

PRE-SURGICAL CHECKLIST

Bariatric Surgery

The decision to proceed with bariatric surgery is a personal one and may be recommended for you if you have been unable to achieve or sustain weight loss through conservative treatment methods including diet and exercise, or if you have other medical conditions that may be improved following bariatric surgery.

Your surgeon will help you select the bariatric procedure that best fits your needs based on your overall health and weight loss goals. Prior to your procedure, you will need to complete a series of pre-surgical appointments and testing in order to receive authorization for coverage by your insurance provider.

Below is a list of the most common pre-surgical requirements along with their specific scheduling information. Depending on your current health and the type of procedure being performed, some tests may not be required or additional testing may be ordered. We have partnered with the Bariatric Program through Northwestern Medicine Central DuPage Hospital (CDH) to provide you with all the support services you will need to guide you through your treatment process.

If you have any questions about your procedure or any of the pre-surgical appointments and tests, please call 630-790-1700.

DIETITIAN VISITS

Your insurance may require you meet with a dietitian before your surgery. The number of dietitian visits required varies by insurance provider and typically ranges from 3-6 visits. To schedule an appointment with a dietitian, please call 630-933-6745.

EMMI® PROGRAM

The EMMI® program is designed to help provide you with the information you need to prepare for your procedure. The program is set up as a series of online presentations, each about 20 minutes in length. You can view the materials as often as you would like and share the information with your family and friends. You will be given an access code to start your EMMI program by the CDH staff and the program can be accessed by visiting <https://www.nm.org/patients-and-visitors/patient-education/emmi-patient-education>.

EXERCISE CONSULT

You will meet with an exercise specialist to assess your current physical health and help you establish an exercise program to support your weight loss goals following surgery. To schedule your consult with an exercise specialist, please call the Bariatric Treatment Center at Central DuPage Hospital at 630-933-6745.

LAB WORK

Your surgeon will provide you with an order for lab work in order to get a complete understanding of your overall health before your procedure. Based on your individual needs, health and the type of surgery being performed, you may need to complete all or a portion of the following lab work:

- Complete Blood Count (CBC)
- Complete Metabolic Panel (CMP)
- Hemoglobin A1C
- Iron/TIBC Level
- Lipid Panel
- Prealbumin Level
- Thyroid Function (TSH)
- Vitamin Levels – Vitamin A, Vitamin B1, Vitamin B6, Vitamin B12 & Folate, Vitamin D, Vitamin K

We offer more than 40 convenient walk-in lab locations across the Chicagoland suburbs. To find a lab location near you, visit dupagemicalgroup.com/lab.

GASTROENTEROLOGY EVALUATION & GALLBLADDER ULTRASOUND

You will meet with a gastroenterologist who will evaluate your digestive health and will help determine if you are cleared for surgery. In addition to your consult, an ultrasound of the gallbladder is often used to ensure your digestive system is functioning properly.

To schedule your gastroenterology evaluation, please call our Gastroenterology department at 630-717-2600.

If you have received an order for a gallbladder ultrasound, you can schedule your test by calling our Radiology department at 630-545-7880.

PRE-SURGICAL PHYSICAL & CLEARANCE

You will need to complete a pre-surgical physical and obtain written clearance from your primary care physician before your bariatric surgery. During the visit, your physician will provide guidance on beginning an exercise program following your procedure and educate you on any precautions that you may need to be aware of.

To schedule your pre-surgical physical, contact your primary care physician's office, or you can schedule online at dupagemedicalgroup.com.

PULMONARY EVALUATION & SLEEP STUDY

Sleep apnea is commonly linked to your weight. You will meet with one of our Pulmonary Medicine specialists to evaluate your lung health. You will also need to complete a sleep study, and other testing that may be recommended by the pulmonologist following your consult, to determine the severity of sleep apnea and any other sleep disruptions or health issues you may currently be experiencing. Sleep studies are offered in Lombard, Naperville and Tinley Park.

To schedule your pulmonary evaluation and sleep study, please call our Pulmonary & Sleep Medicine department at 630-871-6699.

PSYCHOLOGICAL EVALUATION

Before your surgery, you may be required to complete a psychological evaluation. Please check with your insurance company to determine which providers and locations are covered within your network. Your insurance company can also confirm the type of evaluation and any other psychological appointments that may be required prior to your procedure. You can contact your insurance provider online or by calling the Member Services phone number listed on the back of your insurance card.

SUPPORT GROUP MEETINGS

You will need to attend at least one of the support group meetings held at CDH. In order to best prepare you for your procedure and life after surgery, we encourage you to attend more than one meeting. For information on upcoming support group meetings or to sign up for a meeting, please call 630-933-6745.

OTHER (DETERMINED BY YOUR SURGEON):

FINAL PRE-SURGICAL APPOINTMENT

Once you have completed all your pre-surgical consultations and required tests, you will need to schedule a final appointment with your bariatric surgeon that will also include a dietitian and nurse. During the appointment, our team will review all the clearance and test results, provide you with all your day-of surgery instructions and answer any questions you may have.

Please bring a family member or friend with you to your final pre-surgical appointment who will be helping you during your recovery. We will be reviewing a lot of information during this appointment, including post-operative care instructions.

To set up your final pre-surgical appointment with your surgeon, please contact our Surgery department at 630-790-1700.