

Before Your Bariatric Surgery

Information for patients who are thinking of having weight loss surgery

Read this brochure to learn about:

- How bariatric surgery is done
- What are the benefits and risks
- Where to get more information



What is bariatric surgery?

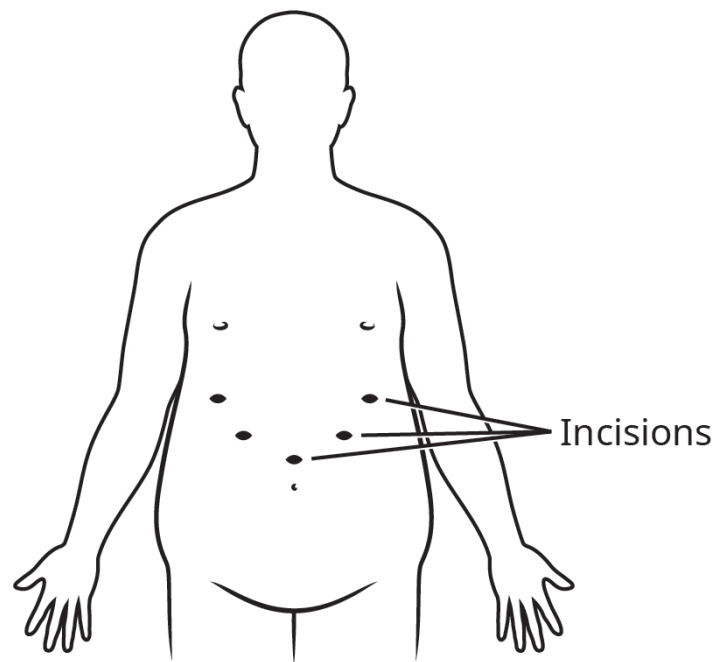
Bariatric surgery is surgery that helps people lose weight.

People who have the most success after surgery make healthy lifestyle changes that they follow for the rest of their lives, including:

- eating healthy
- exercising regularly
- drinking less alcohol
- not smoking

How is bariatric surgery done?

Bariatric surgery is usually done using a tiny video camera called a **laparoscope**. The surgeon makes 5 small incisions (cuts) on the belly. Each cut is about ½ inch long.



The camera is inserted through one of the incisions and connected to a TV screen in the operating room. This allows the surgeon to view inside your belly and place special instruments through the other incisions while doing the surgery.

You will have general anesthesia during surgery. This means you will be fully asleep and not feel anything.

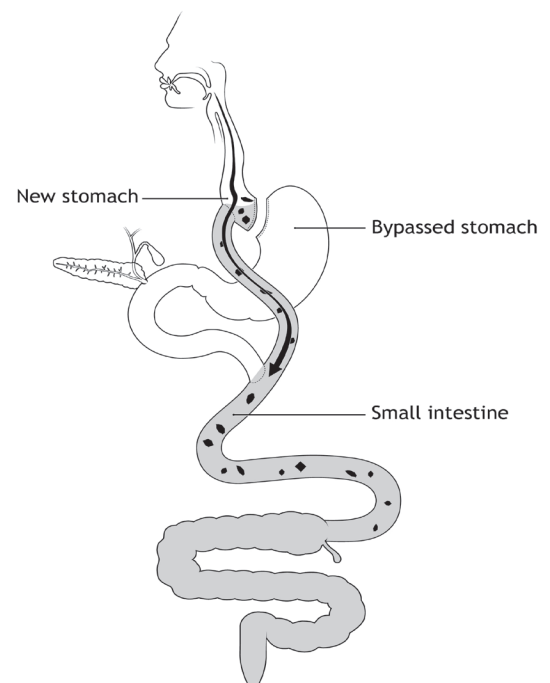
What type of surgery might I have?

Laparoscopic Roux-en-Y Gastric Bypass (LRYGB) – pronounced “roo on why”

LRYGB is considered to be the best option for weight loss surgery.

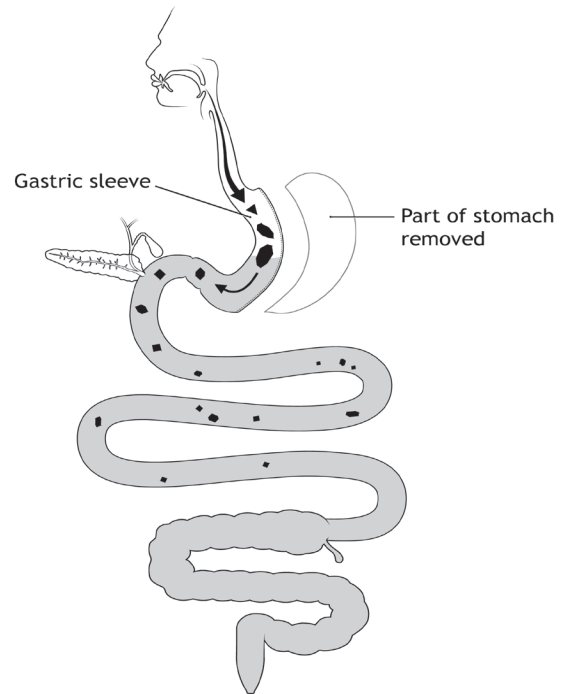
- The surgeon cuts the stomach and creates a small stomach pouch about the size of an egg.
- The surgeon then cuts the small intestine below the stomach, brings it up, and attaches it to the small stomach pouch.
- Now food will go from the mouth, to the small pouch, to the second part of the intestine.
- The rest of the stomach is not removed. It is connected further down the intestine to create a “Y” connection so that digestive juices from the old stomach can help break down food.

