



PROCESS SUMMARY (for Wellington)

Laparoscopic Gastric Bypass (REY and OAGB)
Laparoscopic Sleeve Gastrectomy

This document provides an overview of the process you will follow to qualify you for surgery. The process is designed to ensure you have the information you require to make an informed decision as well as the opportunity to ask questions. It is also designed to provide us with all the information we require to qualify you as a suitable candidate for surgery.

GP Referral & Blood Tests

A General Practitioner's referral is required for all patients seeking weight loss surgery. We cannot make your appointments until we have received this referral. A referral form is enclosed in this information pack.

If you have had recent blood tests, please ask your GP to include a copy with your referral. Included in this pack is a blood test request form for Wellington SCL Pathology. You can take this directly in to any WSCL Pathology lab if you live in the Wellington region. If you live outside of Wellington, please take the blood test request form with you to your GP so they can request tests from your local laboratory.

Once we have received your referral, we will contact you.

Patient Information Profile

This document is included in this information pack. It provides us with contact details, general information about your health, physical abilities, and social state. You may not have exact answers to every question but do the best you can.

Please complete the Patient Information Profile and return it to us prior to your first appointment (by email or post).

Initial Consultations

During these consultations we will perform a comprehensive medical assessment to determine your suitability for surgery, cover your surgical options, as well as inform you of risks and complications associated with surgery. Once you have completed the initial consultations, your surgeon will be able to approve you for surgery. We encourage you to bring a support person with you to these appointments as there is a lot of information covered.

You will be provided with an 'Patient's Manual' at these consultations. This is a ring-binder in which you can keep all the information you will accumulate during your bariatric surgery journey. You will meet these members of our team during your initial consultations:

Wernie Cardno – Administrator and Team Coordinator

Wernie is the heart of our clinic, our central hub. She will be your first point of contact and will help and support you throughout the process with any administrative questions.

Anna Malcolm – Bariatric Nurse Consultant / Practice Nurse

Anna is a Registered General Nurse. Her role is to assess your individual general health and gain an understanding of your weight problem. She will inform you of your weight loss surgical options and educate you about the procedures that we offer. She will advise and support you through your pre and post-operative journey.

Bilge McPhee - nutritionist

Bilge is a nutritionist. Her role is to analyse your current dietary intake and examine your eating behaviours as well as give advice for post-operative food intake. She will ensure that you have a well-balanced diet after your surgery and will provide ongoing support and advice throughout your weight loss journey.

Nicola Tiller - Clinical Psychologist / Linda Robertson - Counsellor

Nicola is a registered Clinical Psychologist and Linda is a Counsellor. They will assess the psychological aspects of your lifestyle that may have contributed to your weight issues and identify any underlying problems that may influence the outcome of the operation. They will look for triggers that may tempt you to eat and help with the development of coping skills before and after your surgery.

Atul Dhabuwala – Surgeon

Atul is a qualified laparoscopic (key-hole) obesity surgeon. He will also educate you about the details of the surgical procedures and advise you of the length of time you require on the pre-op diet, confirm your suitability for surgery and give you approval to book a surgery date.

Post-operatively, you will also meet:

Sam Boobier - Physiotherapist

Sam is a qualified physiotherapist. Her role is to assess your fitness and physical activity levels and to create a tailored, individual exercise programme to assist you with functional post-surgery rehabilitation, and commence your goal of weight loss and improved well-being. The exercise programme will be set at your own level, and guidance will be given with progressions to keep you motivated and challenged.

Additional Assessments

Following the initial consultations, some patients may be required to have additional tests to ensure they are suitable for surgery. This is to help minimise risks during the surgery for patients that may have additional health concerns. This may include meeting our anaesthetist pre-operatively.

Mind Prep™

As part of our program, we require every patient to participate in the Mind Prep program designed to assist in dealing with the emotional aspects related to weight loss surgery. The Mind Prep program is available under the Resources part of our website and consists of 5 pre-op and 5 post-op videos, on-line quizzes, handouts and access to live monthly on-line support. Direct link- <http://tailorpreop.mindprepvideo.com/> <http://tailorpostop.mindprepvideo.com/> This program has been developed to provide direction and offer further structure to your psychological sessions, not to replace them. An outline of the requirements of this program will be sent to you with your appointments.

Video: The Truth about Obesity and Weight Loss Surgery

It is essential that all prospective patients watch the 5 videos on the home page of our website titled 'The Truth about Obesity and Weight Loss Surgery' prior to coming to see us for the initial consultation appointments. These videos introduce weight loss surgery, they outline the associations between obesity and the brain, the disease of obesity and the surgical procedures available. Lastly, we highlight the processes involved in going through the weight loss surgery journey in our practice.

Pre-operative Diet

You will be required to undertake a Very Low-Calorie Diet (VLCD) for at least two weeks (2-6 weeks) prior to surgery. The period of this Diet is decided by your Surgeon. This diet uses meal replacements available on-line from [Tric Tailored Nutrition](#).

