

Primary Care e Preparation Learning Expectations

Welcome to the Primary Care e Learning Pilot! The following will be your guide in getting started. More information and videos will be added to this area over the next few months.

The following is a list of things you should accomplish before meeting with the Bariatric Surgery team:

- Meet with your GP/NP first and review the "Pathway Document"/Complete Baseline Labwork.
- Go to the Tab on this website titled "Weight Loss Surgery Information and Handouts (Binder Information)" and print out all posted materials. Create a binder and study all.

-Print the 1200 cal Diets posted directly under this document and follow them as written:

- 2 consecutive weeks of the 1200cal Liquids Only Diet- *** This diet is also posted and called 1200 cal Liquids Only diet. It should be followed as close as possible to the sample given.
- 3months (or more) of the 1200cal Limited Choice Diet- *** This diet is also posted and called 1200 cal Limited Choice diet. It should be followed as close as possible to the sample given.
- You should always be on either the 1200 cal Liquids Only or 1200 cal Limited Choice diets once you start this Program. This helps you divorce old habits and routines—bread products, rice, pasta, fast food, junk food are all removed.
- You may want to connect with a Dietitian in your community for extra support or a Psychologist in your community for extra support.
- Take a Multivitamin daily and Vitamin D 1000IU daily.
- Journal food in daily, include grams of protein and total fluids daily--x at least 3 months. It would be also great to capture things like emotions and relation to eating, exercise, boredom, etc.
- Exercise daily (something that works for you). Target building to 30-60min/day. You may want to connect with a Physiotherapist in your community or Personal Trainer for assistance as well.
- Remove trigger foods from your diet/home/routine.
- Design a list of things that you could do when bored or stressed not involving food and practice it.
- If you smoke – you need a strategy for quitting- you need to be smoke free for 6 months pre-surgery.
- Some Weight loss (ideally greater than 10-20lbs).
- Bring an up to date detailed Medication List, include prescription medications, vitamins and minerals, herbal medications and over the counter medications (you could use the Health Passport on the CDHA Obesity Network Website for this) to all appointments.
- Bring all journals (food, exercise, things to do when bored/stressed etc.), blood sugar records and your Weight Loss Surgery binder to all clinic appointments.
- Complete lab tests as requested before all clinic appointments.