Bariatric Surgery Program Orientation

Please turn on your camera and keep yourself muted. The class will start shortly.

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Group Guidelines

- This session is approximately 2 hours. Please make sure to attend the entire session.
- Please make sure you are in an environment where you can minimize distraction.
- Please ensure that you respect the privacy of fellow attendees and maintain confidentiality.

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Group Guidelines

- If you have general questions, please use the raise hand function. When called upon during Q&A, please un-mute yourself and then lower your hand.
- You may also ask questions using the chat function.
- Save personal questions for your future appointments.
- Please keep yourself muted at all other times.

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Group Guidelines

- Please leave your camera on during the presentation.
- Appropriate attire is required. Dress as you would for an in-person medical appointment.
- If you have a friend/family member with you, please ensure they follow the same rules – i.e. maintain confidentiality, wear proper attire, and stay muted.

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Topics Covered Today

- Understanding bariatric surgery
- Benefits and risks of surgery
- Preparing for life after surgery
- Making your surgery a success
- Program policies
- How you will be assessed for surgery
- Follow-up care
- **Next steps: forms to be completed before 1st appointment, appointments, tests, etc.**

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What is “Bariatrics”?

- The branch of medicine that deals with the causes, prevention and treatment of obesity
- Bariatric surgery (weight-loss surgery) is specifically the surgical treatment for obesity

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Who can have bariatric surgery?

- Rules set by the Ontario Ministry of Health

You must:

- 18 years old or older
- Be OHIP insured
- Have tried to lose weight on your own or as part of a program

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Who can have bariatric surgery?

You must:

- Have a Body Mass Index (BMI) of higher than 35 and one or more obesity related medical illnesses like:
  - High Blood Pressure
  - Diabetes
  - Obstructive Sleep Apnea
- Have a Body Mass Index of 40 or higher

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Understanding Bariatric Surgery

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Single Anastomosis Duodenal-Ileal Bypass (SADI-S)

- For patients who have a sleeve and a high BMI, they may require a SADI as a second operation to help achieve additional weight loss.
- Must wait at least 1 year after sleeve
- If you qualify for this operation, you will attend another orientation class to learn more.

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Which surgery will I have?

- The Bariatric Surgeon will have a discussion with you regarding which surgery is the best choice.

- Factors that influence surgery type:
  - Your medical history
  - Your current weight
  - Your health-related goals

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How long will I stay in the hospital?

- You will be in the hospital for 1 or 2 nights
- Please plan to have someone support you after surgery
- UHN Discharge Policy – it is strongly recommended that you have a support person to transport you home from the hospital
- *Some patients may go home the day of surgery. If you are eligible for this, you are required to have a support person to transport you home.*

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Weight Loss Expectations

- People who have the Roux-En-Y surgery lose about 30% of their total body weight.
- People who have the Sleeve surgery lose about 25% of their total body weight
- People who have the 2nd step SADI surgery lose an additional 5-15% of their total body weight

These numbers are averages. You could lose less than or more than the average.

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Your Weight Loss

- The surgery is a tool. How you use that tool that will determine your weight loss.
  - e.g. diet and level of physical activity
- There are some factors that may impact weight loss after bariatric surgery
  - Genetics, age, health conditions, medications, limited mobility
  - Previous bariatric procedures (ie lap band)
  - If you have lost weight with anti-obesity medications
- Our team will help you determine a realistic goal weight.

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Weight Regain

- Obesity is a progressive, relapsing chronic disease
- May require multiple interventions throughout one's lifetime
- Risk of weight regain after bariatric surgery related to:
  - Worsening mental health
  - Lack of physical activity
  - Poor compliance with bariatric nutrition guidelines

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Managing Weight Regain

Interventions may include:

- 1:1 Appointment with Dietitian, Nursing, Social Work, Psychology
- Mindful Eating Group Classes
- Body Image Group Classes
- Cognitive Behavioural Therapy (1:1 telephone)
- Dialectical Behavioural Therapy Group Classes
- Anti-Obesity Medications
  - ie: Saxenda, Ozempic, Contrave, Wegovy, Mounjaro
- In some cases, further bariatric surgery

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Benefits and Risks of Surgery

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Outcomes: % Resolution for Obesity Related Conditions

Obesity Related Condition	Roux-En-Y Gastric Bypass	Sleeve Gastrectomy	SADI
Diabetes (Type 2)	40%	30%	80%
High Blood Pressure	40%	30%	60%
Sleep Apnea (Obstructive)	50%	40%	70%

Biertho L, Hong D, Gagner M. Canadian Adult Obesity Clinical Practice Guidelines: Bariatric Surgery: Surgical Options and Outcomes, July 6, 2021 – Version 6

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Risk and Complications

- The risk of developing major complications is low, though the risk is higher for those who are older or have more health problems.

