that may be required:

- Upper endoscopy ____/____/____
- Cardiac clearance ____/____/____
- Stress test ____/____/____
- Pulmonary clearance ____/____/____
- Pulmonary function test ____/____/____
- Venous doppler ____/____/____
- Sleep study ____/____/____
- Diabetic education ____/____/____
- Smoking cessation date ____/____/____
- Discontinue of estrogen (one month before and after surgery) ____/____/____
- MyChart enrollment ____/____/____
- Other _____

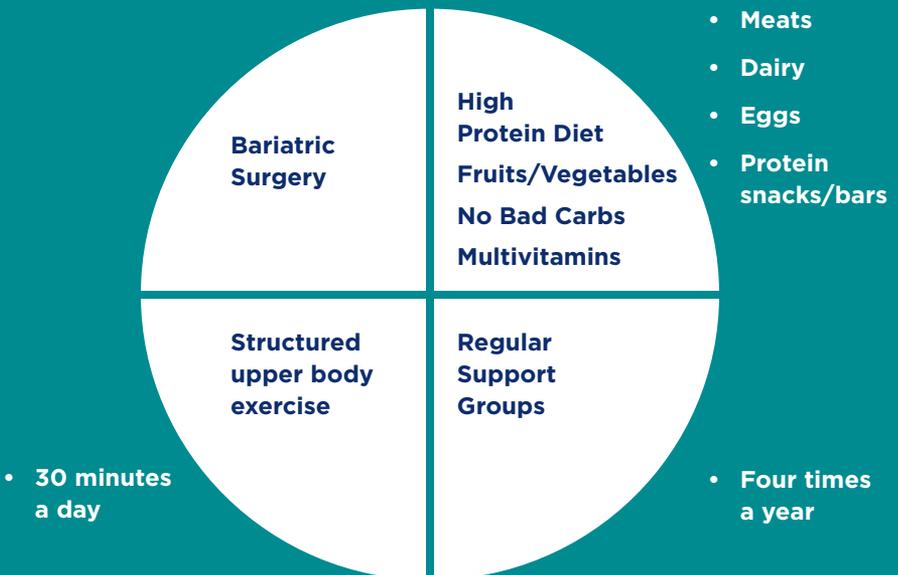
Dietitian visits

As part of our comprehensive program, a class with a registered dietitian will be scheduled after your initial visit. Extra 1-on-1 visits with a registered dietitian and follow-up appointments are offered if needed prior to surgery. Registered dietitian 1-on-1 visits are often scheduled on the same day as other office visits but are not always guaranteed.

Behavioral health

Throughout your journey at weight management services you will undergo numerous changes. As such, you will be required to obtain behavioral health clearance prior to your surgery. Your insurance will dictate whether you may see our clinical nurse specialists or if you need to see a psychiatrist for clearance.

Bariatric surgery Just one piece of the puzzle.



Life-long lifestyle changes.

Habits to master now:

- Attend support group meetings.
- Eliminate carbonated and caffeinated drinks from your diet.
- Avoid using straws.
- Avoid mindless snacking. Eat only at the table and not while reading, watching TV, and/or working.
- Eat your protein first, followed by your vegetables.
- Eat slowly and deliberately, put your utensils down between bites. Meals should last at least 20 minutes, but no more than 30 minutes.
- Chew your food very well, at least 20-30 times per bite.
- Eat until satisfied not until full.
- Do not drink with your meal.
- Start a multivitamin. This can change after surgery.
- Exercise 20 minutes/day.

Pre-op high protein diet

Start date ____/____/____

What is protein?

Protein is the nutrient responsible for maintenance of all the tissues of our body. This includes bone, muscle, organs, and even hair and skin. In addition, protein helps the body function properly. The average woman needs 60 grams of protein a day and the average man needs 60-80 grams of protein a day to stay healthy.

Your best sources of protein are: lean cuts of meat, fish, low-fat/fat free milk and dairy products, eggs, certain vegetables, certain protein bars, and protein shakes.

When preparing foods avoid the following:

- Breading
- Sautéing
- Salad dressing in any significant quantity
- Cooking in butter, oil, or high calorie/fat products
- Frying (an air-fryer is acceptable)

What should I be eating before and after bariatric surgery?

