



## Pre-operative Written Exam For Bariatric Surgery

The following written inquiry, while not all-inclusive, will highlight many of the details that you should know before undergoing surgery. The questions are based on material you have received from the surgical weight control program. Please use our written material and Internet web page as helpful resources while taking this examination. In this test, the term bariatric surgery refers to the Gastric Bypass (GBP) and Gastric Band.

The following statements are either completely true or completely false. Please circle the correct answer.

- T/F 1) One definition of clinically severe obesity (traditional term: morbid obesity) is a weight of 100 pounds or more above ideal body weight.
- T/F 2) A second definition of morbid obesity is a body mass index of 40 or greater.
- T/F 3) One acceptable way of calculating ideal body weight is:  
Men: 106 pounds plus 6 pounds for each inch over 5 feet.  
Women: 100 pounds plus 5 pounds for each inch over 5 feet.
- T/F 4) All patients with clinically severe obesity are good candidates for divided roux-en-Y gastric bypass (GBP).
- T/F 5) Nationally, the GBP has a zero to 2% mortality and a 5% to 10% major complication rate.
- T/F 6) GBP typically results in a weight loss of more than 50% of excess body weight, and maintenance of this weight loss at 5 years, in 95% of patients who undergo the procedure. A failure rate (poor weight loss rate) of 5%.
- T/F 7) Clinically severe obesity is now considered to be either a moral problem or a character defect, not a disease.
- T/F 8) The GBP and the Gastric Band are the only obesity operations available in the United States.
- T/F 9) The Gastric Band does not require any stapling or cutting of the stomach or intestines.
- T/F 10) The Gastric Band may not result in the same amount of weight loss as a Gastric Bypass if the patient tends to eat a large quantity of concentrated sweets, such as ice cream.

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- T/F 11) After bariatric surgery, lifelong changes in lifestyle, dietary and exercise habits, and medical follow-up are required to achieve the best long term success.
- T/F 12) Bariatric Surgery guarantees a satisfactory weight loss.
- T/F 13) Serious, life threatening complications can occur after both GBP and placement of the Gastric Band System. When they do, intensive care, re-operation, and additional expense may result.
- T/F 14) Rapid weight loss, such as after bariatric surgery, may result in gallstone formation.
- T/F 15) Multivitamin, iron and calcium supplements are required for life after GBP.
- T/F 16) When bariatric surgery is successful, improvement in co-morbid conditions such as diabetes mellitus, hypertension, breathing problems, and pain from arthritis is often seen.
- T/F 17) Meal size after the GBP and Gastric Band will be much smaller, and meals should be eaten more slowly.
- T/F 18) After GBP the carbohydrate part of any meal should be taken before the protein part.
- T/F 19) After GBP and Gastric Band, little or no fluids should be taken during meals. Food should be chewed very well.
- T/F 20) High calorie liquids and concentrated sweets should be avoided for life after bariatric surgery.
- T/F 21) Vomiting after GBP or Gastric Band placement generally means an obstruction, rather than overeating.
- T/F 22) Red meats may be difficult to ingest after GBP or Gastric Band and one should never attempt to eat these proteins.
- T/F 23) One year after surgery, exercise two times a week is sufficient.
- T/F 24) Two years after bariatric surgery, a follow-up visit once a year, with lab tests, is usually sufficient.
- T/F 25) After bariatric surgery, some patients are fortunate and do not need to comply with pre-operation recommendations for meals, supplements and exercise.
- T/F 26) The Roux-en-Y gastric bypass and placement of the Gastric Band are major surgical operations. Any laparoscopic procedure may need to be converted to a traditional open surgical procedure, or laparotomy, at the time of operation based on the surgeon's discretion.

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T/F 27) If the port gets infected the entire Gastric Band System may need to be removed. Filling the port is a simple procedure, however, and can be done by any medical professional.

T/F 28) the chance of leak from the stomach may be less with the Gastric Band. However, if the band slips or erodes into the stomach, major re-operation may be required

Instructions for #29 and #30.

The following questions each contain several true and only one false answer. Please circle the one false answer.

29) Which the following is not an early complication of GBP?

- a) Staple or suture line leaks
- b) Intra-abdominal bleeding
- c) Respiratory distress
- d) Iron deficiency anemia
- e) Blood clots

30) Which of the following is not considered a late complication of GBP?

- a) Cholecystitis (inflamed gallbladder)
- b) Incisional hernia
- c) Vitamin deficiency
- d) Wound infection
- e) Peptic ulcer problem

Instructions for #31 and #32. The following questions each contain only one correct answer.

31) After both gastric banding and GBP, three principles of improving satiety (lack of hunger) include all of the following, except?

- a) Eat enough food to become temporarily satisfied, avoid "grazing"
- b) Always get adequate protein with each meal
- c) Drinking a substantial amount of non-caloric liquids between meals
- d) Eat small starchy snacks between meals throughout the day

32) Certain drugs may cause ulcers in GBP patients and should be avoided. These include all of the following, except?

- a) Aspirin (ASA)
- b) Anti-inflammatory drugs (such as ibuprofen) - NSAIDS
- c) Alcohol
- d) Tylenol
- e) Nicotine (smoking or smokeless products)

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- 33) Nutritional deficiencies remain a danger for life after GBP. All of the following are necessary, except?
- a) Daily multi-vitamins and *weekly* vitamin B12 shots
  - b) Daily iron supplement (usually included in the vitamin)
  - c) Daily calcium
  - d) Adequate protein with every meal
  - e) Eat healthy food at least three times a day
- 34) Exercise is the key to getting an optimum result from your surgery. All of the following statements regarding exercise are true, except?
- a) Walking is a good early post-operative exercise.
  - b) Patients will lose just as much weight and inches, even if they don't exercise regularly
  - c) Improving muscle tone will increase weight loss
  - d) Patients should exercise five or more days a week, at least 30 minutes each time.
- 35) For four (4) weeks after bariatric surgery, a specific eating regimen allows for best healing. All of the following are true, except?
- a) Liquid diet - first two weeks
  - b) Blenderized foods - third and fourth weeks
  - c) Solid foods – starting after 28 days
  - d) No liquids with meals once solid foods are started – after 28 days
  - e) Steak is okay starting the second week
- 36) A comfortable, successful course through the maximum weight loss period (9 to 15 months post-op) is aided by all of the following, except?
- a) Eating slowly and chewing thoroughly
  - b) Eating protein meals frequently (every three hours)
  - c) Add new foods carefully once solid foods are resumed
  - d) Drink calorie-free fluid frequently between meals
  - e) Eating solid foods during the first four weeks following surgery

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- 37) Patient evaluation prior to bariatric surgery should include all of the following, except?
- a) Psychological workup
  - b) Evaluation for sleep apnea
  - c) CAT scan of the brain
  - d) Thorough medical evaluation
  - e) Blood chemistry profile
- 38) After bariatric surgery all of the following liquids are favored between meals, except?
- a) Non-caloric liquids
  - b) Decaffeinated Tea
  - c) Water
  - d) Diet soda pop

Your answers will be reviewed with a member of our staff. Perhaps you will have new questions and observations based upon the questions and answers. We will be happy to help you with these. Your signature below certifies that you took the exam on your own and have reviewed the results with a member of your bariatric program health care team.

Patient's Name: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_

N.E.W. Program Staff: \_\_\_\_\_

Date: \_\_\_\_\_