Complication	Rate
Death	Less than 1 in 1000
Pulmonary Embolism	Less than 1 in 100
Leak	Less than 1 in 100
Ulcer	5-10 in 100
Gallbladder Removal	7 in 100

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Risk and Complications

- Less serious complications are more common.
- Most patients will experience at least one vitamin or mineral deficiency post-surgery.
  - e.g. Low iron
- Most patients will experience nausea or vomiting at least once after surgery.

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Is there an age limit for surgery?

- The risks associated with any surgery generally increase with age
- If you are 65 or older, you will see the surgeon first in order to determine if the benefits of surgery outweigh the risks for you

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Quit Smoking

Smoking:

- Causes poor wound healing
- Can contribute to ulcer formation
- Affects overall well-being
- If you continue to smoke, this will be discussed at your appointments as it can affect the risk associated with different types of bariatric surgery

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Pregnancy

- If you become pregnant during the assessment process:
  - You will be discharged from the program
  - You will have to wait 6 months after having your baby to get re-referred to the program
- Patients should wait at least 12-18 months after bariatric surgery before becoming pregnant
- Birth control pills are not effective because they are not well absorbed after surgery.

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Preparing for Life After Surgery

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Eating Before & After Surgery

Pre-surgery Diet: Meal Replacement (2-4 weeks)

↓

Clear Fluids (2 days)

↓

Liquid Diet (2 weeks)

↓

Pureed Diet (2 weeks)

↓

Soft Diet (4 weeks)

↓

Regular Diet (for life)

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What changes should I start making?

- Eat 3 meals a day, 1-3 snacks
- Cut down pop/soda and sugary drinks
- Prepare more foods at home
- Limit fast food, take-out, and restaurant eating
- Reduce alcohol Intake

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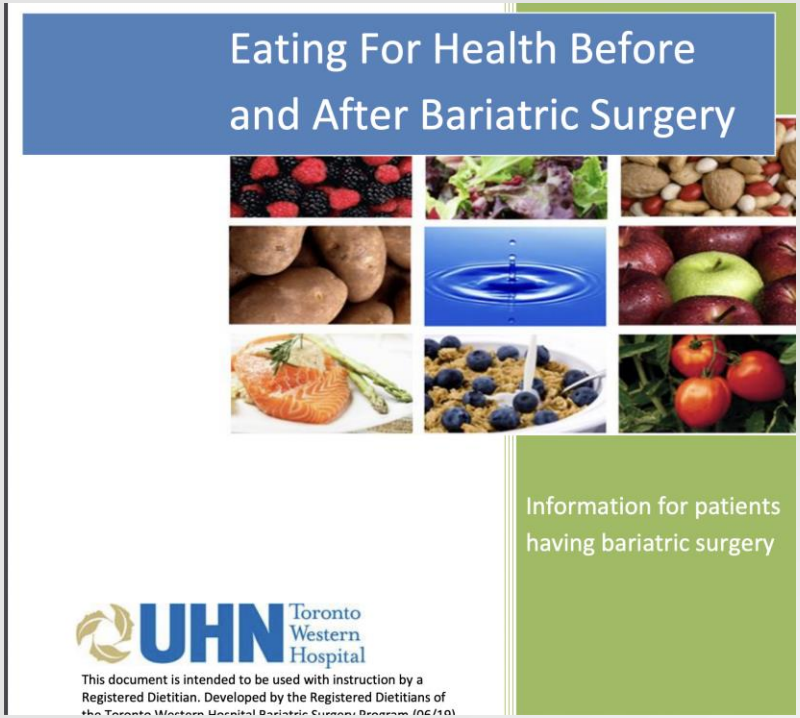
Nutrition Manual



Sent in the myUHN Orientation message.
Also find on Bariatric Clinic Webtsite:
http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Eating_for_Health_after_Gastric_Bypass_Surgery.pdf

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Appointments Before Surgery

VIRTUAL

1. Nursing
2. Social Work
3. Nutrition Essentials Class
4. Dietitian
5. Psychology

Team Decision

Initial Surgeon Appointment

IN-PERSON

1. Nutrition & Surgery Group Class
2. Pre-Surgery Bloodwork Appointment

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Virtual Care

- All clinic pre-operative assessment appointments are currently being done virtually through Microsoft Teams.
- Phone calls from the bariatric team may show up as No Caller ID or Unknown Number
- If you are unable to attend virtual appointments, please call the clinic.