You need to eat 60-80 grams of protein per day.

- Boneless, skinless chicken breast
- Turkey breast, skinless, whole or ground
- Lean ground beef (no more than 8% fat)
- Trimmed cuts of beef (no more than 8% fat)
- Trimmed cuts of pork loin or pork chops
- Grilled or baked fish – salmon, tilapia, tuna (not breaded or fried)
- Canned tuna or chicken (packed in water not oil)
- Eggs
- Tofu
- Cottage cheese (low fat)
- Greek yogurt (low fat)
- Protein shakes

Protein source	Amount of protein
1 oz chicken	7 grams
1 egg	7 grams
1 cup low-fat cottage cheese	25 grams
3 oz venison	26 grams
3 oz salmon	17 grams

1 oz is about the size of a matchbox; 3 oz is about the size of a deck of cards.

Vegetables

You should eat low carbohydrate vegetables (listed below) (not breaded or fried)

- Asparagus
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Green Beans
- Greens
- Lettuce
- Mushrooms
- Onions
- Peppers
- Radish
- Spinach
- Tomato
- Zucchini

Spices/seasonings

Suggested spices/seasonings for meat and vegetables:

- Basil
- Bay leaf
- Caraway
- Chervil
- Chives
- Cloves
- Curry
- Dill
- Dry mustard
- Garlic or garlic powder
- Ginger
- Green pepper
- Lemon juice
- Mace
- Marjoram
- Mint
- Mushrooms (fresh)
- Nutmeg
- Onion or onion powder
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Saffron
- Sage
- Savory
- Tarragon
- Thyme
- Tomato
- Turmeric
- Vinegar

Meal replacement

A protein supplement will be used before surgery as a meal replacement. Your bariatric surgeon may have you replace 1-2 meals a day with a protein supplement.

Your protein supplement must meet the following guidelines:

- Select a whey-based protein powder-whey isolate or whey concentrate
- Protein powders should be mixed with water, skim milk, or a non-fat dairy milk source
- Protein 25-30 grams
- Carbohydrates less than 10 grams
- Fat less than 5 grams
- Sugars greater than 5 grams

Examples:

- Premier protein
- Bariatric advantage
- Elevation Protein Powder
- Nectar/Syntrax Whey Protein Isolate Powder
- Genepro Protein Powder
- Ensure High Protein Max
- Pea protein (vegetarian/vegan)



