

Bariatric Patient Exam

This examination is given to indicate that you understand the information provided. The following is a written evaluation of your knowledge. Your answers will help us to be certain that you fully understand the information provided, and to point out to us what needs to be clarified and explained to you further.

Please indicate if the statement is true or false.

- True False 1. The success of bariatric surgery depends on my long-term commitment to dietary, activity and medical guidelines.
- True False 2. I may not lose all of the weight I had hoped to lose from bariatric surgery.
- True False 3. This operation for obesity will commit me to regularly-scheduled physician follow ups for life.
- True False 4. It is absolutely necessary that I take prescribed vitamins after surgery for the rest of my life.
- True False 5. After this surgery, it is possible that I will have diarrhea and cramping especially after eating too much, too fast or the wrong kinds of foods.
- True False 6. Individuals who have obesity surgery find that all their comorbidities resolve.
- True False 7. It is not advisable to be pregnant at the time of surgery or to become pregnant in the first 18 months after surgery.
- True False 8. No patient ever gets seriously depressed after surgery.
- True False 9. There is a possibility I could require intensive care, short or long term, in the hospital after bariatric surgery.
- True False 10. Re-operation may be necessary due to bleeding, hernias, and ulceration, separation of stitches or staples, leakage, blockage of the intestines or other causes.
- True False 11. Clots may form in my legs or pelvis, which can break off and float into the lungs. These can cause breathlessness or chest pain and can be fatal.
- True False 12. In the hospital following surgery, patients are expected to get out of bed and walk as soon as possible.
- True False 13. There is a possibility that I may feel depressed for a short time after my surgery.
- True False 14. In order to achieve and maintain weight loss goals, it is recommended that I exercise

a minimum of 30 minutes a day, most days of the week.

- True False 15. If I eat foods high in calories or high in sugar I may experience a “*dumping syndrome*” which can cause stomach pain, nausea, vomiting, increased heart rate, and a near fainting feeling.
- True False 16. Once I reintroduce “regular foods” to my diets, I will still need limit high fat and high sugar foods for life.
- True False 17. After bariatric surgery, I have been guaranteed to permanently lose weight.
- True False 18. After I recover from bariatric surgery and I go home, I should just be patient with any medical problems I may have and not call my surgeon for at least 2-3 days.
- True False 19. After surgery I may experience the feelings of grief over the loss of my relationship with food.
- True False 20. Diabetes, high blood pressure, back pain, and similar ailments may improve after bariatric surgery.