

# Bariatric Surgery Pre-surgical Nutrition Assessment/Education



As part of the Presbyterian Bariatric Surgery Pathway, you will see a registered dietitian (RD) to make lifestyle changes in preparation for surgery. The purpose of nutrition therapy before surgery is to:

- Provide you with the knowledge and skills to be safe and healthy after surgery.
- Provide you with the knowledge and skills to maintain weight after surgery.

Changing habits takes time. Nutrition visits are tailored to your individual needs and include office visits and group classes. Each patient has no more than six visits/classes to demonstrate the knowledge and skills necessary for success after surgery. Please plan 75-90 minutes per visit or class.

Nutrition appointments are scheduled about four weeks apart. The total amount of time necessary for you to complete pre-surgical nutrition therapy varies from person to person. In some cases, it is dictated by insurance requirements.

**As part of your pre-surgery nutrition therapy, you can expect your RD to do the following:**

- Teach you about healthy eating.
- Provide tips, tools and resources to help you make changes that work for you and your lifestyle.
- Help you to set and monitor progress toward monthly goals in preparation for surgery.
- Help you to learn problem-solving skills important in your life after surgery.

- Make a final determination of your readiness for surgery.

**As a partner in your pre-surgery nutrition therapy, you will be expected to:**

- Monitor what you eat by keeping daily food records and bringing copies of your food records to every nutrition visit/class.
- Keep your educational handouts organized in a binder, which you'll bring to each nutrition visit/class.
- Tell your RD if you have any difficulties with reading, writing, math or using a computer. This helps the RD plan lessons that will meet your needs.
- Ask questions if you don't understand something.
- Be open to trying new foods, new recipes and basic cooking.
- Use what you learn to make healthy choices.
- Arrive at least 15 minutes before your scheduled appointment start time. If you arrive late, your appointment will be rescheduled.
- Cancel or reschedule any appointment at least 24 hours before that appointment's scheduled start time.
- Communicate with your bariatric team if you are having difficulty keeping up with the demands of pre-surgery nutrition therapy and would like to take a break.

# Bariatric Surgery Pre-surgical Nutrition Education Checklist



Bring this checklist with you to each of your nutrition appointments.

| Nutrition/Dietary Knowledge and Skills  | Visit 1 | Visit 2 | Visit 3 | Visit 4 |
|---|---------|---------|---------|---------|
| Keep daily food records (document meals and snacks eaten every day). Bring records to visit.                    |         |         |         |         |
| Eat three balanced meals and 0-3 snacks daily   |         |         |         |         |
| Measure portions of food using measuring cups/spoons and a food scale   |         |         |         |         |
| Know daily protein needs and meet those needs more than 75% of the time   |         |         |         |         |
| Begin using a liquid/powdered protein supplement  |         |         |         |         |
| Drink 64 ounces of fluid (ideally water) daily  |         |         |         |         |
| Choose sugar-free, non-carbonated, non-caffeinated drinks 90% of the time. Limit caffeine to one serving daily. |         |         |         |         |
| Drink beverages in between meals only.<br>Avoid liquids 30 minutes before and after meals.                      |         |         |         |         |
| Read Nutrition Facts labels to choose foods lower in sugar and fat  |         |         |         |         |
| Dine out no more than two times weekly  |         |         |         |         |
| Participate in regularly scheduled physical activity  |         |         |         |         |
| Understand post-surgical vitamin/mineral supplement needs and plan how to meet those needs                      |         |         |         |         |
| Manage stress/emotions without using food or beverage   |         |         |         |         |
|   |         |         |         |         |

Remember: Lifestyle changes are the key to maintaining weight loss after surgery, and change can be hard at times. Your RD and bariatric team are here to help you. We want you to have the best results possible. Please contact your RD or a member of your bariatric care team if you have questions or concerns about making any required lifestyle change.

Patient \_\_\_\_\_

Registered Dietitian \_\_\_\_\_

Date \_\_\_\_\_