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Virtual Care: Code of Conduct

- You **must be in Ontario** at the time of your appointment.
- Please sign into appointments 10 minutes early to ensure your camera and microphone are working
- **Camera must be on** for appointments
- You must be in a quiet, private space without distractions
- Appointments are **1 hour**. Be available for the full duration of time that is scheduled for the appointment
- **No driving** at the time of your appointment, hospital-wide policy for virtual appointments

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Virtual Care: Code of Conduct

- Please dress as you would for any medical appointment.
- Do not attend to other tasks such as emailing, texting or answering calls during the appointment
- Have childcare arranged for children under the age of 12
- Have required documents completed

The clinician will cancel your appointment and consider it a "no-show", if you are unprepared.

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Virtual Care: No Show Policy

- Your appointment may be cancelled and rescheduled if you connect more than 15 minutes late.

- If you miss 3 appointments or tests arranged by the clinic without giving us 24-hour notice you will be discharged from the program.

- Note: Every patient is required to complete homework for their pre-surgery nutrition appointment. If the homework is incomplete for this appointment it will count as a **no-show**

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When will I have my surgery?

- The time from orientation to surgery is around 8-12 months
- Each person must attend all appointments in order to qualify for surgery
- The time it takes to finish the appointments is different for everyone

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Making Your Surgery a Success

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Post Surgery: Follow-up Appointments

Surgery

↓

1, 3 and 6 Months

↓

1 Year

↓

Family Doctor or Primary Care Provider

Additional appointments can be requested

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Bariatric Education Webinar

- Education series on bariatric topics
- Currently held virtually via MS Teams
- Third Wednesday of every month from 6:00pm to 7:00pm
- Pre and post-surgery patients are welcome
- You can request to be added to email list during your appointments with any of our clinicians

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How do I get ready for the first appointment?

- Talk to friends and family about your decision to pursue bariatric surgery
- Find out if you can afford the costs associated with surgery

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List of Additional Costs

- Meal Replacement: Approx. $160 for 2 weeks
- Vitamins and minerals: $30 to 60 each month
- Protein supplements: $100/month for 3 months
- Prescriptions
- Healthy diet
- Time off work (4-6 weeks recommended)
- Travel expenses/parking

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Medical Bariatric Program

Bariatric Assessment Clinic, Bariatric Surgery Program Orientation: © July 2025

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Overview of Medical Program

- If you are not ready to enroll in the surgery program but still want assistance losing weight, the medical program may be a good option.
- Length of program: 1 year
- Team: Endocrinologist, Dietitian, Social Work
- Two pathways:
  - (1)Medi Meal (900kcal/day meal replacement) and group education sessions*
  - (2) Weight Loss Medications
- Typical weight loss is 5-10% total body weight
- Requires some in-person appointments at Toronto Western Hospital
- Wait time to enrollment: 6 to 8 months

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Program Outcomes

5 – 10 % weight loss can improve:

- Blood sugar
- Blood pressure
- Cholesterol level
- Improve lung functions
- Improve symptoms of reflux
- Reduce pain
- Improve physical mobility

Non-scale VICTORIES!

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Cost of Medi Meal®

Medi Meal® cost breakdown (4 shakes/day)	
Monthly cost = $248.89	For 3 months: $248.89 x 3 = $746.67
Transition to food:	$193.73
Total cost of Medi Meal®:	$940.40 (instead of groceries for yourself)

Note:

- Medi Meal® can be purchased monthly
- Partial program with 2 shakes/day + food can be considered (total cost ~$470)

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Medications that my be prescribed

- Semaglutide (Ozempic®)
- Liraglutide (Saxenda®)
- Tirzepatide (Mounjaro®)
- Naltrexone HCl / Bupropion HCl (Contrave®)
- Other medications may be prescribed for conditions related to medical history

Cost of medications ranges from $300 – 450 per month. Coverage under ODB and/or private insurance may vary

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Question and Answer

10 Minutes

Please keep questions about your personal health for future appointments.

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Continuing in the Bariatric Surgery Program……..

Continuing in the Bariatric Surgery Program

- When called upon please let us know if you would like to continue in the program.
- Do this by unmuting yourself. Tell us you are interested, unsure, or not interested or would like to be transferred to the Medical Program
- If you do not want to answer that is ok. You will have 5 business days to advise us of your decision by phone. If we do not hear from you, we will assume you are not interested and discharge you from the program.

