

Name: _____

Date: _____

Introductory Quiz

Please print this quiz, complete the answers to the best of your ability, and bring to your Initial Consult at the Bariatric Program Office.

Surgery Education Questions:

True

False

- | | | |
|--|-----------------------|-----------------------|
| 1. Obesity can cause a number of life threatening conditions, including diabetes, heart disease or breathing problems. | <input type="radio"/> | <input type="radio"/> |
| 2. It is okay to smoke up until the day of surgery, as long as you promise to quite after surgery. | <input type="radio"/> | <input type="radio"/> |
| 3. It is only important to take your vitamins and follow a special diet for the first year after surgery. | <input type="radio"/> | <input type="radio"/> |
| 4. Bariatric surgery requires medical follow up for the rest of your life. | <input type="radio"/> | <input type="radio"/> |
| 5. Bariatric surgery is currently the only cure available for obesity. | <input type="radio"/> | <input type="radio"/> |

Nutrition Education Questions:

- | | | |
|---|-----------------------|-----------------------|
| 1. Following diet stages after surgery helps prevent nausea, vomiting, and food intolerances. | <input type="radio"/> | <input type="radio"/> |
| 2. It is necessary to eat slowly and chew food very well after bariatric surgery. | <input type="radio"/> | <input type="radio"/> |
| 3. Not getting enough protein in the diet after bariatric surgery can cause hair loss and muscle wasting. | <input type="radio"/> | <input type="radio"/> |
| 4. It is okay to eat and drink at the same time after surgery. | <input type="radio"/> | <input type="radio"/> |
| 5. Vitamin deficiencies are preventable, but can be life-threatening after bariatric surgery. | <input type="radio"/> | <input type="radio"/> |

Behavioral Education Questions:

- | | | |
|--|-----------------------|-----------------------|
| 1. I have to make lifestyle modifications along with having weight loss surgery because the surgery is only a “tool” to help lose weight. | <input type="radio"/> | <input type="radio"/> |
| 2. In preparing for surgery I don’t need to think about the food choices I am currently making because surgery will fix it. | <input type="radio"/> | <input type="radio"/> |
| 3. I can regain the weight if I don’t make lifestyle modifications. | <input type="radio"/> | <input type="radio"/> |
| 4. Two reasons for regaining weight after surgery include: medical problems and personal choices of going back to old or unhealthy habits. | <input type="radio"/> | <input type="radio"/> |
| 5. I need to develop healthy habits to promote long-term success. | <input type="radio"/> | <input type="radio"/> |

Please bring this completed quiz with you to your Initial Office Consultation.

If you are having difficulties completing or printing the quiz, please let your Patient Navigator or Patient Service Representative know and we can assist you.

Thank you