Special dietary concerns

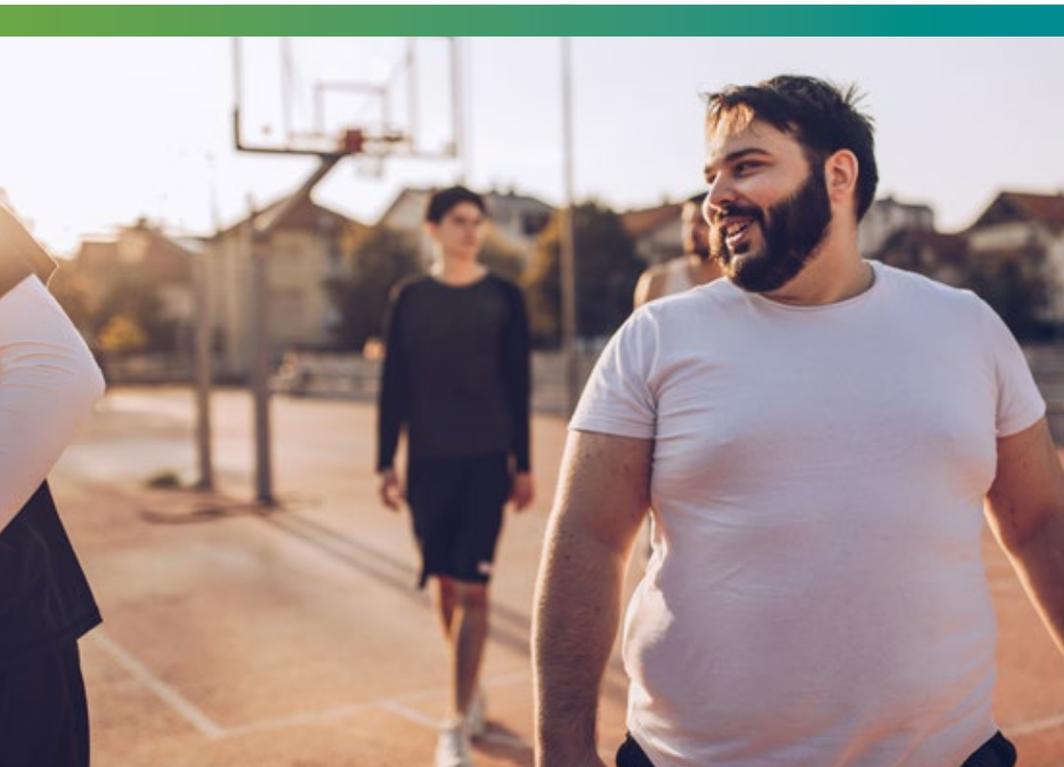
Caffeine

Caffeine is a stimulant and is naturally found in more than 60 plants, including cocoa, tea, and coffee. Caffeine is also added to soft drinks and is often a component of many over-the-counter medications and dietary supplements including certain protein powders and drinks. Caffeine temporarily speeds up the body's heart rate, boosts energy, and is often used to fight "fatigue". Caffeine also acts as a diuretic, which can cause dehydration. As a result, caffeine can leave you feeling thirsty if you use it as your main source of fluid intake. The recommended intake of caffeine is defined at 300 milligrams or no more than two 8-ounce cups of coffee per day. Decaffeinated tea and coffee contain a small amount of caffeine.

If your diet contains a large amount of caffeine, you should decrease your intake gradually. This will help to avoid headaches caused by withdrawal. Your surgeon will ask you to stop all caffeine for 2 weeks after surgery.

Constipation

With the consumption of a high protein diet constipation can become a problem. Drink at least 64 ounces of fluid per day, exercise, consume high fiber food such as vegetables, and taking 30 grams of fiber supplements twice daily with liquid will help relieve constipation.



Heartburn/GERD/reflux esophagitis

This is painful inflammation of the esophagus that is often caused by the regurgitation of stomach contents. Antacids ease the burn but do NOT correct the problem. Follow the following tips to decrease/eliminate GERD:

- Avoid high fat, fried, and spicy foods
- Avoid coffee (regular and decaffeinated) and foods containing chocolate, cocoa, peppermint oil, and spearmint oil
- Avoid tomatoes, tomato juice, citrus juices, alcohol, and pepper
- Avoid chewing or sucking on breath fresheners, gum, and lozenges which can produce stomach acid
- Do not eat 3-4 hours before lying down

Low-calorie sweeteners

Low-calorie sweeteners are those containing few calories per serving, while providing sweetness to both liquid and solid foods. Acceptable non-nutritive sweeteners are Splenda (sucralose), Equal (aspartame), Sweet n' Low (saccharin), and Stevia.

These are all FDA approved for long term use and can help advance to a low-sugar lifestyle. Always read the labels of foods and beverages saying "diet" or "low calorie" to check for specific calories and the types of sweeteners used. "Sugar free" does not always mean calorie free. Be careful with sugar alcohols (sorbitol, mannitol, xylitol, etc.), often found in "sugar-free" products. They can add both additional calories and potential gastrointestinal distress (for example: bloating, diarrhea, and gas).

Taking control

It is much easier to resist food when it is not in front of you. Listed below are several ways of eliminating food cues:

- Store foods, particularly those that are high in calories in opaque (cannot be seen through) plastic containers
- Clean out the kitchen shelves so that there are no high calorie foods
- Keep all food in the kitchen at all times
- Don't keep your favorite high calorie foods in the house
- Do not buy unhealthy food

Healthy mealtime habits

Mealtime activities are especially difficult for staying on track. Paying close attention to the pleasure involved in eating will help you get more satisfaction from your meals. Some ways to overcome temptations and become a gourmet eater are:

