

## Bariatric Surgery Knowledge Assessment Quiz

Please use the bariatric surgery patient manual to answer these questions.

### 1. What is ONE way the gastric bypass helps with weight loss?

- A. Makes my stomach bigger.
- B. Lowers production of ghrelin which is the hormone that makes you feel hungry
- C. Creates an easy way for me to eat whatever I want and still lose weight

### 2. Are the following statements True or False?

- I will lose as much weight as I want after weight loss surgery and never gain it back. T or F
- I can gain weight after the surgery by eating small amounts of food all through the day (grazing) or by drinking high calorie liquids. T or F

### 3. What does the bariatric team expect from you after surgery? (Circle all that apply)

- A. Have your vitamin labs checked at least once per year
- B. Practice healthy eating habits and regular exercise
- C. Never follow up after surgery
- D. Taking vitamin and mineral supplementation for life
- E. Print your bariatric patient manual and bring with you to all appointments

### 4. What may happen when you eat foods high in sugar and fat after surgery?

\*Refer to page 24 in manual

- A. Itchiness
- B. Dumping syndrome (dizziness, nausea, abdominal cramps, sweating, and/or diarrhea)
- C. Hair loss

### 5. What can I eat for the first 14 days after surgery?

\*Refer to page 24 in manual

- A. Pureed and soft foods
- B. Broths, sugar-free(non-carbonated) drinks, strained cream soups with protein added
- C. Water only

### 6. What are lifestyle changes I have to make after surgery?

\*Refer to page 6 in manual

- A. Take a bariatric multivitamin and calcium supplement for life
- B. Drink 64 ounces of fluids daily
- C. Get in 60 grams of protein daily
- D. Exercise for 60 minutes each day for at least 5 days a week
- E. All of the above

### 7. Going more than 4 days without a bowel movement is not recommended. What is ok to take to help with bowel movements? \*Refer to preop handout and page 17 in manual

- A. 1 capful of miralax powder mixed with sugar free liquids each day
- B. One dose Milk of magnesia liquid or caplets every 6 hours until having a bowel movement
- C. A bottle of magnesium citrate drank over 2-3 hours
- D. All of the above

**8. What are benefits of physical activity and exercise? (Circle all that apply)**

\*Refer to page 32 in manual

- A. Weight management, relieves stress and improves mood
- B. Improves balance and builds stronger bones and muscles
- C. Lowers blood pressure, lowers cholesterol and improves blood sugar control
- D. All of the above

**9. What can happen if I drink fluids that are very hot or cold?**

\*Refer to page 29 in manual

- A. Esophageal spasms, chest pain or a feeling that something is caught in your throat
- B. Constipation
- C. Blurred vision

**10. What vitamin will you CONTINUE to take the FIRST 2 weeks after bariatric surgery?**

\*Refer to preop handout

- A. Vitamin D
- B. 500 mg of Vitamin C daily
- C. Calcium

**11. When will I start my bariatric multivitamin and calcium?**

- A. Immediately after surgery
- B. 6 weeks after surgery
- C. After my two week post op visit with my surgeon and the dietitian

**12. What are the Guidelines for Improving Weight Loss after Bariatric Surgery that are listed on page 38 and 39 in the patient manual?**

- A. Eat as fast as you can
- B. Exercise only
- C. Exercise, Eat only when you are physically hungry, Eat 3 meals per day, Continue to limit your portion sizes, Sit down to eat to eliminate distractions, Take small bites, Eat slowly and stop when satisfied, Choose solid-textured foods at each meal

**13. What are you expected to monitor for the first 2 weeks after your surgery?**

- A. Blood pressure and heart rate
- B. Protein intake in grams (g)
- C. Total daily fluid intake in ounces (oz)
- D. All of the above

**14. How does the sleeve gastrectomy help with weight loss? (Circle all that apply)**

\*Refer to page 3 in manual

- A. Reduces the size of your stomach to be only able to hold 2-4 ounces of food/liquid at a time
- B. Lowers production of ghrelin which is the hormone that makes you feel hungry
- C. Allows me to eat whatever I want

**15. What are things I can do to help with my pain after surgery?**

- A. Support my tummy area with a folded blanket, pillow or by wearing an abdominal binder
- B. Use over the counter lidocaine patches
- C. Take Tylenol every 6 hours as recommended in preop class
- D. All of the above

**16. Approximately how long should a woman wait after the Bariatric Surgery before becoming pregnant?**

- A. 4 years
- B. 3 months
- C. 2 years

**17. What are you expected to do the morning of surgery? (Circle all that apply)**

\*Refer to page 18 in the manual

- A. Shower with Hibiclens or Dial Soap
- B. Take Emend(aprepitant) 1 hour before surgery report time
- C. Drink bottle of *Ensure Pre-Surgery* or Gatorade Zero (per surgeon) 1 hour before **report** time
- D. Eat a solid meal
- E. Avoid eating anything solid because this will cause your surgery to be postponed

**18. What are things I have to do prior to having bariatric surgery?**

- A. Buy a blood pressure cuff to check my blood pressure and heart rate daily after surgery.
- B. Pick up my medications to take after surgery from my pharmacy.
- C. Purchase protein shakes that are approved on page 15 in my manual.
- D. Start taking 1000 mg of Vitamin C ONE week prior to surgery
- E. Print out my patient manual and read it entirely
- F. All of the above

**19. You should contact the clinic if you develop which of the following symptoms?**

\* Refer to page 22 in manual

- A. A temperature of 100.5 or greater
- B. Frequent vomiting
- C. Warmth, redness, or questionable drainage from incisions
- D. Intolerance to liquids
- E. Urinary problems(burning with urination, urinary frequency or dark colored urine)
- F. All of the above

**20. Who should I contact **FIRST** if I have questions regarding my surgery or post op concerns?**

- A. My primary doctor/provider
- B. The emergency department
- C. **My bariatric clinic/surgeon(254-724-2397)**
- D. Other bariatric groups on social media

**I certify that I have printed my patient manual and used it to answer the questions on this form to the best of my ability.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

MD/NP/PA/RN/RD: \_\_\_\_\_