# Your Weight Loss Journey

Upper GI Surgery
www.uppergisurgery.com.au Ph: 02 9553 1120

| | Explore | | Consult | | | Procedure | | | Maintenance | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Explore | Before 1st visit | Consult 1 | Consult 2 | Dietitian | Pre-op | Procedure | Post-op | 2-12 weeks | 12-52 weeks | 52 weeks + |
| | "It's time to get help" | "What do I need to ask?" | "Is this a magical cure?" | "Which is the best option for me?" | "I'm excited about this new lifestyle" | "I'm ready for change" | "The day is finally here" | "I'm excited to start my new life" | "People have started to notice..." | "I am healthier and happier" | "Now I'm feeling more in control" |
| **Who** Care team involvement | GP<br>Phone call with clinic | | Physician | Surgeon<br>Practice Nurse | Dietitian | | Surgeon | Surgeon<br>Practice Nurse | Physician<br>Dietitian | Physician<br>Dietitian | Physician<br>Dietitian |
| **What** Your Role | • Find & learn about treatments & providers<br>• Compare providers<br>• Explore costs<br>• Get referral<br>• Book appointment | • Learn what to expect in weight loss journey<br>• Compile questions for first consult<br>• Bring someone for support | • Bring medical history detail<br>• Understand commitment to lifestyle changes<br>• Consider expectations | • Understand the costs<br>• Explore your role, outcomes, & procedure<br>• Decide procedure type<br>• Book date | • Understand importance of dietary lifestyle changes<br>• Discuss current food choice habits<br>• Prepare for pre-op diet | • Do the pre-op diet<br>• Pay costs<br>• Get anaesthesist quote<br>• Prepare for hospital stay<br>• Fill out forms | • Be at hospital on time<br>• Ensure all forms done<br>• Clarify any final questions with surgeon | • Discuss post-op condition with surgeon<br>• Stick to recovery & self-care guidelines | • Adhere to post-op diet<br>• Attend follow-up consults | • Stick to dietary & lifestyle changes<br>• Attend follow-up consults<br>• Attend support group | • Stick to dietary & lifestyle changes<br>• Attend follow-up consults<br>• Attend support group |
| Care Team's Role | • Arrange appointment date | | • Understand patient's history<br>• Review appopriate options<br>• Discuss patient's role in journey<br>• Organise additional tests | • Answer patient questions<br>• Review test results<br>• Agree on best procedure<br>• Explain procedure & lifestyle expectations | • Explain pre-op diet importance<br>• Discuss hunger & hormones<br>• Review food choice habits<br>• Explore dietary habit journey | • Ensure patient is doing pre-op diet<br>• Manage expectations of procedure & hospital stay<br>• Ensure forms, costs, insurance | • Ensure pre-op diet is done<br>• Perform procedure with minimal complications | • Check patient's condition<br>• Discuss any queries<br>• Explain recovery process & expectations | • Check patient's condition & progress<br>• Manage weight loss expectations<br>• Discuss any queries<br>• Post-op diet support | • Check patient's condition & progress<br>• Assist with weight loss management & lifestyle changes<br>• Discuss any queries | • Check patient's condition & progress<br>• Assist with weight loss management & lifestyle changes<br>• Discuss any queries |
| **How** Resources | • Website / FAQ / Blogs<br>• Contact form | • Website / FAQ / Blogs | • Website / FAQ / Blogs<br>• Info pack 1 | • Website / FAQ / Blogs<br>• Info pack 2<br>• Lifestyle kit | • Website / FAQ / Blogs<br>• Pre-diet info pack | • Website / FAQ / Blogs | • Website / FAQ / Blogs | • Website / FAQ / Blogs | • Website / FAQ / Blogs<br>• Food diary<br>• Support groups | • Website / FAQ / Blogs<br>• Support groups | • Website / FAQ / Blogs<br>• Support groups |

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