

# Bariatric Surgery Checklist



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## Checking Out Decision For Bariatric Surgery

- Check out Bariatric Surgery programs of interest
- Talk to a program about surgical options
- See if you meet qualifications
- Check out your insurance benefits and/or private pay options

## Once In Bariatric Program

- Schedule required Bariatric appointments
- See your Primary Care Provider and get medical clearance for surgery
- Schedule any required testing (including things like: EGD's, PFTs, CXR, blood studies (ie. TSH), Venous Dopplars, Sleep Studies, etc.

## If Required:

- Pulmonary, Cardiology, or other speciality clearances
- Medically Supervised diet - with PCP and/or Dietitian
- Stop smoking (typically recommended regardless of requirement)

## ATTEND BARIATRIC SEMINAR ONLINE OR ONSITE

Learn more about bariatric surgery by researching programs.

Watch an online seminar from the program of your choice - either online or onsite.

Find out what your next steps are to enroll in the program.

## VERIFY INSURANCE COVERAGE OR REVIEW PRIVATE PAY OPTIONS

**INSURANCE:** Call the Customer Service number on the back of your insurance card to see if you have bariatric surgery benefits.

- Know which procedures are covered
- BMI requirements
- Supervised diet requirement
- Which services are covered inpatient and outpatient
- If your insurance requires you to go to a specific facility
- If your insurance requires you to go to an "Accredited Center", examples include:
  - ASMBS COE (American Society for Metabolic and Bariatric Surgery – Center of Excellence)
  - Blue Distinctin Centers
  - Optum BRS Centers
- What your deductible is
- What your out-of-pocket requirement are
- What facilities are in network
- What facilities are out-of-network (and what your out-of-network coverage is)
- Policy requirements for pre-op diet (pre-op diet 3 or 6 month), BMI specifications, surgeries covered under policy

*\*\*Get a copy of policy. Be sure and check back to assure no changes have occurred.*

Codes to check for coverage:

- Diagnosis Code for Morbid Obesity is E66.01
- Sleeve is 43775
- Bypass is 43644
- LapBand is 43770
- Duodenal Switch (DS) is 43659

## VERIFY INSURANCE COVERAGE OR REVIEW PRIVATE PAY OPTIONS (CONTINUED)

**PRIVATE PAY:** Financing options may include:

- Care Credit or United medical credit
- Secured medical loan (interest rates may vary)
- Personal Credit Card (rates may be high)
- Hospital payment plan (varies from facility to facility if offered).
- Using tax refunds
- Removal of retirement funds or using a 401(k) loan
- Saved back cash
- Getting an additional insurance policy (on bariatric surgery) - primary or secondary to what you currently have
- If insurance through an employer: talk to your HR Department to see if this could be added as a rider to your current policy
- Funds from a Health Savings Account (HSA)

## CONSULTS AND CLEARANCES

Talk to your patient navigator. **Schedule initial appointments** as required, those could include:

- Bariatric Surgeon, NP, or PA
- Psychological Evaluation
- Nutritional Assessment / Education
- Pre-op Education

\*Each program is unique in how they schedule their program basics - they can walk you thru the appointment process.

### **Additional Appointments:**

- Appointment with your Primary Care Provider
- Appointment(s) with any specialist you are required to get clearance from
- Only if required: Appointments for pre-op supervised diet (3 month, 6 month, or 1 year required with some insurances)
- Schedule any testing required by surgeon and/or insurance

## LIFESTYLE CHANGES

**Start implementing the lifestyle changes that you intend to be consistent with after surgery:**

- Stop smoking (if you smoke). Nicotine screening may be required by your bariatric program and/or insurance requirements.
- Exercise habits (consistency)
- Eating habits (portion size, slowing down, and chewing food well)
- Focusing on getting 60-80 gms of protein
- Drinking water (64- 80 ounces daily), cutting back on carbonated beverages and alcoholic beverages
- Attend bariatric support groups (start building a support system)

## 1-4 WEEKS PRIOR TO SURGERY

**Talk to your bariatric program about the following:**

- A pre-op diet (what this includes and when to start)
- Start finding protein supplements that you like
- Your pre-authorization for surgery and any additional needs
- The discontinuation or continuation of NSAIDS (aspirin containing products), and meds such as Plavix, Coumadin, and Pradaxa
- Herbal medicines like fish oil, vitamin E, ginkgo biloba, garlic and others may be avoided, as they have blood-thinning properties. Make sure and check the label of your multivitamin, as many contain herbal supplements
- Weight-loss drugs, including phentermine, Adipex, and Contrave may be required to be stopped at least one week prior to surgery. These may affect your anesthesia during surgery
- If applicable: steroid use and when and when/if required to stop
- Early pre-op or early post-op: Starting bariatric vitamins
- Optional: obtain a medic alert tag (alerts medical professionals post surgery of your surgery)
- Plan to bring your CPAP / BiPAP to the hospital with you
- Any new illness, sickness, or disease

**Talk to your providers about medication changes:**

- Such as with medications that the pill size is large (ie. Metformin)
- Regarding any medications that are extended release (ER) or sustained release (SR). Depending on your procedure and physician requirements - these may need changed or close monitoring
- If indicated: Your pain management specialist may want to work with your bariatric surgeon on medications prescribed