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Continuing in the Program

- You will be notified of all future appointments through the **MyUHN patient portal.**

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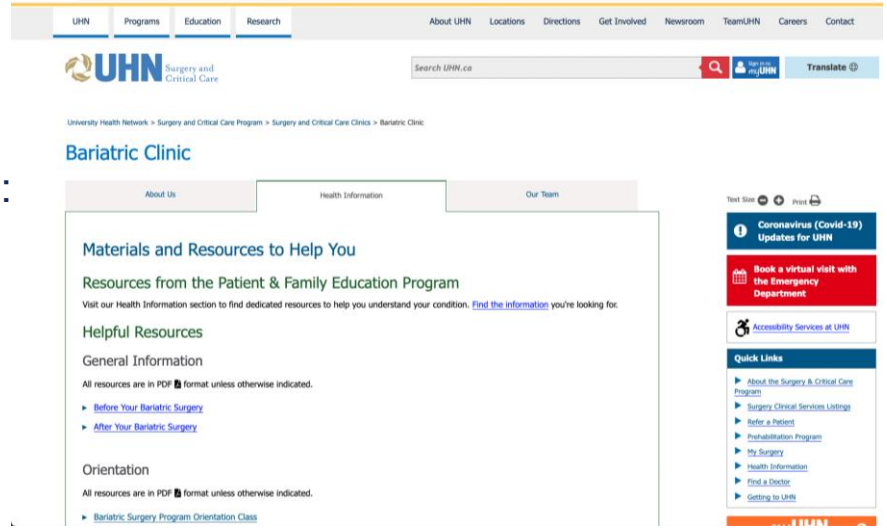
Orientation Instructions

A message was sent to your myUHN portal*:

- Instructions for appointments
- Program No Show Policy
- List of links to important documents:
  - Medical History Form
  - Instructions for bloodwork
  - Orientation Slides
  - Nutrition Manual

Only those who have signed up for myUHN

Completed



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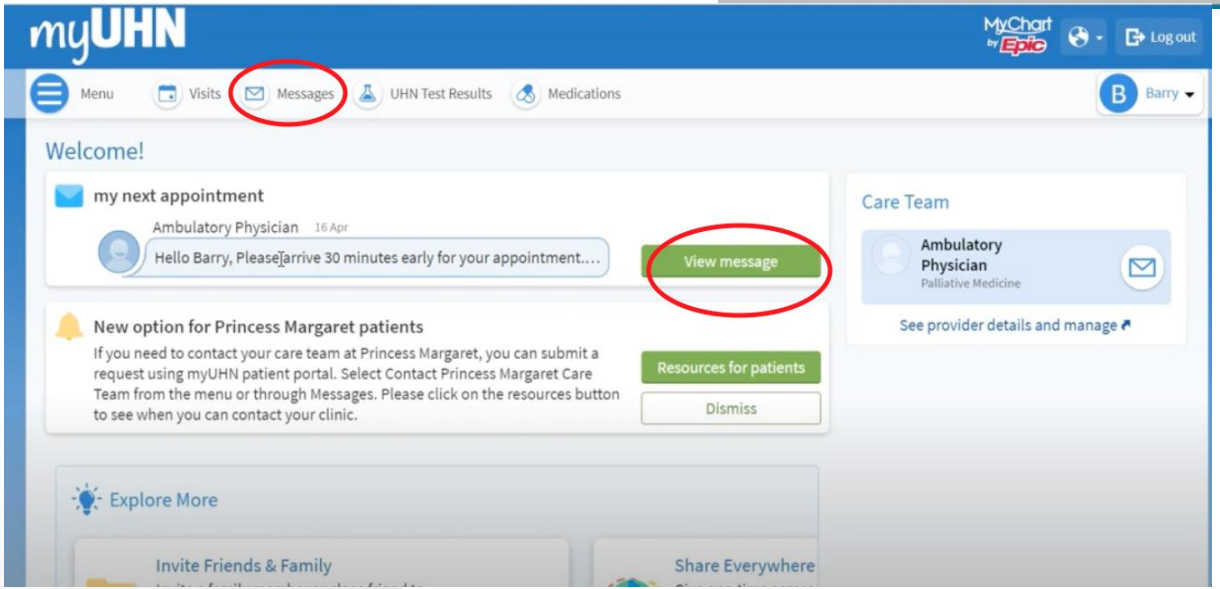
Technical Support

myUHN | Patient Portal

For questions about using myUHN or setting up an account, contact myUHN Support:

Phone: 416 340 3777

Email: myuhn@uhn.ca



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Next Appointment

- Log into myUHN to access appointment link, also sent via e-mail.
- Phone calls from the bariatric team may show up as No Caller ID or Unknown Number

Nursing Appointment

- Blood work & medical history forms MUST be submitted prior to this appointment.

