

**Bariatric/MetabolicSurgery**

Patient Promise (please read and e mail back to the Bariatric Team: bariatric@cht.nhs.uk)

I (name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have accessed and read on the Bariatric website:

* Support group information □ Food and Mood Diary
* Psychological resources □ Bariatric teams contact details.
* Procedure information leaflets

**I agree to:**

Treat the Bariatric Team with respect & consideration. I will engage with the service and follow advice given.

Book onto a Support Group within 6 months of attending the Group Education session. If not, you will be discharged from the Bariatric Surgery Service

Follow the post op dietary progression, as instructed by my dietitian/nurse and that not following this diet can put me at risk and affect my weight loss potential.

Follow the preoperative dietary advice as instructed by my dietitian/nurse and understand that if I do not do this, it may not be possible for the surgery to be undertaken.

Consume daily multi vitamins and minerals for the **rest of my life**, if they are no longer available on prescription in the future, I am prepared to buy my own supply as recommended by my dietitian/nurse (approximately £20/month). Attend all my appointments in person (unless agreed with the Bariatric Team) for regular review in clinic and have regular bloods tests to ensure I am keeping well and adhere to recommendations by the team. I will give 48 hours’ notice if I cannot attend a scheduled appointment. (Please call 01484 355217 for all appointment queries)

Understand that clinics are held during regular working hours and some clinicians work across other services too, so clinics may only be held at certain days and times. Therefore, while efforts will be made to accommodate my preferences where possible, the service cannot run extra clinics to fit my specific working hours/ other commitments.

Consume 60 grams of protein per day as a minimum.

You should have stopped smoking (or using nicotine containing E cigarettes) at least 3 months before surgery and maintain this after surgery to reduce the risk of potential complications with healing and development of gastric ulcers post operatively!

Avoid consumption of fizzy/carbonated drinks after surgery

Keep alcohol consumption to a minimum as it is calorific and due to the higher risk of alcohol addiction in patients after bariatric surgery. Avoid alcohol completely for the first 12 months.

Call the Bariatric Team if I have a problem post operatively.

I understand that excess skin is not routinely funded for removal on the NHS.

Avoid pregnancy until **AFTER** 18 months post-surgery due to the risks to the foetus and yourself. The oral contraceptive pill is not a reliable method of birth control after a gastric bypass as it may not be fully absorbed after the surgery.

Take responsibility to look after and read my information pack and diet sheets when I am provided with them in clinic.

Take responsibility of keeping the Bariatric Team informed of any changes in your physical and mental health/wellbeing, including new medical conditions.

**What to expect from the Bariatric Team:**

You will always be treated fairly and with respect by the Bariatric healthcare team.

Every effort will be made to work towards agreed time frames. However, hospital pressures could influence waiting times.

All advice/information given by our Team will be evidence based.

We aim to respond to any queries within 2 working days.

We are not able to tell you how long you will be on the waiting list.

We want you to do well and be successful on your weight loss journey.

We will clarify the long-term dietary and lifestyle behaviours needed for safe and successful outcomes with surgery.

We will discuss the risks and benefits of surgery frankly with you.

We will only list you for a procedure if we feel as a team it is safe to do so.

We will not list you for surgery if the perceived risks outweigh the perceived benefits.

The Bariatric Team do not make decisions on funding requests for Bariatric Surgery or excess skin removal.

**You will be listed for surgery if all the following apply**

You have made and sustained appropriate dietary/lifestyle changes.

You demonstrate an understanding of the lifelong implications of weight loss surgery.

You have not gained weight from your booking-in weight. If you are unsure what this is, please contact the Bariatric Team.

Your mental health is stable, with any difficulties well managed.

Investigations are complete and do not contraindicate surgery.

All risks have been discussed and agreed with a surgeon.

The Multi Disciplinary Team are in agreement that surgery is appropriate for you.

Bariatric surgery does not guarantee long term weight loss and that success depends on lifestyle and dietary changes.

I have read and agree with the above:

Patient signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_