- Serve food right onto plates rather than family style
- Avoid leaving serving dishes on the table
- Use smaller dishes to make servings appear more generous
- Designate one place to eat all meals
- Leave the table immediately after eating
- Store leftovers in divided meal containers designed for portions
- Eat only when you are physically hungry
- Avoid all other activities while you are eating (except talking to others)
- Eat slowly, consciously take small bites and chew thoroughly
- Put utensils down between bites
- Make sure your meal lasts at least 20 minutes. It takes approximately 20 minutes for your brain to receive a signal from your stomach that you are full
- Wear something snug around the waist and hips
- You do not have to finish your plate

Grocery shopping

It is much easier to avoid the wrong foods in the grocery store than it is to avoid them at home. Here are some suggestions to increase the likelihood that you will deal with eating temptations in the grocery store effectively:

- Do not shop when hungry
- Make a shopping list before you go and stick to it
- Shop around the outside of the store. Avoid the aisles which contain many processed, high-calorie foods
- Shop protein first followed by vegetables and fruits



Social support

Losing weight can be hard work. Asking for assistance from friends and family members is okay. Let others know that you have set goals aimed at taking good care of yourself. For example, you may want to try the following:

- Ask others to serve themselves food
- Ask others to help in cleaning up after meals
- Ask others not to eat your favorite foods in front of you
- Attend support group meetings for the rest of your life

Helpful eating behaviors

At home:

- Enlist the support of family members
- Prepare meals when you are not hungry
- Ask family members to prepare their own snacks
- Get involved in activities you enjoy

At work:

- Do not bring change for the vending machines
- Do not eat at your desk
- Take a prepared lunch

Coffee breaks:

- Take a walk for the first half of the break
- Use this time for relaxation exercises
- Read a favorite book

At restaurants:

- Don't go hungry. Have your meal or protein shake before going out to dinner.
- Ask server for fresh lemon and vinegar for your salad or bring dressing with you
- Look for restaurants that have salad bars, vegetable platters, and lite menus
- Ask the server to eliminate fattening dressings, sauces, etc.
- Eat steamed or broiled foods not fried
- Share an entrée with others or eat from the kid's menu

When alone:

- Remind yourself of your priorities: weight loss being #1
- Set up an attractive place setting at the table
- Avoid activities which trigger urges to eat
- Engage in enjoyable activities other than eating

Eating with others:

- Communicate to others that you have made a commitment to lose weight
- Ask friends not to offer you dessert or other fattening foods
- Politely refuse second helpings when they are offered

At the holidays:

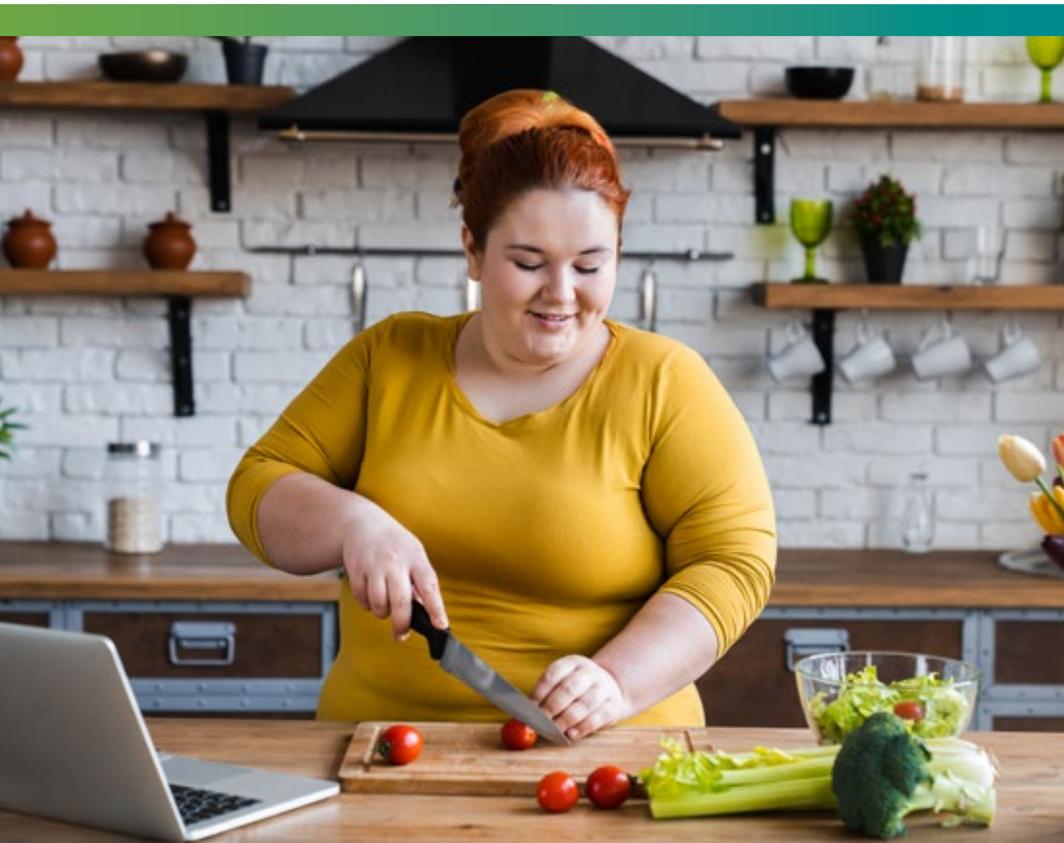
- Plan ahead what you will eat
- Determine alternative ways to enjoy yourself without eating
- Prepare a healthy protein dish that you (and others) can enjoy to take to an event

