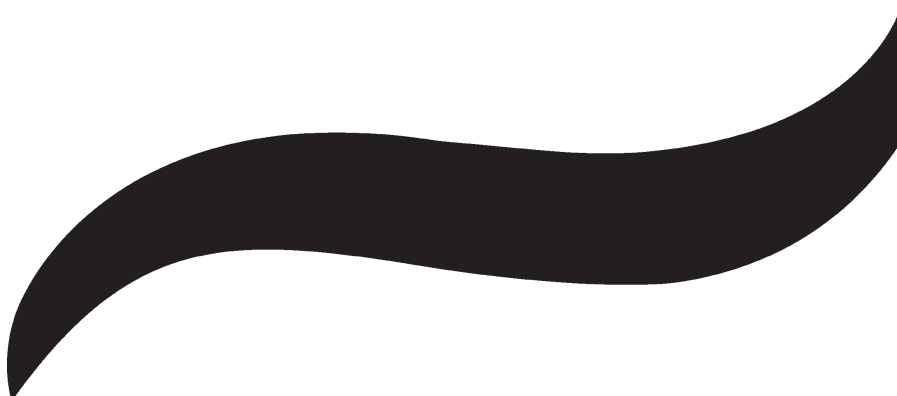




# Considering weight loss surgery - what to expect

Information for patients



Weight loss surgery, also called bariatric or metabolic surgery, is sometimes used as a treatment for people who have a Body Mass Index (BMI) 35 and over who are classed as clinically obese.

It is a major operation and in most cases should only be considered after trying to lose weight through a healthy diet and exercise.

It can lead to significant weight loss and can help improve many obesity-related conditions, such as Type 2 Diabetes.

It is important to remember that whatever weight loss treatment you have, it is only a tool to aid weight loss. The success in the long-term depends on your commitment to change the way that you eat, what you eat and to follow a healthy lifestyle.

This starts right now as part of the assessment process before you can be considered and accepted for weight loss surgery.

## THE ASSESSMENT PROCESS

The Consultant surgeon will assess your suitability for surgery. Following your consultation you will be referred to:

- ❖ The dietitian
- ❖ The consultant anaesthetist
- ❖ The consultant diabetologist
- ❖ The Bariatric Support Group
- ❖ Any other healthcare professionals as recommended by the Metabolic Surgery team; this might include psychologist, psychiatrist, respiratory

## DIETETIC ASSESSMENT

The dietitian will complete a dietary assessment with you and advise you about diet and lifestyle changes that you will need to make to promote weight loss, as well as demonstrate your ability to adapt and maintain a healthier lifestyle. You will need to maintain these changes to ensure your suitability for surgery.

- ❖ You will be expected to lose 0.5kg-1kg or 1-2lbs per week over a three month period.
- ❖ You will be expected to attend the dietitian at least monthly initially for three months to monitor your progress
- ❖ If you are successful in losing weight during this three month period, you will continue to be reviewed on a monthly basis by the dietitian while you await your assessment from the other members of the team
- ❖ **If you fail to reach the required weight loss over the three month period, you will be discharged from the service.**
- ❖ **If you gain weight on two consecutive occasions you will be discharged from the service.**

## ANAESTHETIC ASSESSMENT

The anaesthetist will assess your anaesthetic suitability for surgery. Further tests may be needed, this may include:

- ❖ blood tests
- ❖ exercise tests
- ❖ breathing tests
- ❖ ECG - heart trace

You may be referred to see a Respiratory Consultant for sleep studies to be assessed for Obstructive Sleep Apnoea (OSA) which is a relatively common condition where the walls of the throat relax and narrow during sleep which interrupts normal breathing. This may lead to regularly interrupted sleep, which can have a big impact on quality of life and increases the risk of developing certain conditions.

## DIABETES ASSESSMENT

The diabetologist will assess your diabetes control and review of your medications. They will also ensure there is no other hormonal cause for your high BMI.

## **BARIATRIC SUPPORT GROUP**

You will meet people who have already undergone weight loss surgery. This is your opportunity to get feedback from people who have been through the process and undergone surgery. This is a vital part of your journey as it helps provide an understanding of which surgical procedure is right for you and of the ongoing requirement to maintain lifestyle changes following surgery.

## **HOW DO I GET ACCEPTED ON THE METABOLIC SURGERY PROGRAMME?**

The Metabolic Surgery team will make a decision following completion of your assessment and after a period of monitoring the effects of lifestyle changes you make and sustain.

Once you have been accepted for surgery you will meet with the surgeon who will then discuss weight loss surgical options and agree the surgery that you will have.

NHS Lanarkshire Metabolic Surgery Service performs the following procedures:

- ❖ Intra Gastric Balloon
- ❖ Gastric Band
- ❖ Mini Bypass.
- ❖ Sleeve gastrectomy

If you are not accepted for surgery you will be referred back to your Diabetes team and GP.

