

# Begin Program Guide

## BEGIN TO PREPARE FOR YOUR SURGERY AND ASSESSMENT OF YOUR HEALTH:

- BEGIN** your morning at 10:00 A.M. in room Studio A at PROHEALTH
- BEGIN** your Nutrition Class at 10: 00 A.M. Instructed by a Registered Dietitian
- BEGIN** your Pre and Post op Health Care Session at 11:00 P.M. Instructed by a Registered Nurse
- BEGIN** your Individualized Physical Fitness assessment at 11:30 A.M. Session duration is approximately 30 minutes, depending on class size. Instructed by an Exercise Physiologist.
- BEGIN** your afternoon at your Surgeon's office after lunch at 1:00 P.M.

## BEGIN NUTRITION CLASS:

Nutritional evaluation and instruction.  
Pre and Post operative dietary guidelines.  
Nutrition and dietary related complications associated with Bariatric Surgery.

## BEGIN PHYSICAL ASSESSMENT:

Individualized assessment for physical therapy by a physical therapist  
Pre-op exercises to promote recovery.  
Physical therapy for patients with arthritis and joint/ mobility difficulties  
A recommendation for referral to either PRO Health Fitness Center or physical therapy may be made.  
Comfortable walking shoes are recommended shoe wear

## BEGIN HEALTH SCREENING SESSION:

Wound care following surgery  
Deep vein thrombosis (blood clots) prevention.  
Pre and post operative care.  
Smoking cessation counseling, if applicable.  
Individualized discussion about other medical problems like diabetes, asthma, and shortness of breath.

If you have a previously been diagnosed with diabetes, a referral may be recommended to your physician for Diabetic Resource Center (DRC) Appointment.

Information about skin care to promote healing postoperatively will be discussed.  
A recommendation for referral to the Wound and Ostomy Center may be made to the physician.

Strategies for blood clot prevention will be discussed.

**BEGIN: Post operative follow-up with dietitian during your physician's post-discharge appointment.**

**Congratulations!** You have completed your **BEGIN** Program and we appreciate having had the opportunity to be a part of your new beginning.

The Gastric Bypass Surgery Support Group meets the second Thursday of each month. The Port City Banners meet the third Thursday of each month. Meeting are held at PROHEALTH from 6:00-7:00 P.M. Call Bariatric Coordinator at 435-6495 to be placed on the mailing list.