

# Bariatric (Weight Loss) Surgery



## General Information for Patients

## **What is Bariatric Surgery?**

Bariatric or Weight Loss Surgery refers to operations that are carried out to help people reduce their weight. These operations help to reduce your appetite and restrict the amount that you can eat. This, coupled with healthy eating and making lifestyle changes, should improve your health and quality of life.

## **Am I suitable for Bariatric Surgery?**

Bariatric Surgery is major surgery that involves risks and sometimes complications. The risks and complications vary according to the type of bariatric procedure that you decide to have and often depend on your age, excess weight and existing health conditions.

## **Who are the Bariatric Team?**

We are a Multidisciplinary Team, which means we come from a range of different professions.

Dr Kevin Deans	Consultant Clinical Biochemist & Team Lead
Professor Duff Bruce	Consultant General & Upper GI Surgeon
Mr Shay Nanthakumaran	Consultant General & Upper GI Surgeon
Mr Peter Mekhail	Consultant General & Upper GI Surgeon
Dr Fiona Campbell	Consultant Clinical Psychologist
Alice Murray	Obesity Nurse Specialist
Claire Donald Georgia Darling	Specialist Dietitian
Helen Rowbottom	Bariatric Secretary

## Bariatric Assessment Pathway

If you are accepted onto the bariatric pathway at your initial clinic appointment you will undergo the following programme before being considered suitable for surgery. *Surgery is not guaranteed at any stage of this process.*

- Psychology and Dietetic Assessment – prior to the Pre-Surgical Education Programme you will receive separate 1 to 1 appointments with both the Psychologist and Dietitian to further assess your suitability for surgery.
- Pre-Surgical Education Programme – The purpose of this programme is to provide pre-surgical education and support to help you make the lifestyle and behavioural changes required for successful weight loss/maintenance following surgery.  
The education programme is mandatory. It was created by our multi-disciplinary team, and is delivered in 7 sessions over a number of months.
- Surgical Appointment – You will be given a 1:1 appointment with one of our Bariatric Surgeons to discuss the options available to you.
- Pre-Op Assessment – Once you have been seen by the surgeon and there is a plan to proceed to surgery you will be sent an appointment for the Pre Assessment Clinic. This is to assess your fitness for surgery.
- Surgical Waiting List – If surgery is deemed appropriate, you will be added to the waiting list for a surgical date. This date may be changed at any time.
- Post-operative follow up – After surgery you will be followed up for a two year period after which most patients will be discharged back to the care of your GP. This includes a Psychology review at approximately 8 months.
- Post-operative Education – You will be invited back to a short post-operative education group which focuses on addressing any challenges and promoting the skill of long term weight maintenance.

## Bariatric Procedures

The main Bariatric procedures that are carried out in ARI are the Gastric Bypass and the Sleeve Gastrectomy.

### Gastric Bypass

The procedure is performed by keyhole where a small stomach pouch (about the size of an egg) is made and joined to the small bowel further down. This pouch is no longer attached to the rest of the stomach. The essential digestive juices from the upper part of the small bowel is filtered in through another joint, as per the diagram opposite. About 200 cm of the small bowel will be bypassed. This means that this 200cm will not have the capacity to absorb nutrients from food.



How it works: the new stomach pouch is much smaller in capacity so you will eat smaller portions. But, the main way the gastric bypass works in addition to limiting the amount you can eat is by altering the gut hormones. This alteration of gut hormones makes you feel less hungry, increase your metabolism and can also affect your taste.

The Gastric Bypass can help you lose up to 35% of your starting weight. The effects of the procedure are most pronounced in the first couple of years. Afterwards, some patients can experience an increase in appetite. That's why in order to maintain this weight reduction you need to have established healthy eating habits and exercise pattern that should start during the education programme and continue for life.

## **Sleeve Gastrectomy**

The Sleeve Gastrectomy is also a keyhole operation where a large part of your stomach is removed (approx. 75%), leaving a column shaped stomach (about the size of a small banana). Your digestive system remains unchanged hence the digestive process is not altered.



How does it work? After sleeve gastrectomy, your stomach will have a much smaller capacity so you will eat smaller portions of food. It also alters gut hormones in a similar way to the Gastric Bypass.

The procedure can help you lose up to 25% of your starting weight, but as with the gastric bypass in order to maintain this weight reduction you need to have established healthy eating habits and exercise pattern that should start during the first two years and continue for life.

## **Differences in surgical procedure**

Both procedures reduce the size of your stomach and alter the way that gut hormones function. This affects your feelings of hunger and your food taste. In addition, Gastric Bypass can also affect the way the food is absorbed within your small bowel.

After both procedures you will need to be on lifelong supplementation of vitamins, minerals and iron. Your body will not be capable of getting these elements naturally though normal food. Vitamins and minerals are essential in keeping various body organs and systems (including your brain and your heart) functioning normally. You will also have an annual blood check to ensure that your body requirement is fulfilled.

## General Information

Bariatric Surgery is a life changing event and should not be entered into lightly or seen as a '**quick fix**'. It aims to help you reduce your weight and improve your general health which should lead to greater life expectancy.

For your surgery to be a success, **you will need to make significant lifestyle and behavioural changes to maintain your weight loss**. These changes will be lifelong for successful weight maintenance. This should start before surgery and we will assess your progress throughout the pathway. If you are a smoker, you will also have to stop. We can arrange for you to be seen by Smoking Cessation to get help with this. Failure to make these changes will result in you not proceeding to surgery.

## Useful Websites

We encourage you to find out all you can about Bariatric Surgery so that you are absolutely sure that you have made the right choice. Below are websites that you might find helpful:

[www.healthyweightgrampian.scot.nhs.uk](http://www.healthyweightgrampian.scot.nhs.uk)  
Healthy Weight Grampian

[www.wlsinfo.org.uk](http://www.wlsinfo.org.uk)  
Weight Loss Information and Support

[oen.org.uk](http://oen.org.uk)  
Obesity Empowerment Network

**Please note that NHS Grampian is not responsible or liable for the quality of the information, resources or maintenance of external websites or helplines. Any advice on external websites or helplines is not intended to replace a consultation with an appropriately qualified bariatric practitioner**

## Contact Details

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