

*This isn't just about health care.
This is about you.*

We will support you every step of the way

Park Nicollet Bariatric Surgery Center provides weight-loss surgery and follow-up care for those struggling with severe obesity. Our skilled bariatric surgeons, compassionate bariatric nurse clinicians and other staff will help you take these steps to a healthier life.

____Date completed **Attend our free group information session.** This 1½-hour session is led by a registered bariatric surgery nurse clinician. You will learn about our surgical options, including our latest – outpatient adjustable banding. You can ask questions and talk to our professionals and others who are considering surgery. Friends or family members are welcome to attend with you.

____Date completed **Complete and mail pre-assessment forms.** You will receive a packet of forms at the information session. Fill out these forms and mail them in the envelope provided.

____Date completed **Meet with a bariatric nurse clinician.** During this one-hour session, the nurse will review your completed assessment forms. The nurse will discuss obesity surgery, your past medical and obesity history, and education. We will focus on learning gaps identified in the self-test included with the pre-assessment forms. Most of our nurses also are bariatric surgery patients, so they can relate to many of your thoughts, experiences and emotions. You will take two psychological tests. Our psychologist will discuss the results with you at a later appointment.

The nurse will help you schedule your next steps with Park Nicollet experts, experienced in caring for and treating patients undergoing weight-loss surgery. All appointments will be at our Park Nicollet Clinic—Meadowbrook location in St. Louis Park and all your information will be available to clinicians via our secured electronic medical record. You will not be required to resubmit information or visit multiple locations.

____Date completed **Meet with a bariatrician (medical doctor).** During this one-hour appointment, the doctor will further review your medical history and answer any questions you might have. The doctor also can work with your primary care doctor to resolve any issues as you prepare for surgery.

____Date completed **Meet with a Park Nicollet registered dietitian.** During this one-hour appointment, the dietitian will help you meet any preoperative weight management insurance requirements you might have. The dietitian also will assess your eating habits and work with you on behavioral changes in preparation for surgery.

____Date completed **Meet with a Park Nicollet physical therapist.** During this one-hour appointment, the therapist will evaluate any barriers to physical activity you may have related to your weight, and help you develop an activity plan.

____Date completed **Meet with a Park Nicollet licensed psychologist.** During this one-hour appointment, information from your testing will be used to help you understand the psychological impact of surgery and necessary preparations.

____Date completed **Obtain insurance prior authorization.** Our insurance experts will help you complete the necessary steps to obtain prior authorization. They can help you navigate this often complex process. If you have limited insurance coverage, we offer self-pay options and financing.

____Date completed **Meet with your Park Nicollet bariatric surgeon.** Once prior authorization is obtained, you will meet with your surgeon to discuss which surgery option is best for you. If the surgeon agrees that you are well-prepared for a positive, post-surgical outcome, you will be scheduled for surgery.

____Date completed **Check in for surgery.** Your team will be with you throughout your surgical experience, and will keep you, your friends and family informed of your status.

Follow-up care

- After gastric bypass surgery you will have follow-up visits with a bariatric surgery nurse clinician a minimum of six times during the first year, then at 18 months, 24 months and annually for life.
- After adjustable gastric banding surgery, you will have follow-up visits with the physician's assistant monthly to evaluate your need for a band adjustment.
- Laboratory tests are evaluated at six months, 12 months, 18 months, 24 months, then annually for life (or as necessary).
- You will see a dietitian for ongoing postoperative diet and nutrition education and support four times in the first postoperative year, and then as needed. We will give you easy-to-use shopping guides to help you make the right food and nutrition choices.
- Our psychologists and physical therapists are available for ongoing consultations throughout the entire process and postoperative period.
- You are welcome to participate in a variety of support groups.

Enjoy a healthier life.

The time from your meeting with our bariatric nurse clinician to the date of your surgery can vary, depending on your unique situation and insurance requirements. The entire process can take anywhere from three months to 12 months.

About us

Park Nicollet Bariatric Surgery Center is a leader in bariatric surgery and is an American Society for Metabolic and Bariatric Surgery Center of Excellence. We do more than 470 bariatric surgeries each year. We are one of the first in Minnesota to safely and efficiently offer adjustable banding surgery on an outpatient basis (no overnight hospital stay required). Our comprehensive team of experts will support you every step of the way during this life-changing journey. Learn more about us on parknicollet.com/bariatric or call 952-993-3180.