## WHAT IS AN INTRA GASTRIC BALLOON?



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The intra gastric balloon is a soft saline filled balloon that is placed in the stomach for six months prior to weight loss surgery. Placement is done endoscopically (an endoscopy is a procedure where the inside of your body is examined using an instrument called an endoscope. An endoscope is a long, thin, flexible tube that has

a light source and camera at one end. Images of the inside of your body are relayed to a television screen). The balloon is designed to partially fill your stomach, giving you a feeling of fullness or satiety.

You would need to stay in hospital overnight after having the balloon inserted.

The balloon will need to be removed endoscopically after six months, just before your weight loss surgery. This will be done as a day case.

This procedure is not offered as a stand alone procedure and is only done prior to having weight loss surgery.

It is expected that you will lose 20kg whilst you have the gastric balloon fitted. Failure to meet this target will mean that you cannot proceed to weight loss surgery and will be discharged from the service.

## WHAT IS A GASTRIC BAND?



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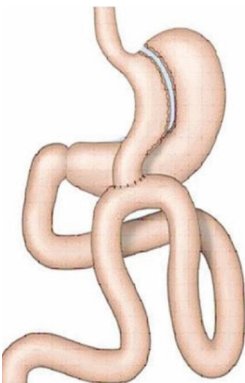
The gastric band consists of an inflatable silicone band that is surgically placed around the upper part of the stomach. The new small upper pouch limits the amount of food that can be consumed at one time. Like the gastric balloon, it reduces the amount of space for food in the stomach and does not prevent food from being absorbed;

therefore, to ensure that the band aids your weight loss you will need to follow a low calorie diet.

You will need to stay in hospital overnight following this surgery.

The gastric band needs regular adjustments after insertion. This involves insertion of fluid into the band via a special needle through the body tissue.

## WHAT IS A MINI BYPASS?

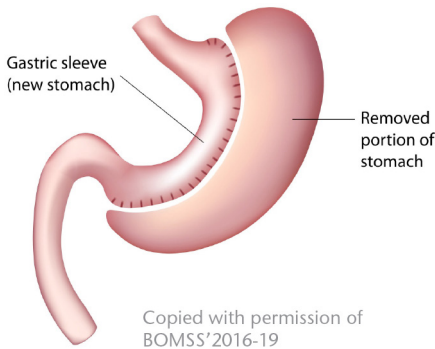


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The mini-gastric bypass reduces the size of the stomach and bypasses a portion of the small intestine for the purpose of weight loss. It is a less invasive alternative to a standard gastric bypass but produces similar weight loss results. This will reduce the amount of food that you can eat and affects the ability of the body to absorb this food.

You would need to stay in hospital for a few days following this surgery.

## WHAT IS A SLEEVE GASTROSTOMY?



A sleeve gastrectomy or a gastric sleeve is a procedure to remove about 70% to 85% of your stomach so that it takes the shape of a tube or sleeve. It differs from other weight loss procedures as food enters the new stomach pouch/tube and then follows a normal route versus bypassing the digestive

tract. The aim of sleeve gastrectomy is that you feel full sooner and therefore eat less.

You would need to stay in hospital for a few days following this surgery.

### WHAT HAPPENS IF I'M ACCEPTED FOR SURGERY?

You will be expected to continue to build on your positive lifestyle changes and weight loss while you are waiting for your date for your weight loss surgery.

You will continue to see the dietician on a monthly basis to monitor your progress until you get a date for your surgery.

## HOW MUCH WEIGHT DO I HAVE TO LOSE PRIOR TO SURGERY?

You should lose 0.5-1kg or 1-2lbs per week.

**If you fail to demonstrate any weight loss over a two month period you will be discharged from the service.**



## **DO I HAVE TO FOLLOW A SPECIAL DIET BEFORE MY SURGERY?**

Yes, you will have to go on a special diet two weeks prior to surgery. This is to shrink the liver and reduce the risks associated with surgery. You should lose 5kg (11lbs) in weight during this time.

**If you do not lose this weight your surgery will be cancelled as the risks are felt to be too high to proceed.**

### **AFTER SURGERY**

You will be expected to take vitamin and mineral supplements for the rest of your life, regardless of the surgery you had.

You will need to attend follow-up appointments with the dietitian and the nurse once a month.

You will need to have an annual blood test to check that your nutrition levels are normal.

## **WHAT IF I FAIL TO ATTEND ANY OF MY APPOINTMENTS?**

Failure to attend any of your appointments will result in you being removed from the service.

If you wish to be re-referred to the service, your GP will have to wait one year before that referral can be made.

## USEFUL INFORMATION

For further weight loss advice you may wish to visit the following websites:

- ❖ **[www.wlsinfo.org.uk](http://www.wlsinfo.org.uk)** for information about the different types of surgery
- ❖ **[www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)** for information on healthy eating and weight loss
- ❖ **[www.bda.uk.com](http://www.bda.uk.com)** for information about food facts
- ❖ **[www.nlleisure.co.uk](http://www.nlleisure.co.uk)** for specialised-health-classes/weight-management in North Lanarkshire
- ❖ **[www.slleisureandculture.co.uk](http://www.slleisureandculture.co.uk)** for specialised-health-classes/weight-management in South Lanarkshire



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Pub. date:	April 2023
Review date:	April 2025
Issue No:	03
Department:	Dietetics
Clinical Lead:	