Chirurgie Perte de Poids
Spécialisé en chirurgie bariatrique par laparoscopie
Weight Loss Surgery
Specializing in laparoscopic bariatric surgery

BARIATRIC KNOWLEDGE TEST

The following questions are meant for you to test your knowledge about what to expect medically and nutritionally, after bariatric surgery. We invite you to answer the questions to the best of your knowledge before flipping the page over for the answers on the back. If you are surprised or concerned about the correct answers, please discuss this with the nurse and/or dietitian. You can show your results to the nurse and/or dietitian so that they may explain each of these points to you, should you like more clarification.

Medical	**True**	**False**	**I don't know**
Smoking after surgery puts me at risk of having major complications.			
One drink of alcohol after surgery can set me above the legal driving limit.			
Bariatric surgery will prevent me from ever being able to regain weight again.			
I will need to have blood tests for bariatric surgery every year for the rest of my life.			

Nutrition	**True**	**False**	**I don't know**
I will need to follow a pre-operative diet before surgery.			
Once I leave the hospital, after 1-2 days, I can eat solid food.			
I will only need to take vitamins for the first month after surgery and then I can stop them.			
I will need to avoid all carbs and starchy foods for the rest of my life.			
I should eat 5 to 6 times per day after bariatric surgery.			
Bariatric surgery is a cure for binge eating, eating when bored, emotional eating, and all other disordered eating patterns/behaviours.			
After surgery I am no longer supposed to drink any liquids while I eat.			

ANSWERS

Medical	Answer
Smoking after surgery puts me at risk of having major complications.	TRUE
One drink of alcohol after surgery can set me above the legal driving limit.	TRUE
Bariatric surgery will prevent me from ever being able to regain weight again.	FALSE
I will need to have blood tests for bariatric surgery every year for the rest of my life.	TRUE

Nutrition	Answer
I will need to follow a pre-operative diet before surgery.	TRUE
Once I leave the hospital, after 1-2 days, I can eat solid food.	FALSE
I will only need to take vitamins for the first month after surgery and then I can stop them.	FALSE
I will need to avoid all carbs and starchy foods for the rest of my life.	FALSE
I should eat 5 to 6 times per day after bariatric surgery.	TRUE
Bariatric surgery is a cure for binge eating, eating when bored, emotional eating, and all other disordered eating patterns/behaviours.	FALSE
After surgery I am no longer supposed to drink any liquids while I eat.	TRUE