On vacation:

- List activities you can do that are unrelated to eating
- Reserve accommodations with cooking facilities
- Eat out only one meal a day
- Bring your protein sources: shakes, powder, water, bars

Cravings

Learn the difference between physical and psychological cravings. Physical cravings only occur when the body is lacking an adequate supply of specific nutrients. A psychological craving is a strong desire for a specific food that is not based on need. Our dietitians will help you learn the difference between these two types of cravings.



Exercise guidelines

To lose weight, you need to burn calories. The more calories you burn, the more weight you will lose. Patients are recommended to follow the Office of Disease Prevention and Health Promotion's recommendations to engage in:

- Aerobic exercise - at least 30 minutes per day
Examples: brisk walking, dancing, boxing, swimming, water aerobics
- Muscle-strengthening exercise - at least 2 times per week
Examples: resistance bands, free weights, punching bag (please reference the following exercise pages for examples)
- YouTube videos are a great resource for guidance

Need help getting started?

NEXT Program - Nutrition and exercise training program

- Before starting the NEXT program, all participants should check with their health care provider to ensure you are healthy enough to participate in an exercise program of this type
- Please contact our weight management office for more information on the NEXT program



Upper body exercises

Stand and box



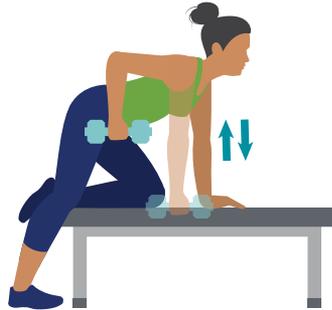
Wall push-up



Arm curls



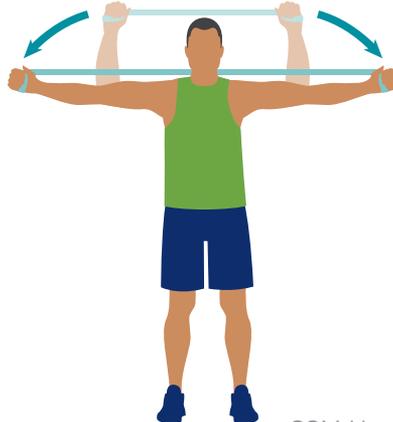
Bench arm lifts



Sitting weight lifts

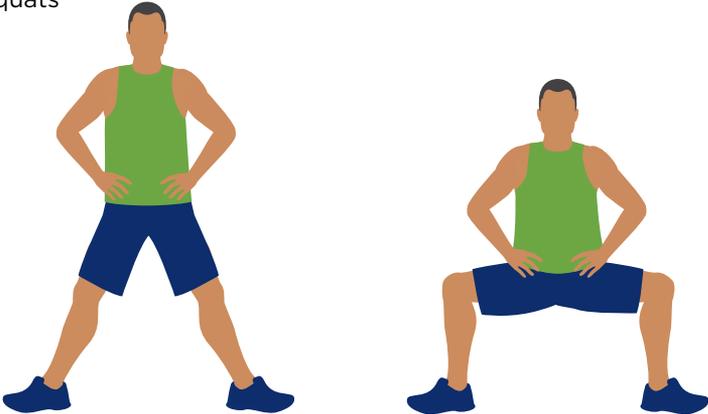


Resistance band

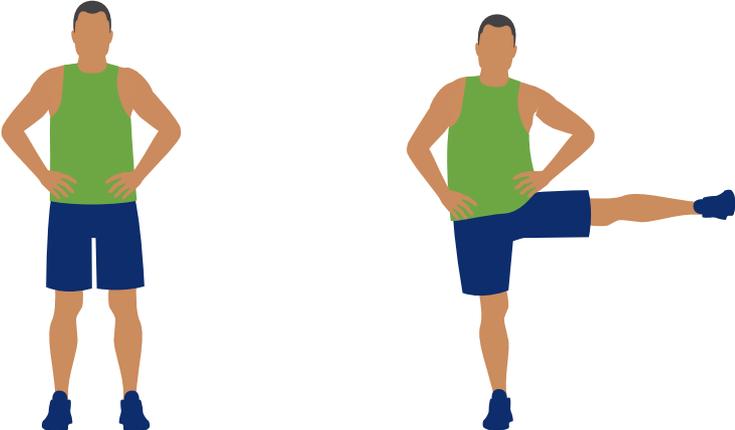


Lower body exercises

