

## Pre-Operative Assessment

*We believe that patients who are well informed about weight loss surgery and the expected lifestyle changes have the best chance of achieving long-term success after their procedure. We will use your answers on this test to help us identify areas where your knowledge of weight loss surgery may be weak, so that we can work to improve your knowledge in those areas.*

*Please do this test without help from anyone else (either in person or by means of written notes). It is permissible to use the notes from the informational seminar or information from the website- [healthforlifecenter.com](http://healthforlifecenter.com)*

Circle the best answer for each question:

1. Across the nation, the risk of dying as a complication of a weight loss operation is:
  - a. 10%
  - b. 3%
  - c. 0.02%
  - d. 0.05%
  
2. What is considered to be an “ideal” BMI?
  - a. 30-35
  - b. 35-40
  - c. 17-18
  - d. 20-25
  
3. Which of the following will NOT make a patient feel horrible after a Lap Band:
  - a. Drinking too fast
  - b. Eating too fast/too much
  - c. Chewing food very slowly and adequately
  - d. Both a and b
  
4. If your surgeon recommends for you to lose weight before bariatric surgery, the main goal of the weight loss is:
  - a. To see if I am serious about surgery
  - b. To reduce the fat in the liver and other organs of the belly so that surgery will be easier and safer.
  - c. To loosen up my clothes so that I can exercise better
  - d. So I look good before surgery

5. After placing a band, a person can lose what percentage of their excess weight?
  - a. 55%
  - b. 40%
  - c. 100%
  - d. 85%
  
6. All but one of the following medications will increase the chance of a bleeding ulcer after bariatric surgery, which one of these is safe to use?
  - a. Advil
  - b. Tylenol
  - c. Aspirin
  - d. Ibuprofen
  
7. After weight loss surgery, I will lose weight because:
  - a. I won't absorb fat in my body
  - b. I will have diarrhea
  - c. I will eat less food
  - d. I will burn fat better
  
8. Which of the following problems is likely to get better after weight loss surgery?
  - a. Depression
  - b. Diabetes
  - c. Marital stress
  - d. Arthritis
  
9. In a Lap Band procedure, which part of the body is removed?
  - a. The stomach
  - b. Part of your intestine
  - c. Your spleen
  - d. Nothing
  
10. What is the most common cause of failure to lose the expected amount of weight after bariatric surgery?
  - a. The band "doesn't work"
  - b. Eating the wrong foods
  - c. Stretching the pouch or outlet
  - d. Band rupture

11. When I get my band placed:
  - a. I will be provided a kit that will enable me to adjust my band when necessary
  - b. My band is the “self adjusting” type.
  - c. The band should only be adjusted by trained medical professionals.
  - d. My band doesn’t get adjusted
  
12. Following weight loss surgery, the best time to begin regular exercise is:
  - a. As soon as you are cleared by your surgeon
  - b. When there is no more pain from the incision
  - c. When my energy level improves as a result of weight loss.
  - d. I shouldn’t exercise
  
13. After placement, how often is the band system likely to be adjusted?
  - a. Every month for 2 years, then as needed
  - b. 6-8 times in the first year, then as needed
  - c. Once or twice
  - d. My band doesn’t get adjusted
  
14. The gastric bypass or Lap Band operation will cure the underlying cause of obesity
  - a. True
  - b. False
  
15. The weight loss operation is generally “reversed” (stomach sections hooked back together or the Band removed) at approximately what time after surgery?
  - a. 2 years
  - b. 5 years
  - c. 10 years
  - d. Never
  
16. If I don’t lose weight as I hope to after bariatric surgery:
  - a. I will skip my follow-up appointments because I will be ashamed of failing and I will not want to face my surgeon or the clinic staff.
  - b. I will keep the planned clinic appointments because I believe that the surgeon and staff may be able to help me succeed in a situation that I could not handle alone. I also recognize that the surgeon and staff appreciate the opportunity to learn from patients who have problems, and will use the data thus provided to improve the care of other patients.

17. Which of the following is the correct combination for consuming solids and liquids?
- Solids and liquids together
  - Liquids immediately after solids only
  - Liquids immediately before solids only
  - As much liquids as you like before solids and then wait at least an hour after
18. 6 months after surgery, I should be eating a maximum of \_\_\_\_\_ meals a day
- 2
  - 5 small meals
  - 3
  - 1
19. What risks are associated with Lap Band surgery?
- Death
  - Nausea and Vomiting/band slippage
  - Obstruction or re-operation
  - All of the above
20. I should get weight loss surgery because:
- My doctor recommended it
  - I will fit into a bikini
  - My family wants me to
  - I will be healthier and therefore improve my quality of life
21. I am Obese for one reason:
- I am weak with no self control
  - I don't exercise
  - My Mother was obese
  - There are several factors that contribute to obesity- genetics, metabolism, and lifestyle are a few.
22. Who qualifies for surgery?
- BMI greater than 35
  - BMI between 35-40 and 1-2 obesity related illness
  - BMI greater than 40
  - Both b and c

23. How long should it take to finish my meal?
- a. However long it takes you to clean your plate
  - b. 45-60 minutes
  - c. 10-15 minutes
  - d. 20-30 minutes
24. I can't have sugar anymore with the Lap Band because of "Dumping syndrome"
- a. True
  - b. False
25. Why should I start walking immediately after surgery?
- a. Because my doctor told me to.
  - b. Because the nurses are mean
  - c. To avoid Deep Vein Thrombosis or Pulmonary Embolism. (Blood clots that form in the legs and can travel to your heart and cause death.)
26. Before I think about surgery, I should be willing to commit to the following:
- a. Lifestyle changes
  - b. Losing 100 pounds
  - c. Regular follow up visits with my surgeon
  - d. Both a and c
27. Attending support groups will not help much but it's good for socializing.
- a. True
  - b. False

My signature below certifies that I answered the questions on this test without the assistance of another person.

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Patient Name

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Date