

Weight Management Institute Greenville

BEFORE Surgery Pre-op Prep Class Schedule April 2019

Read before attending pre-op prep class!

- Please Register for Class!
- NO children under the age of 16 allowed in class. Children are not allowed to be left unsupervised in the office/waiting areas
- You must complete the Five (5) mandatory Pre-op prep classes before your initial surgeon's appointment
- You must complete a minimum of Ten (10) Pre-op prep classes, including 1 class per month before your surgery date
- If pre-op prep classes held on the same day have different topics, they may each count towards your 10 classes. Classes with the same topic held in one day may only count once toward your 10 classes
- Questions for the office staff or physician must be handled during office hours (8am-5pm Mon-Thurs, 8am-12pm Fri)
- ALL patients must sign and weigh in for One (1) Pre-op prep class a month.
- Please arrive 15-30 minutes before class is scheduled to weigh in and record vitals
- Pre-op prep classes are limited to 20 people, please come early to ensure your seat

NO weights/vitals will be taken once a Pre-op prep class has started or at any other times throughout the day.

*As part of the 10 required pre-op prep classes, (5) classes/topics are mandatory including: Surgery 101, Nutrition 101, (1) Physician class (not including Surgery 101), (1) Nurse class, and (1) Psychology class.



Stay up to date with Bariatric Solutions events, follow us on Facebook



Thank you from the staff at Weight Management Institute

Online Pre-op Prep Classes Now Available!

Online classes include:

- Surgery 101
- Nutrition 101
- Keys to Success (Dr. Scott)
- Bariatric Surgery: The Scales Tip (Dr. Eichhorn)
- Nurse Class- “Medical Considerations Before and After Surgery”
- Dietitian Class- “Eating Healthy Through the Summer”
- Psychological Class- “Emotional Eating”

You must attend at least 1 (one) pre-op prep class per month, in person, for documentation purposes and to remain active in the program.



Instructions:

1. Visit www.ghs.org/bariatricsolutions
2. Click on “Support Groups” tab
3. Find the “Online Support Groups” available to the right of the page
4. Choose the topic you want to watch by clicking on the link, click PLAY on the video
5. Watch the video **FIRST**, then take quiz
 - a. You must make a 70% or greater on each quiz to pass and be given credit.

BARIATRIC SOLUTIONS PRE-SURGERY SCHEDULE

Pre-op prep class are held on:
TUESDAYS at 10:00am, 12:30pm, 2:00pm, 6:00pm
And the third THURSDAY of the month at 12:15pm

Pre-op prep classes are limited to **20** attendees, patients arriving after the capacity limit has been reached will not be permitted to join the group regardless of the time. Patients arriving after the Pre-Op Prep Class has begun will not be permitted to join the group.

April 2019

Tuesday

	<u>10:00am</u>	<u>12:30pm</u>	<u>2:00pm</u>	<u>6:00pm</u>
4/2/2019	Dietitian: Post-Op Patient Role Model	Dietitian: Nutrition Basics	Dietitian: Nutrition 101	Physician: Surgery 101
4/9/2019	Nurse: Diarrhea/ Constipation	Nurse: Diarrhea/ Constipation	Dietitian: Nutritional Information for Cooking Class	Dietitian: Cooking Class
4/16/2019	Psychology: Self Care	Psychology: Self Care	Dietitian: 7 Steps to a Healthy Lifestyle	Dietitian: 7 Steps to a Healthy Lifestyle
4/23/2019	Nurse: Medical Considerations Before and After Surgery	Nurse: Medical Considerations Before and After Surgery	Psychology: Addiction	Psychology: Addiction
4/30/2019	Nurse: Exercise	Nurse: Exercise	**OFF SITE** GroupHab Fitness Class*	Dietitian: Sugar Substitutes

* Through a partnership with GroupHab Physical Therapy and Wellness, we are offering a group fitness class for individuals who want to start exercising but are unsure of where to start. GroupHab is a unique physical therapy clinic specializing in group exercise classes for specialized populations: small setting, fun music, individualized care, and social support. Join us for a fun workout! (limited to **10** spots) Located at: 100 Allwood Court, Suite. 110. Simpsonville SC 29681

Thursday

	<u>12:15pm-12:45pm</u>
4/18/2019	Dietitian: Sugar Substitutes

Please see our website (www.ghsbariatricsolutions.com) and the "What's Happening Board" in the office for additions and updates to this schedule.

FOR YOUR RECORDS:

Pre-Op Prep Class Weigh-In Chart

Pre-Op Weigh-Ins

Date	Weight

Post-Op Weigh-Ins

Date	Weight