

Pre-surgical Nutrition Assessment and Education



Before surgery you will meet with our dietitian for a comprehensive nutrition assessment and therapy to provide you with the skills you will need to successfully lose weight and keep it off after weight loss surgery. While there is a general structure to the nutritional program, the number of visits can change depending on your progress and understanding of the material.

Visit One: This visit includes an interview with our dietitian to determine your weight and dieting history, current nutritional intake, vitamin and mineral supplementation, review of your lab results, assessment of general nutrition knowledge, your readiness for lifelong change, and recommendations for activity or exercise. You will leave this first visit with goals to begin preparing you for surgery. (1.5 hours)

Visits Two through Four: At these visits our dietitian will review and update your goals, discuss your exercise and activity, review your eating habits, and teach you new skills. You will be asked to keep a food and activity journal so you can monitor your progress. During these visits expect to learn how to read nutrition facts labels, what portion sizes will be after surgery, how to choose protein supplements, how to prevent dumping syndrome, and more. Each follow-up session is tailored to meet your specific needs, and the number of visits with the dietitian is flexible. Most patients will complete pre-surgical nutrition therapy in three to four visits. (1 hour each)

Nutrition Class: In this class you are asked to bring labels from protein, vitamin, and mineral supplements for review. You will learn about the pre-operative semi-liquid diet guidelines and the six-week post-operative diet progression. (1 – 1.5 hours)