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How to get ready for your first appointment

- Bring your blood work and medical history form to your primary care provider to have them completed.
- Medical history form includes measurements (height, weight, neck & waist circumference). This may require an in-person appointment with your PCP
- Please have your primary care provider fax your completed medical history form as well as a copy of your most recent sleep apnea test (if you have one) to: 416 603 5142

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Bariatric Surgery Program

Medical Health History Form

This form should only be completed by your PCP (primary care provider) such as a family doctor or nurse practitioner.

Email this form to bariatricclinic@uhn.ca or fax to 416-603-5142

Patient Demographics:

Patient name: _____

Date of birth: _____

Health card number (OHIP): _____

Version code: _____

Required patient measurements

Height: _____

Weight: _____

Neck circumference (in): _____

Waist circumference (in): _____

Blood Pressure: _____

Sleep Apnea Assessment

Please complete a STOP-BANG assessment on your patient to see whether they need a sleep study.
Please tally the questions and if your patient scores a minimum 4/8 please send them for a sleep study.

Do you snore loudly?	
Do you often feel tired or fatigued after your sleep?	
Has anyone ever observed you stop breathing in your sleep?	
Do you have or are you being treated for high blood pressure?	
BMI:	
Is BMI greater than 35 kg/m2?	
Age older than 50 years old?	
Neck Circumference Greater Than (17 inches Male) or (16 inches Female)	
Gender: Male?	
STOP-Bang Total Score	

Please send a copy of the following as necessary:

- Most recent sleep study (No later than 3 years)
- A CPAP titration report
- Cardiac investigations and consults in the last 5 years

Allergies

Past medical history

Medications

Past surgeries/procedures:

Print name (MD/NP) Signature Date

Stop-Bang Assessment

Do you snore loudly?	Yes or No
Do you often feel tired or fatigued after your sleep?	Yes or No
Has anyone ever observed you stop breathing in your sleep?	Yes or No
Do you have or are you being treated for high blood pressure?	Yes or No
Age older than 50 years old?	Yes or No
Gender: Male?	Yes or No
STOP-Bang Total Score	

If you answered 'yes' to at least 2, please ask your family doctor or nurse practitioner to refer you for a sleep study.

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Website: Additional Information

https://www.uhn.ca/Surgery/Clinics/Bariatric_Clinic#about

Bariatric Clinic

uhn.ca/Surgery/Clinics/Bariatric_Clinic#about

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Bariatric Clinic

About Us | Health Information | Our Team

Materials and Resources to Help You

Resources from the Patient & Family Education Program

Visit our Health Information section to find dedicated resources to help you understand your condition. Find the information you're looking for.

Helpful Resources

General Information

All resources are in PDF format unless otherwise indicated.

- Before Your Bariatric Surgery
- After Your Bariatric Surgery
- Bariatric Surgery Transition Handbook

Orientation

All resources are in PDF format unless otherwise indicated.

- Bariatric Surgery Program Orientation Class
- myUHN Quick Start Guide
- Signing in to Group Sessions on MS Teams

Text Size — + | Print

Inside Our Program

- About the Surgery & Critical Care Program
- Surgery Clinical Services Listings
- Refer a Patient
- Prehabilitation Program
- My Surgery
- Getting to UHN

Helpful Resources

- Covid-19 Updates for UHN
- Virtual Emergency Department Visits
- Find a Doctor
- Health Information
- myUHN Patient Portal
- UHN Event Calendar
- Accessibility at UHN
- Donate
- Volunteer

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Unsure?

- If you did not answer today, please call us in the next 5 business days and let us know if you want to continue in the program

- If we do not hear back from you within 5 business days, you will automatically be discharged from the program.

416 603 5800 ext. 6145

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Phone

- The phone is answered, and voicemail is available ***only*** during business hours (8am-5pm) Monday-Friday.

- Please clearly state your name and health card number when leaving a message.

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Location and Contact Information

Bariatric Surgery Program
Toronto Western Hospital – 4 East
399 Bathurst Street
Toronto, ON M5T 2S8

Hours: Monday to Friday 8:00 AM to 5:00 PM

Phone Number: 416 603 5800 ext. 6145

E-mail: bariatricclinic@uhn.ca (for documents only)

Fax Number: 416 603 5142

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THANK YOU!

We look forward to being part of your support team.

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