

# **Bariatric nurse's appointment**

**Overweight patients and their loved ones, patients before and after surgery, are welcome at the bariatric nurse's appointment.**

At the bariatric nurse's appointment we will:

- assess and map the current dietary habits and physical activity of the patient;
- teach the patient how to keep a food diary and refer the patient to a nutrition nurse;
- review the initial blood tests and refer the patient, if necessary, to the appointment of an internist and/or endocrinologist;
- refer the patient to preoperative tests (gastroscopy, ECG, blood tests, ultrasound) and the appointment of an anaesthesiologist and surgeon;

teach the patient how to eat properly after the surgery, how to perform wound care at home and what is substitution treatment.