



Surgical Weight Loss Checklist

- Referral** from your Primary Care Provider if required by insurance.
- Call Insurance** to ensure coverage of Surgical Weight Loss and review requirements such as required diet, center of excellence, weight loss requirements, etc.
- New Patient Packet** sent from the office to review medical history, medications, allergies, etc. Please bring this to your consult appointment.
- Surgical Weight Loss videos** viewed prior to consultation appointment to assist in understanding of the surgical process.
- Baseline Lab Work** completed on an empty stomach. Nothing to eat or drink after midnight the night prior to testing (fasting).
- Upper GI** to assess for reflux or hiatal hernia prior to surgery. Nothing to eat or drink after midnight the night prior to testing (fasting).
- EGD** only required if we are removing your lap-band or if recommended by the surgeon prior to surgery.
- Psychological Evaluation** showing that you understand the risk/benefits of surgery, the lifestyle changes required, and mental stability. The psychologist must recommend that you are a good candidate for surgical weight loss. This is required prior to surgery.
- Support Group Meeting** allowing you the opportunity to meet other surgical weight loss patients at different stages of their weight loss journey. Each meeting discusses different educational topics. You are required to attend at least one support group prior to surgery.
- Sleep Study** to assess for sleep disturbances only if you are recommended for testing.
- Right Upper Quadrant Ultrasound** for those who have elevated cholesterol/triglyceride/LFT levels on baseline lab work to assess for Fatty Liver Disease.
- Supervised Diet** that may be required by your insurance. These can range from 3-6 months to sometimes one year. It is dependent upon your insurance company.
- Insurance Approval** from your insurance company stating that they have approved you for surgery. The office will acquire this approval for you once you have completed all requirements for your insurance company.
- Preoperative Appointment** to discuss preoperative paperwork, diet, etc.
- Cardiac/Medical Clearance** if required by surgeon prior to surgery. This is dependent upon surgeon's discretion or may be required if you currently take any prescribed anticoagulant medications.
- Pre-Admission Testing** completed prior to surgery as ordered by the surgeon. This could include, but is not limited to bloodwork, COVID testing, EKG, pregnancy test, nicotine testing, etc.
- Smoking Cessation/ Nicotine and Drug Testing** required prior to surgery to ensure your safety during and after your surgical procedure.
- Other:**

If you have any questions about the patient checklist, please reach out to us at our office at (304)-522-7600 and we would be more than happy to assist you. This is meant to be a reference guide for your use and is not a guaranteed outlined plan of care. There may be additional testing or some testing that is not required. This will be discussed with you at the time of your appointment.