

## Pre-WLS Clinic Appointment

Your Pre-WLS Clinic Appointment is a one-hour individual appointment where you will meet the Weight Loss Surgery (WLS) team's Nurse Practitioner and Dietitian, as a next step toward WLS. The purpose of this appointment is to determine if WLS is appropriate for you. The team will be interested in hearing about the lifestyle changes that you have made since your initial referral. It is important to come to your pre-surgery appointment prepared. The following list is a reminder of **patient responsibilities**:

1. Assemble a Weight Loss Surgery Binder, study it, and bring it with you to your appointment.
  - Go to the *Halifax Obesity Network* website and print off and study the information under the *Weight Loss Surgery Information and Handouts* tab on the website. You are expected to bring this binder with you to ALL appointments.
  - Complete the *Patient Health History* and bring it with you to your appointment.
  - If you are an emotional eater, come up with behavior modification plans for changing this behavior. Write it down and bring this plan with you.
2. Quit smoking! You must be smoke free for 6 months prior to your surgery. Work with your primary care provider for smoking cessation options.
3. Trial 2 weeks of the 1200cal Liquids Only Diet. Include whey protein powder, Boost, Ensure High Pro, Premier Protein, and Carnation Instant Breakfast to ensure you tolerate them.
4. Improve overall eating habits as follows:
  - Eat 3 healthy meals daily.
  - Decrease caffeine, carbonated beverages, and alcohol.
  - Remove all junk food from your diet, home, car, and office.
  - Stop chewing gum.
5. Achieve a weight loss of at least 20 pounds.
6. Build your activity level to 30-60 minutes daily. Record your activities.
7. If you have diabetes, record blood glucose levels, and bring this to all appointments.
8. Bring a list of all your medications, both prescription and over the counter (names, doses, times), to EVERY appointment.
9. Bring a food record. Try to add up how many grams of protein, calories and how many cups of water you consume each day.
10. Be sure to have your blood work done at least one week prior to this appointment and as requested.