

# Your Health Checklist Preparing for Bariatric Surgery

You've made the decision to have bariatric surgery, also called weight loss surgery.

But before you can schedule your surgery, you will need to spend time preparing.

Follow this checklist to know what to expect as you prepare for surgery.

**DO:** Join a support group to learn what to expect before, during, and after weight loss surgery.

**DO:** Make lifestyle changes. Practice healthy eating habits and get moving. Lifestyle changes include: eating smaller portions, eating healthy foods, drinking plenty of water, walking, or doing light aerobics.

Your care team will include a registered dietitian and exercise specialist that can create a plan that works best for you.

**DO:** Go to all healthcare appointments. You will have a thorough health screening to make sure you're healthy enough for surgery.

These tests may include: blood tests, chest X-rays to check your lungs, an electrocardiogram or ECG to check your heart rhythm, and a sleep study to check for sleep apnea or other disorders.

**DO:** See a counselor who has special training talking to people preparing for bariatric surgery. They help make sure you're mentally and emotionally ready for surgery. They will also see if you're willing to make life-long lifestyle changes after surgery.

**DO:** Tell your doctor about all the medications you're taking. Ask your doctor what medicines to keep taking and when to stop other medicines. Also tell your doctor about any herbs or supplements you take.

**DO:** Take multivitamins as directed by your doctor. You probably will need to take more supplements after surgery. Follow your doctor's instructions.

**DO NOT:** Smoke. You will have blood tests to check for nicotine. This is because smoking can raise your risks of complications during surgery. If you smoke or use tobacco, ask your doctor if you need help quitting.

**DO NOT:** Drink alcohol. After surgery, your body won't be able to handle alcohol like it did before. There is also a higher chance of alcohol use disorder.

Choosing to have bariatric surgery is a big decision. But being prepared will help meet your weight loss goals.

You're not alone. Lean on your care team and loved ones for support.

Follow this checklist to make your weight loss journey a success.