

Dean Weight Management Pre-Surgical “To Do List”

Date
Completed: Initials

1. General Information Session								
2. Confirm your insurance and payment responsibilities If you have any questions regarding self-pay, insurance eligibility, financial or billing issues, review insurance booklet or please contact: <ul style="list-style-type: none"> ○ Your insurance company customer service ○ Dean Business Office: Lisa Nevel..... 608-250-1228 ○ St. Mary’s Hospital: Kathy McMahon or Carl Dodd....608-229-7600 ○ Surgery Care Center: Mary Ann Svok..... 608-250-1318 								
3. Complete and hand in health history form								
4. Attend Comprehensive Weight Management Program– Medical Intake Evaluation Appointment. (824.4457)								
5. Required Initial Labs: Fasting Lipid Panel, Comprehensive Metabolic Panel, CBC, TSH, HgbA1C, Vitamin B1, B12, Vitamin D-25, Iron, Iron Binding, Folate and Ferritin. <i>If the above labs are drawn at an outside lab, please have the results faxed to us at: 608-824-4910</i>								
6. Complete the food diary for 3 typical days of eating. Bring this completed diary to your Nutrition evaluation.								
7. Call to schedule your Pre-Surgical Intake appointment at 608-824-4457. Note: Pre-Surgical Intake Appointment Options: <ol style="list-style-type: none"> a. Monday at the West Clinic from 8:00-12noon. Check in at the Lower Level appointment desk. This visit includes a program overview, financial overview, Nutrition evaluation, Psychiatry evaluation with Dr. Rick Schramm and computerized psychiatric testing. b. Tuesday at the East Clinic from 12noon-4:00. Check in at the Lower Level in Patient Financial Services. This visit includes a program overview, financial overview, Nutrition evaluation, Psychiatry evaluation with Dr. Scott Bohon and computerized psychiatric testing. c. At this appointment, you will be asked to review, complete and sign the following: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">○ Group Educational Session Waiver</td> <td style="width: 50%;">○ Pre-Test</td> </tr> <tr> <td>○ Conditions for Participation in CWMP for Bariatric Surgery Form</td> <td>○ Psychiatric Consultation and Consent to Record Release</td> </tr> <tr> <td>○ Financial Agreements</td> <td></td> </tr> </table> <p>Note: After your Pre-Surgical Evaluation Intake appointments our team meets to discuss your case and a member of our team will send a letter to you with recommendations typically within two weeks.</p>	○ Group Educational Session Waiver	○ Pre-Test	○ Conditions for Participation in CWMP for Bariatric Surgery Form	○ Psychiatric Consultation and Consent to Record Release	○ Financial Agreements			
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Date Completed Initials

<p>8. Please ask your primary care doctor and medical providers to write a letter of support for your surgery.</p> <p>9. This letter can be brief, and should state that they support you having the surgery and are willing to provide follow-up care after the surgery.</p>		
<p>10. Write a personal letter to the team explaining why improved health and bariatric surgery will make a difference in your life.</p>		
<p>11. You may be required to have a consultation with a Pulmonary or Cardiac specialist. You may choose to see a doctor of your choice. Other medical tests may also be required depending on your personal health concerns.</p>		
<p>12. If you have taken a weight loss medication called Phen-Fen in the past for 3 months or more, we will require you to get an Echocardiogram. If this is abnormal, we will have you see a Cardiologist to obtain clearance for surgery.</p>		
<p>13. Surgical Information Session: Plan to attend <u>one</u> of the following group sessions. Sessions are held on the 3rd Monday of the following months:</p> <ul style="list-style-type: none"> ○ January, March, May, July, September, November 		
<p>14. Plan to attend monthly bariatric surgery support groups. We have two monthly options that are held at the Dean West Clinic in the Lower Level as follows:</p> <ul style="list-style-type: none"> ○ Bariatric Surgery Support Group: 2nd Monday of the month 6:30 - 8:00 pm ○ Bariatric Surgery Support Groups: 4th Wednesday of the month 11:00 - 1:00 pm 		
<p>15. Plan on attending our monthly Success Habits Shared Medical Appointment (SMA) program for a minimum of three months. Many insurance policies require medical weight management for 6 months or longer before pre- authorizing your surgery. We have 5 monthly Success Habits SMA programs options.</p> <p style="padding-left: 40px;">West: 1st, 2nd, and 3rd Wednesday of the month 8:00 - 9:30am</p> <p style="padding-left: 40px;">East: 3rd and 4th Tuesday of the month 12:00 -1:30pm</p> <p>Please ask our team for your program options or call 824.4457 for an appointment.</p>		
<p>16. Other items that you may need:</p> <ul style="list-style-type: none"> ○ Dexamethasone Stimulation test. This is a blood test checking your cortisol level 12 hours after taking one dose of a medicine called dexamethasone. You will need to obtain the prescription medication and get your blood drawn 12 hours after taking it. ○ Nutrition consultation to obtain a diet plan for weight loss ○ Physical Therapy consultation to evaluate your exercise tolerance prior to increasing physical activity ○ The care team and your insurance company may have additional requirement ○ _____ ○ _____ ○ _____ 		

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