

## **Medical Weight Management (MWM) Centre** **BARIATRIC STREAM**

The MWM team is here to work alongside with you and support you if undergoing bariatric surgery is an appropriate treatment for the management of your obesity.

### **Medical Weight Management Centre Program Appointments:**

1. Initial intake visit with the MWM physician: Entry into the MWM Program
2. Core Module (8 weeks) Group Medical Visits (GMV)
3. Medications and Bariatric Surgery for Obesity Management GMV
4. (You will be required to e-mail us at [bariatric@medweight.ca](mailto:bariatric@medweight.ca) to add you to the Bariatric Stream if you are interested and / or working towards MSP-covered bariatric surgery)
5. Bariatric Surgery Module GMV (4 weeks) and other GMV Modules in time
6. (Such as Nutrition Education, Food Planning, Busting Barriers, Building a Healthy Outlook, Building Resilience, Getting Active 101)
7. Mental: If possible some time during the program it is recommended to take Living Life To The Full Cognitive Behaviour Therapy Course
8. Obstructive Sleep Apnea Assessment and Follow-up GMVs  
(If treatment is required you will be booked into a CPAP GMV)  
(If your Obstructive Sleep Apnea Assessment is assessed somewhere else, you will need to provide us with a cpap compliance report demonstrating at least 80% compliance)
9. When you feel you are meeting all the nutrition and lifestyle requirements for bariatric surgery, please send us an e-mail to [bariatric@medweight.ca](mailto:bariatric@medweight.ca) or call 604-777-5512 and leave a voice message letting us know that you are ready to be reviewed for bariatric surgery. The bariatric surgery review process may involve providing feedback on what is outstanding.
10. Nutrition & Lifestyle Bariatric Assessment and/or Follow-up with clinic registered dietitian: Required for Nutrition and Lifestyle clearance.

(Veronica Kacinik, MSc, RD, PHEc, CDE will review your whole file, assess where things are at and perhaps make recommendations or may clear you if you are meeting all the nutrition, eating and lifestyle behaviours required for bariatric surgery. This time also allows you to ask any questions you may have.

Unfortunately nutrition services are not covered by your medical service plan (MSP) and cost to all patients is \$150 per hour.)

11. Abdominal ultrasound: if you have not had one in the last year, this will be booked for you close to your home for the medical clearance appointment and bariatric consult referral to the Richmond Metabolic and Bariatric Surgery Program.
12. Bariatric Consult Referral individual physician visit: Medical Clearance and possible Bariatric Referral if all criteria met.

(A baseline Bone Mineral Density scan will need to be organized by your family doctor or our physicians as bariatric surgery is a malabsorptive-related gastrointestinal surgery and puts you at high risk for Osteopenia/Osteoporosis (>20% 10 year fracture risk).

Once Nutrition & Lifestyle Clearance & Medical Clearance is received by the dietitian and doctor, a Referral package is created to send to the Richmond Metabolic and Bariatric Surgery Program (RMBS Program).

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If you are unsure if you meet the eligibility criteria for bariatric surgery we will need to book a follow-up doctor's appointment for you. This appointment **does not mean** you are being medically cleared for bariatric surgery as the medical clearance is a separate appointment with an internal medicine doctor where a bariatric referral maybe created if you are medically cleared and sent to the Richmond Metabolic and Bariatric Surgery Program.

**\*Please note:** being referred to the Richmond Metabolic and Bariatric Surgery Program (RMBS) does not automatically guarantee that you will have bariatric surgery. The RMBS healthcare team and bariatric surgeon will review your file and further assess if bariatric surgery is a safe and effective treatment for the management of your obesity, **and they will make the final decision regarding this.** Please read, review and be aware of the RMBS Bariatric Program Patient Contract once you receive the RMBS Program Manual.

