

## Bariatric Surgery Tip Sheet

### Primary Care Physician (PCP):

Patients seeking bariatric surgery at SSM Health Weight Management Services (SSM WMS) must have an active relationship with a primary care physician (PCP). Patients who do not have a PCP will be allowed to proceed in the SSM WMS bariatric surgery process, but surgery will not be scheduled until establishment of care with a PCP has been completed.

Patients in need of establishing care with a PCP may call 1-866-776-3627 for a list of available PCPs or visit [www.ssmhealth.com/schedule](http://www.ssmhealth.com/schedule).

### Insurance Requirements and Compliance:

Every insurance has different criteria that you are required to meet before they will approve your surgery. This criteria usually includes a medically-managed diet program. While completing the diet program requirement, you will need to make sure that you are complying with what is stated on your insurance medical policy. Your insurance will be looking for specific dietary changes that you have made as well as specific information around exercise and what you have been doing. We highly recommend that you either write this down in a journal or use a smart phone app to keep track. **THIS IS VERY IMPORTANT! Your insurance will not approve your surgery unless you are following a diet and exercising on a consistent basis.**

### Behavioral/Lifestyle Changes:

The following behaviors should be followed after bariatric surgery to decrease possibility of gastric ulcer formation:

#### No Smoking

Patients who have used tobacco products within the year prior to being seen at the WLI will have a nicotine test (urine). The SSM WMS RN will order this test during the initial phone call with the patient.

To obtain a negative nicotine test, patients must be inhaled nicotine free for four weeks prior to the test. If patients use any type of non-inhaled nicotine product to help with smoking cessation, nicotine testing should be done at SSM Health DePaul Hospital.

- Vapor cigarettes are only acceptable if the nicotine content of the gel used is zero percent

#### Preconception/Pregnancy

Estrogen based forms of birth control should be avoided the first four weeks post-bariatric surgery. Alternative forms of birth control should be used if needed. (e.g. barrier method)

**Notify SSM Health Weight Management Services if you intend to become pregnant or discover you are pregnant.** Guidelines for preconception/pregnancy are available for your information.



Weight Management Services

### **No use of non-steroidal anti-inflammatory drugs (NSAIDS)**

The restriction for use of NSAIDS is lifelong.

NSAIDS include, but are not limited to, the following medications:

- Ibuprofen, Aleve, Advil, Motrin, Mobic, Meloxicam, Celebrex, and 325mg aspirin.

Patients taking 325mg aspirin by physician order should obtain order from ordering physician that gives permission to decrease aspirin from 325mg to 81mg daily after surgery. A note giving permission for decrease in aspirin dosage must be received by the SSM Weight-Loss Institute.

### **Other Behavioral/Lifestyle Changes**

No use of carbonated beverages. This restriction is lifelong.

Limit caffeine to 16 oz daily. This restriction is lifelong.

No use of alcohol for one year after surgery.

### **Med Alert Tag**

Patients having bariatric surgery should obtain a Med Alert Tag to be used in case of emergency.

Information listed on the Med Alert Tag should include:

- Bariatric surgery
- No blind NG tube
- Fluid capacity 60cc or less
- No NSAIDS

### **Medications**

Use of immunosuppressants may need to be restricted for two weeks before and two weeks after surgery. This should be discussed at your pre-operative physician consult.

Patients taking Plavix, Xarelto, other prescription blood thinning medications must obtain a note from the prescribing physician giving permission to hold that medication for 5-7 days prior to surgery. Recommendations for replacement medication should also be given, if necessary.

Patients will take bariatric formulated vitamins for life. This will be discussed with the dietician during your preoperative assessment.

Patients will not be able to swallow pills larger than a regular aspirin for the first 30 days after surgery.

- Extended release medications may not be cut or crushed
- Medications that are NOT extended release, MAY be cut or crushed

### **Flu Shot:**

Please make sure to obtain your flu shot either **two week before** or **two weeks after** your bariatric surgery.

### **Educational Information:**

SSM WMS offers online educational modules via EMMI for each of the procedures (sleeve gastrectomy, Roux-en-Y gastric bypass, Doudenal Switch, Lap-Band). Each module provides detailed information about the surgical procedures. An email with login information and completion instructions will be sent to the patients email address on file.

Each module takes about 20 minutes to complete. We recommend that patients complete each of the educational modules before meeting with the SSM WMS physician for their initial preoperative consult. The module for the surgery to be performed **MUST** be completed before the patients surgery is scheduled.

Other educational information:

- [www.ssmhealth.com/depaulweightloss](http://www.ssmhealth.com/depaulweightloss)
- Appointments with in-clinic providers
- Preoperative Surgery Class

### **Diabetic Patients:**

Must have a Hemoglobin A1C of 9.5 or less within 3 months of the time of surgery.