This diet is designed to remove fat from around your liver, making your operation easier and safer. You will also be required to take a daily multivitamin whilst on the pre-operative diet.

Surgery Payment and Medical Insurance

You will be required to pay all surgical costs prior to your procedure. If you have medical insurance, you may qualify for a contribution from your insurance company. Please note that even with an insurance contribution you will be required to pay the full amount for surgery yourself. Your insurance grant will be paid to you *after* surgery.

We are happy to write letters supporting claims for medical insurance. Please speak with us at your initial consultation and we will organise this.

Should you require financial assistance, you may wish to contact Nova Medical. They provide credit assistance for medical procedures – www.novamedical.co.nz

Follow Up Appointments

Your surgical expenses include two years of regular follow up appointments with all members of our team.

The limited psychological support provided in our process may highlight the need for further external psychological assistance. These sessions are outside the scope of our program and would need to be arranged separately and at your own expense.

Please see the follow up appointment structure on the next page for the scheduled appointments you will need to attend over the next 2 years.

Post-Operative Support

In addition to the follow up appointments with our team, you will also have access to support groups and newsletters. This will provide you with new resources and ideas on a regular basis, as well as giving you the opportunity to meet with other people that have also had weight loss surgery. Details regarding both of these can be found on our website.

Foundations of Healthy Living Retreats

All patients are given the opportunity to attend one of the FOHL retreats that are held during each year. The retreat is a 4-day residential program designed to help both men and women learn how to change the way they think, act, react, feel and live. Each day of the retreat is packed with activities designed to help you re-focus on your weight loss goals. With expert guidance from our team of specialists and four days to focus on you, we hope you will leave reignited with some practical skills and tools to help to achieve lifelong successful weight management.

You may attend a retreat at any time after 9 months of surgery. The cost of retreat is not included in the package anymore. Dates, costs and venues of these are on both our website and the FOHL website (www.fohl.nz).

Please note numbers at each retreat are limited and registrations will be accepted on a first come, first served basis.

The PACE Program

All patients are also given a subscription to the PACE Program, our online retreat program. The PACE program, along with FOHL retreat, is specifically designed to deal with the mindset and long-term behaviour changes that are required to ensure that your investment in Bariatric surgery was the best thing you ever did. With this program you will experience the same sessions and learnings from the comfort of your home and at your own PACE. It is complementary to the FOHL retreat program, either as an introduction if you are feeling a little anxious about attending, or as revision once you have participated.

PACE stands for Practicing Awareness through self-Compassion and Education.

Over the 30+ lessons in the PACE Program, you will go on a journey of personal discovery that will help you to become aware of your own blocks, triggers, learn to put yourself first and arm

you with the knowledge and tools to be confident that you will never go back to the 'you' before surgery.
This is truly life changing.

Important

If you refuse to accept blood and/or blood products you need to inform us at your initial consultations. There is a very small risk of bleeding during surgery, which can cause death if a transfusion is refused. We have the right to refuse to operate if you are unwilling to accept blood and/or blood products and we feel the risk is too great.

Post Op Appointment Structure

To assist you in achieving long-term weight loss success following your procedure, you will be required to attend appointments as per the schedule below. Ongoing support and education are an important part of your weight loss journey – surgery is just the beginning.

6 Weeks	<ul style="list-style-type: none">• Surgeon• Dietitian• Psychologist• Physiotherapist
4 Months	<ul style="list-style-type: none">• Nurse• Dietitian• Psychologist• Physiotherapist
8 Months	<ul style="list-style-type: none">• Dietitian• Psychologist
One Year	<ul style="list-style-type: none">• Surgeon• Dietitian• Psychologist
18 Months	<ul style="list-style-type: none">• Dietitian• Psychologist
Two Years	<ul style="list-style-type: none">• Surgeon• Dietitian• Psychologist
Retreat (optional)	<ul style="list-style-type: none">• Attendance at any time after 9 months.

Please note: You will be required to have regular blood tests as part of the follow up process (every appointment except 6 weeks). You are also welcome and encouraged to continue to see our team after this two-year period, however fees will apply for these consultations.

Contact Us

Please feel free to contact us with any queries. Our office hours are Monday, Tuesday, Thursday, and Friday from 8:00am to 4:00pm, however for face-to-face contact with members of the team check with our reception for availability.

Phone: 027 256 8191 / 04-5701421

Fax: 04 560 3737

Email: wqtnreception@weightlossurgery.nz

Postal Address: Weight Loss Surgery Ltd Wellington
Boulcott Hospital Specialist Centre
666 High Street
Boulcott
Lower Hutt 5010

Our Location

Our rooms are in the Specialist Centre of Boulcott Hospital in High Street, Lower Hutt. This will be the location of all consultations.

