

## WLS e-Learning Expectations for Patients

**Welcome to the Primary Care e Learning Program. The following document will be your guide in getting started. The following is a list of things you should accomplish before meeting with the Bariatric Surgery Team:**

- Meet with your GP/NP and review the “Pathway Document” and complete baseline blood work.
- Go to the tab on this website titled “Weight Loss Surgery Information and Handouts (Binder Information)” and print out all posted material.
- Create a binder and review this information frequently.
- Print copies of the 1200 cal. diets and follow them as outlined:
  - 2 consecutive weeks of the 1200cal Liquids Only Diet. It should be followed as close as possible to the sample provided and must include 60-80grams of daily protein.
  - 3 months minimum of the 1200cal Limited Choice Diet. This should also be followed as close as possible to the sample provided and must include 60-80g of daily protein.
  - You should always be on either the 1200cal Liquids Only Diet or the 1200cal Limited Choice Diet once you begin the program. This will help you to break old habits and routines.
  - Bread products, rice, pasta, potatoes, fast food, and junk food are all removed.
- Take a Multivitamin and 1000IU of Vitamin D daily.
- Journal food intake, grams of protein, and total fluids daily for at least 3 months. It may also be helpful to capture emotions in relation to eating, exercise, boredom, etc.
- Exercise daily. Find something that works for you and build you activity to a target of 30-60 minutes daily. You may want to connect with a Physiotherapist or Personal Trainer in your community for assistance.
- Remove “trigger foods” from you diet/home/routine.
- Design a list of things that you could do when bored or stressed that do not involve food and practice this.
- If you smoke, you will need a strategy for quitting. You must be smoke-free for **6 months** prior to your surgery. This includes cannabis.
- Aim for weight loss greater than 20 lbs. prior to your surgery.
- Consider connecting with a Dietician or Psychologist in your community for extra support.
- Bring a current detailed medication list to all clinic appointments. Include prescription medications, vitamin, herbal medications, and over-the-counter medications.
- Bring all journals (Food, Exercise, Things to do when bored), blood sugar records, and you Weight Loss Surgery Binder to all clinic appointments.
- Complete blood work as requested before all clinic appointments.