PATIENT CONTRACT (Bariatric Surgery)

The first year after weight loss surgery is a time when new habits must replace old habits if you wish to achieve long-term success. This contract that we are asking you to sign will ensure us that you understand and agree to follow the post-operative guidelines and recommendations. Remember that the surgery is a tool and you must work hard after surgery to change your lifestyle to become and stay healthy.

1. I confirm that I attended a weight loss surgery information seminar and I fully understand the interventions involved with Bariatric surgery and its nutritional consequences.

2. I agree to be committed to follow up. This includes short and long-term. - The expectation for follow up is at the following approximate intervals after surgery: two weeks, three months, six months, nine months and one year and then yearly. It is important that we monitor your weight as well as nutritional parameters, to avoid potential long-term complications. Even if you were to leave the area, we want to hear about your progress.

3. I agree to follow the food plan. - Choices should be high in protein, minimal to moderate fat, low carbohydrate and sugar free. Portion sizes should remain reasonably small.

4. I understand the importance of beverage selection and intake. - Your goal should be 48-64 ounces per day. The majority should be water, Crystal Light, and other non-calorie, non-carbonated drinks. Carbonated beverages (diet or regular) and alcohol should be avoided. Liquid calories add up quickly. For example: juices, shakes, and coffee items (such as with cream or frozen “coolata” drinks) are empty calories.

5. I agree to take nutritional supplements regularly, as directed. - This includes multivitamins, calcium, and other supplementations that are recommended to you (B12, iron, etc.). Left unchecked or not supplemented, certain deficiencies can lead to irreversible damage.

6. I am committed to a regular exercise program. - The minimum should be considered 45 minutes 4 times per week. The only weight loss equation we all have to work with is calories in minus energy expended. Exercise is essential to your weight loss success.

7. I understand that I need to take responsibility for my weight management. - If you are having difficulties with weight loss or nutritional issues, you should contact us, behavioral medicine, or dietician, as appropriate for guidance and/or assistance.

8. I UNDERSTAND THAT SMOKING SHOULD NEVER BE STARTED OR RESUMED AFTER WEIGHT LOSS SURGERY! - The effect of tobacco could be catastrophic, resulting in life threatening stomach bleeding, ulcers, perforation, gastrointestinal problems requiring emergency surgery and potential death!

9. I am aware that after gastric bypass surgery or the sleeve gastrectomy surgery, taking aspirin products and non-steroidal anti-inflammatory drugs will put me at risk for developing stomach and staple line ulcers. If I need to take any of these medications I agree to speak to my physician to find alternate medications as needed.
10. I Understand that becoming pregnant is an increased health risk during the next two years post Bariatric surgery and may be life threatening for myself and my unborn child.

11. I agree to have the information about my care and progress submitted anonymously to a national database managed by the American Society for Metabolic and Bariatric Surgery for quality improvement purposes.

12. I agree to periodically attend the bariatric surgical support group meetings. Common causes of failure to lose considerable weight or weight regain include lack of exercise, lack of attendance at support group meetings, poor food choices, constant grazing or snacking, and drinking high caloric or carbonated beverages. We want you to be successful in becoming healthy.

_The following are some of the potential short term post-operative complications and/or potential long term consequences related to bariatric surgery. It would be impossible to list all complications that may arise. Signing this signifies that you understand these risks and others may develop as a result of obesity surgery._

**Short term, less than 30 days:**
- Death
- Anesthesia related complications
- Heart and lung complications
- Stroke
- Injury to surrounding organs
- Leak and infection
- Bleeding and transfusion
- Bowel obstruction
- Wound infection/abscess formation
- Re-admission to the hospital
- Kidney failure
- DVT/PE (blood clots)

I understand that any of the above issues may require prolonged hospitalization, readmission to the hospital and reoperation.

**Long term, greater than 30 days:**
- Bleeding ulcers
- Kidney stones
- Gall bladder problems (requiring surgical removal)
- Bowel obstruction
- strictures
- Nutritional deficiencies
- Excess skin
- Dilatation of stomach/Pouch
- Heart burn
- Weight regain

I agree that in case of emergency (unexplained unusual pain or symptoms) I contact this office first or if a hospital visit is necessary, I go to the hospital where I had my bariatric surgery.

**Patient signature** ___________________________________________ **Date** __________