

# Bariatric Surgical Program Surgical Assessment Centre

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The Bariatric Program works with patients referred by their attending doctors or nurse practitioner to prepare for weight loss surgery. Our program is the only provincially funded bariatric surgery program in Saskatchewan.

## Bariatric Program Team

**Surgeon** - are specially trained in bariatric surgery for obesity treatment and guide you in the direction to the type of surgery that right for you. They provide follow up care related to bariatric surgery while you are in the program.

**Registered Nurse** - is there to help educate clients and gain access to information to help guide optimal treatment strategies for the client.

**Registered Dietitian** - assesses, monitors, and guides you towards the nutritional changes you need to make to prepare for surgery. They help you achieve optimal nutrition and successful weight loss both before and after surgery.

**Psychology Team** - completes a psychological assessment of your emotional readiness for bariatric surgery and preparation for long term success. It may be recommended that some clients obtain additional counselling in the community.

**Exercise Therapist** - guides clients toward safe, and achievable goals. Physical activity is an important part of any weight loss program.

## Client Eligibility

The program assists in the care of clients whose Body Mass Index (BMI) is between 40 and 70. Patients with a BMI between 35 and 40 will be considered for the program if you have 2 or more medical conditions such as:

- Cardiopulmonary problems
- Sleep apnea
- Diabetes mellitus
- High blood pressure.

### To be eligible you must:

- Be a resident of Saskatchewan
- Be between the ages of 18 and 59, and be a non-smoker at the time of referral.
- Not be pregnant, lactating, or become pregnant to be admitted to the Clinic.
- Have tried many previous weight loss attempts.
- Be motivated and willing to make eating and lifestyle changes.
- Commit to all aspects of the Program.
- Be psychologically and medically fit for surgery.
- Currently not have any active substance abuse.

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## Surgeries Performed

We offer both the Roux en Y Gastric Bypass and the Sleeve Gastrectomy procedures. We **do not** offer the Lap Band procedure.

## Referrals

Contact your family doctor or nurse practitioner to discuss your eligibility for bariatric surgery. Your family doctor/nurse practitioner assesses your condition and, if he/she feel you may benefit from the surgery they refer you to the RQHR Bariatric Surgical Program. Your referral is reviewed for acceptance into the program by the bariatric surgeon. Once you are approved for the program, you receive a letter outlining the acceptance and estimated wait time to begin the program.

## Client Responsibilities

**While enrolled in the program, you agree to :**

- Attend all Clinic appointments. Missed appointments may result in dismissal from this program.
- Attend all group nutrition classes.
- Lose or maintain weight during the Pre-Surgical Program. Depending on your BMI, you may be required to lose weight.
- Keep accurate food and beverage and physical activity records every day and bring to every appointment.
- Work on eating techniques to prepare for life after surgery such as: eating slowly, chewing your food very well, and not drinking with meals.
- Demonstrate that you have made lifestyle changes and are mentally prepared for surgery to achieve success in the Bariatric Surgery Program.
- Be smoke free **before** starting the program. This is a requirement of the program. You are also agreeing to remain smoke free **lifelong**.

Based on your assessment and progress in the program, the Bariatric Surgical Program team determines if surgery is right for you. You are not approved for surgery until after successful completion of the pre-surgical program. Bariatric surgery is life altering and requires life long commitment to making and adhering to lifestyle changes for success after surgery.

## While You Are Waiting for an Appointment

While you are waiting for your call to start the program, there are steps you can take to start to prepare for entry into the program:

- Maintain a smoke free lifestyle.
- Decrease alcohol intake.
- Become physically active.
- Eliminate carbonated beverages from your diet eg: pop, beer, carbonated water.
- Be mindful of food choices through food journaling.

You will be contacted with an appointment and details of what to expect at your first visit and throughout the program.

