

## Bariatric Assessment Clinic Pre-Surgery Information

<b>Surgery Date:</b>	<b>Surgery Time:</b>
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### Check-in for surgeries:

Toronto Western Hospital - Preoperative Care unit (POCU)  
 Fell Pavilion – 2<sup>nd</sup> floor (Room 116)  
 Phone: 416-603-5800 ext 2111

Surgery start time	Arrive at hospital	Surgery start time	Arrive at hospital	Surgery start time	Arrive at hospital
8:00AM	6:00AM	9:00AM	7:00AM	8:00AM	6:00AM
11:00AM	9:00AM	12:00PM	10:00AM	10:30AM	8:30AM
2:00 PM (1400)	12:00PM	3:00PM (1500)	1:00PM	1:00PM (1300)	11:00AM
				3:30PM (1530)	1:30PM

### Pre-Admission clinic appointments

- Pre-Admission appointments are now done using Microsoft Teams
- For this appointment please be in a private and quiet area as you will speak to different members of the team during the 3-hour appointment
- The Pre-Admission clinic will send you a video link **the day before** your scheduled appointment
- You do not have to send in any medical forms to the Pre-Admission clinic for this appointment but please have your medication list ready
- If you need to reschedule this appointment call the Bariatric Clinic: 416-603-5800 extension 6145
- **Please note:** ASL interpreter appointments are done in person at the hospital

### Pre-surgery testing

- All patients having surgery at Toronto Western Hospital must do an MRSA swab
- You may also be required to do bloodwork or an ECG based on your health history

#### Please note:

- This appointment is done at the hospital 1-2 days before surgery and booked the week of your surgery. A clerk will call or message you with the date and time.
- Patients must come to the hospital to do their preadmission testing to make sure we receive the results in time for your surgery otherwise it may be rescheduled

#### Location:

Pre-Admission Clinic  
 Toronto Western Hospital  
 399 Bathurst Street  
 Main Pavilion – 1<sup>st</sup> Floor  
 Bariatric clinic: 416-603-5800 ext 6145

**Important:** Please book an appointment to follow up with your family doctor for the week after your surgery.

### MyUHN/MyChart app (Patient Portal)

The clinic uses MyUHN to let patients know when their appointments are booked and to communicate. You will get email notifications about changes to appointments and sometimes you will receive messages from different team members. You can ask to sign up with anyone in the Bariatric clinic.

**Return to work letters (Disability, employment insurance, and employee forms)**

The Bariatric clinic nurses will only provide general letters stating that you had surgery, need 4 to 6 weeks off from work, and will not be able to lift heavy objects. Please message or call the clinic to have this written.

Please book an appointment with your family doctor if you need a specific letter based on your health history or to fill out any paperwork such as employment and disability forms that you need completed before or after your surgery. You may bring your paperwork the day of surgery for the surgeon to sign but it will take 2 to 3 weeks for the surgeon's administrative assistant to return it. To fill out the form, your doctor will need to know the name of your surgeon, the recommended time off (4-6weeks) and the type of surgery you had.

**Diabetes medicine and pre-surgery shakes**

If you are taking diabetes medication, please follow the diabetes handout included in this package or sent to you by message on MyUHN. The handout lets you know which diabetes medication you can or cannot take while drinking Medi Meal or Optifast. If you still have questions or have not received the handout please call the Bariatric clinic at 416-603-5800 extension 6145 or send us a message on MyUHN.

**Pre-surgery shakes**

After your surgical assessment, a clerk will call you for your payment information for your pre-surgery shake order. If your order wasn't completed the same day as your surgeon's appointment then please call into the clinic with your payment info.

If your order doesn't arrive in time for your start date please call:

- Minogue Medical at 1-800-665-6466 for Medi Meal or Slim Timeorders
- Medical Mart at 905-624-2011 for Optifast orders

**Please note:**

- Patients with kidney issues can only drink Optifast
- Please call or message the clinic to speak with a dietitian if you are vegan or have a milk allergy

**Rescheduling or cancelling your surgery**

The Bariatric Assessment Clinic books surgeries far in advance based on available surgeons and operating room space. We understand that sometimes patients cannot complete their scheduled surgery.

- If you need to cancel or reschedule your surgery please call the clinic at least 4 to 6 weeks before your scheduled surgery date. This is so that we can schedule other patients in the spot you no longer need.
- If you are cancelling or rescheduling because of an emergency please call the clinic as soon as you can.
- Surgeries must be completed within three months of you seeing the surgeon. Requesting dates further than three months of meeting the surgeon may require a hold.

**Please note:** When you call the clinic we will ask for the reason why you are cancelling or rescheduling. If you do not give a reason you may be placed out of program and will need to be re-referred to the Bariatric Surgery Program by your family doctor