Leg squats



Leg lifts



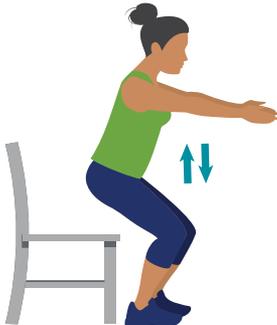
Heel and toe



Leg scissors



Chair-assist squat



Surgery

Pre-surgery class/appointment

All patients will be scheduled to attend a mandatory pre-surgery group education class 2-3 weeks prior to your surgery date. You will also have an appointment with your surgeon in the afternoon on this day.

You MUST bring your support person to this class.

At the beginning of class, you will be given a folder.

The contents of the folder are:

- Right side - Important information regarding your surgery
- Left side - Surgical consents. These consents must be read and signed by you and support person where indicated before your afternoon appointment at SSM Health.

You WILL NOT be seen for your pre-surgery appointment at SSM Health until all your consents have been signed.

Medications that need to be stopped before surgery

1. Steroids: No steroids for 4 weeks before and 6 weeks after surgery. No long-term steroid use after surgery.
2. Vaccines: No vaccines 4 weeks before or after surgery.
3. Estrogen containing hormone replacement products/birth control pills: Stop 1 month before surgery and 1 month after surgery. Depo Provera shots/IUD's/Nuva Ring implants are acceptable.
4. NSAIDS: Stop 2 weeks before surgery and do not use after surgery for the rest of your life. Examples: Ibuprofen, Advil, Aleve, Naproxen, Celebrex, Motrin, etc.
5. Blood thinning agents: Stop no later than 5-7 days before surgery unless otherwise instructed by your cardiologist and agreed upon by your surgeon. Examples: Aspirin, Plavix, Warfarin, Coumadin
6. Oral diabetic medications: Stop 3 days before surgery and start sliding scale insulin. Examples: Glipizide, Metformin
7. Diuretics (water pills): Must be stopped 2 days before surgery.

