



Bariatric Surgery Questionnaire

This guidance applies to N.H.S. England only.

This sheet is to assist you in researching your weight loss surgery options.

The National Health Service uses a Tier system to show progress through pathways.

Bariatric Surgery falls under the Specialist Weight Management Pathway.

(Insert consultant / HCP name here)

(hospital details here)

The questions below are listed in the left column and space for the responses you receive along with your personal notes have been provided to the right of each question. Blank boxes have been provided for additional questions you may want to ask.

Consultant / Surgeons name: _____

Date & time of assessment/ appointment: _____

You will be asked a series of questions in your initial appointment,

The tier system can be explained as follow

TIER 1, Includes services available to everyone for example your council run sports centre, exercise group.

TIER 2, Covers life style interventions such as diet and exercise also commonly in England your G.P.s interventions such as medicines to aid weight loss.

TIER 3, Includes specialist weight management services, this is where your G.P. refers you for consideration and assessment for bariatric surgery.

TIER 4, Includes bariatric surgery, this is where you will meet your surgeon, and have your operation.

Question/Comment	Response/Notes
Do I meet the N.I.C.E criteria for surgery?	
Is there any additional criteria that I must meet in order to get surgery?	
What are the different types of weight loss surgery available to me?	
Where is my nearest Tier 3 specialist weight management team?	
What professionals are in my Tier 3 MDT?	
Are there group sessions?	
Are there one to one sessions?	
How do I progress through Tier 3?	

Question/Comment	Response/Notes
Will I be able to meet with my surgeon and if so when?	
Who must authorise my surgery?	
How is my surgery funded?	
How long does Tier 3 take?	
How long will I have to wait for a consultation with a surgeon?	
Can Bariatric Surgery help improve any other health conditions, such as diabetes, high cholesterol or sleep apnoea that I may have?	
Which surgeon/s, undertake bariatric operations at this hospital?	
Who will operate on me when I have my surgery?	
What area of Bariatric Surgery does the suggested surgeon specialise in?	
How will the suggested surgery help me to lose weight?	

Tier 4 – QUESTIONS	
Question/Comment	Response/Notes
Do you feel I am a suitable candidate for surgery?	
Will you be performing my operation? If not who will? Will there be any trainee assist you?	
Are there any reasons why surgery would not work for me?	
Which surgery would you recommend for me and why?	
What are the risks and benefits of each type of surgery that you perform? In the short and long term?	
What is the expected weight loss success for each?	
Will I have to have further surgery/revision, if I don't reach my expectations?	
What is the approx. time in hospital for each type of surgery?	
What is the expected surgery duration for each procedure?	

Question/Comment	Response/Notes
How long will I have to wait for the proposed surgery?	
Is there a possibility I will regain weight after surgery	
Anaesthetist - Questions	
What are the risks of general anaesthetic?	
Is there anything I can do before surgery to lessen my risks of anaesthesia?	
Dietitian- Questions	
Do I have to follow a specific diet before and after surgery?	
If I have allergies can I have an alternative diet plan?	



After the initial appointment you will await the results of the multidisciplinary team and the blood results taken at the clinic appointment. You may then be placed on the waiting list for surgery. NHS England have a target that once on the list for surgery it should be within eighteen weeks. This varies depending on circumstance and area. The Bariatric Co-ordinator will contact you with a date. I recommend following up with the Co-ordinator regularly to find out your progress on the surgery list.

GENERAL QUESTIONS

Question/Comment	Response/Notes
Give the surgeon a brief overview of what you have already learned...	
Why you feel you are a good candidate for surgery	
What is your understanding about the potential bariatric surgery complications and risks?	
What you expect your life after weight loss surgery to be like?	



PROCEDURE QUESTIONS

Question/Comment	Response/Notes
Please give me an overview about what I will need to do in the weeks leading up to surgery.	
What do I need to do to prepare myself mentally and physically before surgery?	
What will happen immediately after surgery and what do you expect recovery to be like?	

RISKS, COMPLICATIONS AND SIDE EFFECTS QUESTIONS

Question/Comment	Response/Notes
What are the bariatric surgery complications that patients experience most with the procedure(s) that is being considered/offered?	
How do my specific characteristics impact my risk for complications?	

Question/Comment	Response/Notes
What can be done to prevent blood clots?	
What can I expect in the terms of wounds and scarring after surgery?	
What bowel function changes should I expect following surgery?	
I have read that as many as 1/3 of bariatric surgery patients develop gallstones in the years following surgery. Is removing my gall bladder during surgery something that should be considered?	

FINANCIAL QUESTIONS

Question/Comment	Response/Notes
Are there any financial implications to me having surgery? Specific foods etc	



AFTER-CARE QUESTIONS

Question/Comment	Response/Notes
Tell me about the patient after-care program and how I can be helped to achieve and maintain my goal weight.	
What will my diet and bariatric vitamin regimen be following surgery?	
What is your long-term plan for monitoring my health?	
Will I receive fitness advice and see a physiotherapist in my post op care?	
Are there Support Groups available for long term support? If so who and where?	
When can I return to work after surgery?	
When can I drive post-surgery?	

Question/Comment	Response/Notes
What are the guidance for returning to the gym post-surgery?	
What is recommended post-surgery to reduce gas pain and discomfort?	
What levels of protein do you recommend post-surgery?	
How much fluids are recommended post-surgery?	
When can I return to swimming?	
When can I have a bath?	
Do I have to follow a post-operative diet plan? If so, for how long?	
Will following portion control help with long term success?	

Question/Comment	Response/Notes
Do I have to take medication in liquid form? If so for how long?	
Are there any types of pain relief or medication that I am advised not to take post-surgery?	

C.C.G.	Clinical commissioning group is the group responsible for the commissioning of health care.
N.I.C.E.	National Institute for Health and care excellence www.nice.org.uk
N.H.S.	National health service Www.nhs.uk
B.M.I.	Body mass index
MDT	Multidisciplinary team