

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: _____