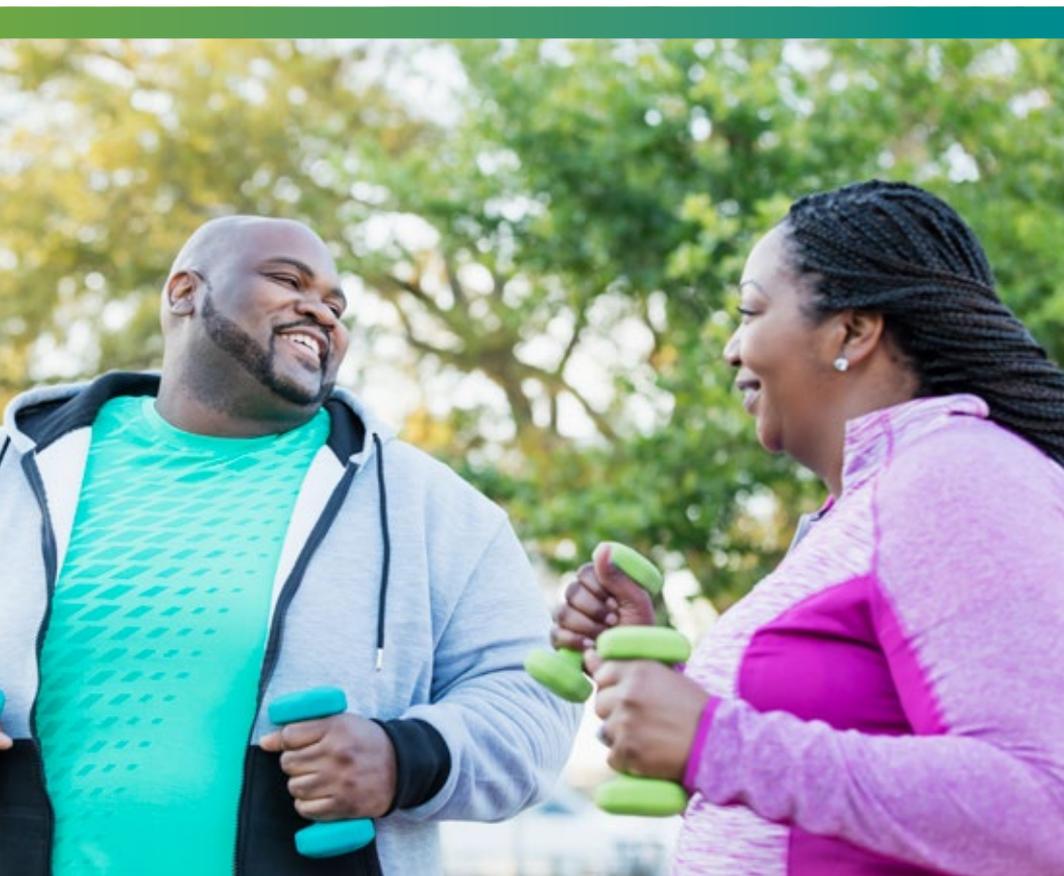
FMLA paperwork

FMLA paperwork may be turned into the nursing staff prior to surgery. It is not typically filled out until the week of your surgery. Please only fill out the employee information portion. If any of the healthcare provider information portion is filled out, the paperwork will be returned to you without being completed and you will be asked to provide a new copy with only the employee portion filled out.

The office may take up to 7 days after the receipt of your paperwork (or after surgery) to complete it. You will be notified when your paperwork has been completed.

All FMLA is approved for time off beginning with your day of surgery until your 1 week after surgery visit. If more time is needed, please discuss extending FMLA with your surgeon at your 1-week appointment after surgery.

If needed, please request a return to work note. It will be issued at your 1-week post op visit with a weight restriction if indicated.



Weight-loss tracker

Initial weight _____

Before surgery month 2 _____

Before surgery month 3 _____

Before surgery month 4 _____

Before surgery month 5 _____

Before surgery month 6 _____

Before surgery month _____

Surgery day weight _____

1 week after surgery _____

1 month after surgery _____

3 months after surgery _____

6 months after surgery _____

1 Year after surgery _____

Support group attendance

It is mandatory that all patients attend a minimum of three (3) or six (6) support group meetings prior to surgery. Please ask the support group leader to document your attendance by signing below:

_____ Date: ____/____/____

You must bring this book with you to all appointments and support group meetings. Thank you for your cooperation.

In the event of inclement weather or emergency situations, it may be necessary to cancel or postpone a scheduled support group.

All scheduling changes will be communicated via our Facebook page and, time permitting our website.

Locations

Weight Management Services at SSM Health

Good Samaritan Hospital

5 Good Samaritan Way, Mount Vernon, IL 62864

618-899-1264

Weight Management Services at SSM Health

St. Mary's Hospital

432 N. Pleasant Ave., Centralia, IL 62801

618-436-8300

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