Roux-en-Y



Laparoscopic Sleeve Gastrectomy

- The surgeon cuts away and removes most of the stomach. The part of the stomach that remains is stapled together and takes the shape of a “sleeve”, or banana.
- This procedure is often done if a patient cannot have the Laparoscopic Roux-en-Y Gastric Bypass.



Sleeve gastrectomy



Please watch this video to learn more about the LRYGB at Toronto Western Hospital

<https://www.youtube.com/watch?v=A7hwFilYImo>

How does bariatric surgery make me lose weight?

Surgery promotes weight loss in 3 ways:

1. **Your stomach will be smaller.** A smaller stomach means you will feel full with less food.
2. **You won't absorb all the calories from your food.** This is because food will no longer go through a part of your small intestine.
3. **Your hormones will change.** You will have less of an appetite.

What are the benefits of bariatric surgery?

Bariatric surgery is not a miracle cure or easy fix. However, there can be many benefits to having bariatric surgery when you eat healthy and follow your health care team's guidelines.

Weight loss:

- Patients who have LRYGB usually lose 60% to 85% of their excess weight about 1 to 2 years after surgery.
- Patients who have the sleeve gastrectomy usually lose 50% to 60% of their excess weight about 1 to 2 years after surgery.
- Gaining back a small amount of weight after the surgery is normal. But, 10-14 years after surgery, most patients are able to keep off most of the weight they have lost if they have followed the guidelines.
- Patients usually lose more weight with the LRYGB surgery than with sleeve gastrectomy.

Health conditions will improve, including:

- High blood pressure
- High cholesterol and triglycerides
- Type 2 diabetes
- Obstructive sleep apnea
- Shortness of breath
- Asthma
- Heartburn or acid reflux
 - Most patients get less heartburn shortly after having the LRYGB.
 - Heartburn may get worse after the sleeve gastrectomy.
- Joint and back pain

- Fertility
 - **Important:** Don't get pregnant for 18 months to 2 years after surgery. This is because you might have low vitamins and minerals which can harm the growing baby. Oral contraceptives won't work as well after surgery because you won't absorb them very well.

Overall health and happiness:

- Most patients tell us they enjoy life more after surgery. Weight loss gives them more energy to enjoy activities.

What are the medical and surgical risks and complications?

Bariatric surgery is a major surgery. Talk with your surgeon and health care providers about the risks of surgery and what is best for you.

Important: Smoking increases the risk for many of the problems below.

- Death (about 1 in 1,000 patients)
- Pulmonary embolism (blood clot in your lung)
 - About 1 out of 100 patients may get a blood clot in their lung. To prevent blood clots, you will get up and start walking very soon after surgery.
- Gastrointestinal tract leak
 - A leak happens when contents from inside the stomach or small intestine leak out into the abdomen and cause an infection. It happens in less than 1 out of 100 patients. This is most likely to happen in the first 2 weeks after surgery.
- Stricture
 - The tube connected to your new stomach pouch becomes too narrow.

- Internal hernia or bowel obstruction
 - This happens when the bowels are blocked or kinked off, like a garden hose. This is an emergency and needs surgery right away.
- Internal bleeding
- Ulcer
- Gallstones
- Kidney stones
- Vitamin and mineral deficiencies
 - Because your body will not get all of the calories from the food you eat, you will need to take vitamins and minerals for life.
- Low blood sugars (even if you have never had diabetes)
- Nausea and vomiting
- Dehydration
- Excess skin
- Hair thinning
 - Usually starts to grow back before one year
- Dumping Syndrome
 - Can be triggered with foods that are too sweet, have too much fat, eating and drinking at the same time, or poor eating technique.
- Weight regain
 - If you're not following the nutrition guidelines and living an active lifestyle



If you think you are having a serious complication, go to your nearest emergency room right away.

Where to get more information about bariatric surgery

Ontario Bariatric Network

Website: www.ontariobariatricnetwork.ca

Bariatric Clinic – Toronto Western Hospital

Website: www.uhn.ca/Surgery/PatientsFamilies/Clinics_Tests/Bariatric_Clinic

*Adapted with permission from the West Penn Allegheny Health System Bariatric Surgery Center

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