### **Richmond Metabolic and Bariatric Surgery Program Appointments:**

Richmond Metabolic and Bariatric Surgery Program (about 2-3 months till you undergo surgery)

1. Richmond Bariatric Program Orientation and medical review with nurse (3-4 hours)

2. Bariatric Dietitian appointment (food journal review, pre-operative teaching is provided, and pre-op diet, 1 hour)
3. Bariatric Surgeon appointment
4. Gastrointestinal scope
5. Hospital pre-admission appointment with anesthetist (pre-surgical screening unit, pre-op tests complete, 2-3hours)
6. Pre-operative Diet 2-3 week (as per surgeon's order) prior to surgery.
7. Surgery (1-2 days hospital stay)
8. Recovery (on average most people return to work within 2-6 weeks)
9. Post-bariatric appointment 6 weeks after your surgery
10. Post-bariatric appointment 12 weeks / 3 months after surgery
11. Post-bariatric appointment 24 weeks / 6 months after surgery

At your 6 month appointment with the Richmond Bariatric Dietitian you will either be discharged back to our care at the MWM Centre Program for your 1 year post-bariatric visit or if you have had complications post-surgery, have a gastric bypass procedure, or if they feel you need more monitoring and their care, the RMBS Program will continue to follow you and provide your post-op bariatric care till they feel you are ready to be discharged back to our care.

In summary, the Richmond Metabolic and Bariatric Surgery Program will see you 6 weeks, 3 month and 6 month after your bariatric surgery. If everything is going well at your 6 month Bariatric Dietitian appointment they may discharge you back to our MWM Centre program for your 1 year post-bariatric follow-up **which then becomes yearly appointments.**

If you do not hear from Richmond Metabolic and Bariatric Surgery Program at all for your post-bariatric appointments, **please contact them directly.** If you still do not hear from them, please let us know as we can follow-up with them.

Remember you are still a patient in our MWM Centre program and we run our post-bariatric support group medical visits once per month so check the calendar and you are encouraged to continue to attend our program.

Also, members of the Richmond Metabolic and Bariatric Surgery Program are there for you and they provide you their contact information so if you have any problems or issues, please reach out to them.

**Emergencies:** If you experience any health emergencies in the future, it is recommended to go the Richmond Hospital as they know how best to provide care to those who have had bariatric surgery.

After 1 year your post-bariatric appointments occurs yearly, once per year. That said, if you have a medical issue you can book in with one of our medical doctors.

The post-bariatric appointments are often with an Internal Medicine Doctor and the Registered Dietitian. If the dietitian is not available, the appointment is with an Internal Medicine Doctor and an Obesity Medicine Assistant or Registered Nurse.

If you feel you need to come in between those times because you have an issue or have not taken your nutritional supplement for a couple months please contact the office to book an appointment or please make note of it on your progress check when you come in for a post-bariatric support group medical visit. You can also meet with an Obesity Medicine Assistant if you need some assistance non- medically and they can perhaps provide direction and support.

Dietitian appointments: If you want to see Veronica Kacinik for a post-bariatric nutrition consult/follow-up, again her services are not covered by MSP. Her cost to all patients is \$150 per hour.

### **Revisional Surgery**

For patients who have had previous bariatric surgery (lapband, plication, sleeve gastrectomy, stapling, etc) again we will do our best to work with you and we may refer you to the Richmond Metabolic and Bariatric Surgery Program for revisional surgery. This is not an expedited referral as each case must be assessed by the surgeons if a revisional surgery is safe and even feasible. These patients must also be medically assessed by our physicians and cleared for the nutrition and lifestyle requirements for bariatric surgery in order to be referred.

Again being referred to the Richmond Metabolic and Bariatric Surgery Program does not automatically guarantee that you will undergo revisional bariatric surgery. The RMBS healthcare team and bariatric surgeon will review your file and further assess if revisional bariatric surgery is safe and effective treatment for the management of your obesity, and they will make the final decision regarding this. Please read, review and be aware of the RMBS Bariatric Program Patient Contract once you receive the RMBS Program Manual.

### **Private Bariatric Surgery / Medical Tourism**

If you decide to go for private bariatric surgery / medical tourism while attending our program, you will be required to pay for your dietitian post-bariatric visits and you will not be able to participate in our post-bariatric group until you have had a bariatric nutrition assessment & consultation with our clinic dietitian.