The Bariatric Surgery Clinic
General Surgery

Stage 3: Preparation for Surgery

Introduction
This is the third in a series of leaflets which explains the steps involved in being referred to the Bariatric Surgery Clinic and then assessed for surgery.

You have been given this leaflet if you are considering preparing for surgery and need further assessment

What is the clinic for?
The purpose of the clinic is to assess whether bariatric surgery is really the best treatment. We also aim to identify what other health needs must be also addressed if necessary.

Who is the clinic for?
It is for patients who have a severe weight problem who would like to be considered for bariatric (weight loss) surgery. Patients should have a body mass index (BMI) of 50 or more. We may see patients with a BMI between 35 and 50 who also have another significant disease that could be improved if they lost weight (for example type 2 diabetes, high blood pressure). This requires prior approval from the local PCT.

What assessments will I need?
At the first clinic appointment, you agreed with a member of the senior team that surgery for weight loss was likely to benefit you. You now need to have the following four assessments:

- a more detailed assessment with a member of the surgical team
- an assessment by the specialist dietician
- an assessment by the specialist psychiatrist
- a biological assessment, which will involve blood tests and other measures of your fitness for surgery.

The assessment process will take place over several months and require more than one visit to St George’s Hospital. On average this will take four months but for some people it is longer and for some it is shorter.

The assessment process will not begin until we have received a letter of commitment from you. This letter needs to confirm that you wish to continue with the ‘For Assessment’ process. Please write to us at the Bariatric Office (see “Contacting Us”).
What happens next?
When all four assessments are complete, the team will review your medical records and make a decision about which option is right for you.

There are several possible outcomes from this assessment process:
  • Surgery to help you with weight loss is not a good idea for you at present
  • Surgery to help you with weight loss is likely to benefit you but other areas of your health need dealing with first
  • Surgery to help you with weight loss is likely to benefit you and your name will be added to the waiting list

We shall confirm the decision in writing to you and your GP. If you are unhappy with the decision, we can give you information about obtaining a second opinion at another hospital.

Planning Surgery
If your name is to be added to the waiting list, we will then give you the contact information for the Surgical Patient Pathway Coordinator. This is a member of staff who plans your admission to hospital for your surgery. We will also give you a tentative date (to be confirmed later) for surgery.

Your Feelings
We know that this can be a difficult and emotional time and we aim to treat all our patients with dignity and respect. We shall be honest in our communications with you.

You may find it helpful to contact a self-help group such as TOAST (see Further Information) for support as well as talking to friends and family

Contacting Us:
Please contact the Bariatric Coordinator as follows:
📞 By telephone 020 8725 5579

📝 In writing to Bariatric Office, Ground Floor, Lanesborough Wing, St George’s Hospital, Blackshaw Road, London SW17 0QT

✉️ By email: bariatricemail@stgeorges.nhs.uk

Further information:
  • Obesity: Understanding NICE guidance - Treatment for people who are overweight or obese
    National Institute for Health and Clinical Excellence
    MidCity Place
    71 High Holborn
    London
    WC1V 6NA
    Telephone 020 7067 5800
• Obesity and Overweight - Patient Information Leaflet
  NHS Direct
  Telephone 0845 4647
  http://www.cks.library.nhs.uk/patient_information_leaflet/obesity

• TOAST (The Obesity Awareness and Solutions Trust) – Self help group
  The Latton Bush Centre
  Southern Way
  Harlow
  Essex
  CM18 7BL
  Helpline 0845 045 0225 (charged at local rate)
  Web www.toast-uk.org.uk
  Email obesity.helpline@toast-uk.org.uk