

Bariatric Surgery eLearning Program

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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- If you smoke, you will need to make a plan to stop. **You cannot smoke for 6 months before your surgery.** This includes cannabis.

If you would like support, tell a member of your health care team. They can help you find a dietitian or a psychologist in your community.

For each appointment with the bariatric surgery team, you must:

- Have blood work done before your appointment as told by your health care team.
- Bring a list of **all** your medications (including prescription and over-the-counter products, inhalers, creams, eye drops, patches, herbal products, vitamins, and supplements).

Bariatric Surgery eLearning Program

Welcome to the Bariatric Surgery eLearning Program. To get ready for your first appointment with the bariatric surgery team, you will need to:

- Meet with your primary health care provider (family doctor or nurse practitioner) to:
 - › Review the *Bariatric Surgery Pathway Referral Document*:
 - › <https://www.nshealth.ca/documents-and-reports/bariatric-surgery-pathway-referral-document>
 - › Have blood work done
- Print the *Bariatric Surgery Patient Information* guide at:
 - › <https://www.nshealth.ca/documents-and-reports/nova-scotia-bariatric-surgery-patient-information>
 - › We suggest placing this guide in a binder. You will be reviewing this information often while you are in the program.
- Print the nutrition plans you were prescribed.
 - › **Follow the Liquids Only Nutrition Plan for 14 days (2 weeks).**
 - › The sample plan shows how you can eat 60 to 80 g of protein and 1200 calories a day.

› **Then follow the *Limited Choice Nutrition Plan* for at least 90 days (3 months).**

- › The sample plan shows how you can eat 60 to 80 g of protein and 1200 calories a day.

› **Once you start the program, you should follow 1 of these plans at all times.** This will help you to break your habits and routines.

- › **Do not** eat the following foods more than 2 to 3 times a month:

- › Bread products made from flour

- › Rice

- › Pasta

- › White potatoes

- › Fast food

- › Junk food

- › Ultra-processed food

- Each day, take:

- › 1 adult multivitamin and mineral supplement

- › 1000 IU of vitamin D

- Keep track of what you are eating each day for at least 3 months. This includes:

- › What foods you are eating

- › How many grams of protein

- › Total fluids

- › It may also help to write down:

- › How you felt (emotionally and physically) while you were eating

- › How much and what kind of physical activity you did each day

- › If you ate for any reason other than hunger (like stress, boredom)

- Remove “trigger foods” from your home and/or your routine.

- Make a list of things to do that do not involve food. Do an activity from the list when you are bored or stressed.

- Move your body every day.

- › Find a physical activity that you enjoy.

- › Do a bit more each day until you are doing 30 to 60 minutes (half an hour to 1 hour) of physical activity a day.

- › Tell a member of your health care team if you would like to talk with a physiotherapist or a movement specialist.