

Bariatric Surgery Information Session Review

Carefully read each test question and circle. Use the information provided in your packet to answer the questions.

1. An adult is a good candidate for bariatric surgery to treat morbid obesity if:
 - a. They have BMI between 35 and 40, with a health issue related to the extra weight OR a BMI greater than 40.
 - b. A BMI less than 30 or greater than 25 with health issue related to the extra weight.
 - c. A person is over 50 lbs. overweight without diabetes.
 - d. A person weighs over 150 lbs.

2. There are three types of operations for obesity: Making the stomach smaller, rearranging the intestines so you absorb less energy from your food, and a combination of both.
 - a. True
 - b. False

3. Bariatric surgery is a TOOL. The surgery does not replace healthy eating habits AND exercise. It is possible to "out eat" the changes made to your stomach during weight loss surgery.
 - a. True
 - b. False

4. The Gastric SLEEVE involves removing 80-90% of your stomach, leaving only a banana shaped tube.
 - a. True
 - b. False

5. The Gastric SLEEVE surgery:
 - a. Makes your stomach smaller only
 - b. Stops your intestines from absorbing less energy from food.
 - c. Both

6. The banana shaped tube of the stomach made during a Gastric SLEEVE surgery causes more backpressure from the new "sleeve pouch" into the esophagus. The Salem Health Bariatric Surgery program will not do a Gastric SLEEVE on people with:
 - a. Severe acid reflux or GERD
 - b. A precancerous problem called "Barrett's Esophagitis"
 - c. Both
 - d. Neither

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7. The Gastric SLEEVE surgery involves _____ rearrangement of your internal organs than Gastric BYPASS surgery.
 - a. More
 - b. Less

8. The Gastric BYPASS surgery results in _____ than the Gastric SLEEVE surgery.
 - a. Slightly faster and greater weight loss.
 - b. Slower and lesser weight loss.

9. Gastric Bypass surgery involves making a small pouch from your stomach and cutting and rerouting the small intestine. Food then bypasses most of the stomach and upper part of your small intestine so your body absorbs fewer calories.
 - a. True
 - b. False

10. People that have bariatric surgery can expect to lose 50% to 75% of their excess body weight. Some factors that affect weight loss are:
 - a. A persons starting weight
 - b. Type of bariatric surgery
 - c. Eating habits
 - d. Exercise and activity level
 - e. All of the above

11. Some complications that are possible during and after **Gastric BYPASS** surgery are:
 - a. Leaking from the new connections in the stomach and intestines
 - b. Bleeding due to surgery
 - c. Small bowel obstruction due to kinking in its new arrangement.
 - d. Clots in the deep leg veins
 - e. Infection at the incision areas
 - f. All of the above.

12. Some complications that are possible during and after **Gastric SLEEVE** surgery are:
 - a. Leaking from the staples placed in the stomach after making it smaller.
 - b. Bleeding due to surgery
 - c. Clots in the deep leg veins
 - d. Infection at the incision areas
 - e. Narrowing of the stomach tube
 - f. All of the above

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13. About 2 weeks BEFORE surgery you will go on a :
- High-calorie, high fiber, vegetarian diet
 - Low-carbohydrate diet with lots of protein
 - Sugar-free, noncarbonated, caffeine-free full liquid diet
14. AFTER surgery you will be on a liquid diet for 2 weeks, then liquids and soft foods for the second 2 weeks and then gradually add regular foods after that.
- True
 - False
15. It is essential to follow up with the bariatric provider and dietitian to:
- Check vitamin and mineral levels in your body
 - Help you understand the changes occurring after surgery
 - Make sure you are getting the right amount of nutrition your body needs.
 - Prevent regaining your weight after surgery
 - All of the above
16. After surgery certain products can cause major problems and should be avoided. These include all below **EXCEPT**:
- Aspirin and NSAIDs (for example: Motrin, Advil)
 - Alcohol
 - Tylenol
 - All tobacco products (cigarettes, vaping, chew etc.)
17. After surgery you will need to take certain vitamins for life including:
- Calcium
 - Multivitamin
 - Sometimes iron
 - All of the above
18. Exercise is the key to maintaining long-term weight loss and health.
- True
 - False
19. Dumping syndrome is a feeling of dizziness, nausea, fatigue, sweating and a large amount of diarrhea. This can occur after **Gastric Bypass** and is caused by:
- Eating raw vegetables and fruits
 - Eating chicken or fish
 - Eating sweets and carbohydrates

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20. Women should not get pregnant for at least 18 month after surgery to avoid the mother and baby having problems with malnutrition and birth defects.

- a. True
- b. False

Patient signature _____ **Date** _____