

















The Weight Loss Journey

		Explore			Consult			Procedure			Maintenance		
		Explore	Before 1st visit	Consult 1	Consult 2	Dietitian	Pre-op	Procedure	Post-op	2-12 weeks	12-52 weeks	52 weeks +	
 <p>Who</p>	Care team involvement	 GP  Phone call with clinic		 Physician	 Surgeon  Practice Nurse	 Dietitian		 Surgeon	 Surgeon  Practice Nurse	 Physician  Dietitian	 Physician  Dietitian	 Physician  Dietitian	
	What Referrer's Role	<ul style="list-style-type: none"> Consult with patient 	<ul style="list-style-type: none"> Provide referral letter Provide summary info about patient's medical & family history 		<ul style="list-style-type: none"> Collaborate with required pathology & imaging needed 		<ul style="list-style-type: none"> Collaborate with additional assessments required 		<ul style="list-style-type: none"> Help monitor for post discharge complications - see over* page for management guidelines 	<ul style="list-style-type: none"> Help monitor for post discharge complications - see over page for management guidelines 	<ul style="list-style-type: none"> Overall medical support of patient 	<ul style="list-style-type: none"> Overall medical support of patient 	
	Care Team's Role	<ul style="list-style-type: none"> Specify required data 		<ul style="list-style-type: none"> Understand patients history Review appropriate options Discuss Pt's role in journey Coordinate additional tests Send out consult summary letter 	<ul style="list-style-type: none"> Review test results Agree on best procedure Explain procedure & lifestyle expectations 	<ul style="list-style-type: none"> Explain pre-op diet importance Discuss hunger & hormones Review food choice habits Explore dietary habit journey 	<ul style="list-style-type: none"> Pre-op diet compliance Co-ordinate additional assessments required Manage expectations of procedure & hospital stay Ensure forms, costs, ins. complete 	<ul style="list-style-type: none"> Ensure pre-op diet is done Perform procedure with minimal complications 	<ul style="list-style-type: none"> Manage pain & post-op issues Nurse support of recovery phase Operative report letter to referrer 	<ul style="list-style-type: none"> Check patient's condition & progress Manage weight loss expectations Post-op diet support via dietitian 	<ul style="list-style-type: none"> Check patient's condition & progress Post-op diet support via dietitian 	<ul style="list-style-type: none"> Check patient's condition & progress Post-op diet support via dietitian Monitor patient compliance with follow-up 	
	How Resources	<ul style="list-style-type: none"> Website / FAQ / Blogs Contact form 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs Info pack 1 Consult discussion letter 	<ul style="list-style-type: none"> Website / FAQ / Blogs Info pack 2 Lifestyle kit 	<ul style="list-style-type: none"> Website / FAQ / Blogs Pre-diet info pack 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs 	<ul style="list-style-type: none"> Website / FAQ / Blogs Operative report letter 	<ul style="list-style-type: none"> Website / FAQ / Blogs Food diary Support groups 	<ul style="list-style-type: none"> Website / FAQ / Blogs Support groups 	<ul style="list-style-type: none"> Website / FAQ / Blogs Support groups 	

Monitoring Post Discharge Complications*

Symptoms of Concern	
Fever	Abdominal Pain
Tachycardia	Vomiting
Syncope	Dehydration

Support Contact

Office Hours	Contact rooms, Mon - Fri on 02 9553 1120
After Hours	Early (First 2 weeks) Post Op : Call Ward 1 South at St George Private Hospital.
	Later (Week 3 onwards): Either direct the patient to nearest A&E, or St George Public Hospital. If a patient presents to their local A&E the Upper GI Surgical Fellow at St George Hospital can be contacted.

Vitamin & Maintenance Regime

Procedure Type	Vitamin Regime	Nutritional Risks	Blood Tests Required
Lap Band	Daily Multivitamin	May need Calcium & Iron	6 monthly & Annual FBC, Iron Study, B12, Folate, UEC, LFT, CMP, Vitamin D, PTH, BSL
Sleeve Gastrectomy	Daily Multivitamin	May need Calcium & Iron	
Gastric Bypass	Daily Multivitamin, 6 monthly B12	May need Calcium & Iron	
SADI	Daily Multivitamin	May need Calcium & Iron	