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Patient Name: \_\_\_\_\_  Attend Seminar Date: \_\_\_\_\_

Set up new patient consult appointment: Date: \_\_\_\_\_ Time: \_\_\_\_\_

What to bring to first appointment?  Complete Patient Information Packet  Insurance Card  
 Copy of referral from Primary Care Physician  Co-pay or deductible

**WEIGHT LOSS SURGERY PROGRAM CHECKLIST:**

**Verification of Benefits:** Call your insurance company to verify if you're covered for weight loss surgery.

The following are required of all weight loss surgery patients prior to scheduling surgery; you can rely on the Bariatric Coordinator or Lone Star Surgical staff to help you set up appointments.

**Primary Care Physician:**  Letter of Medical Necessity including past medical/surgical history, past diet & weight loss attempts, statement of support for weight loss surgery.

**Cardiology:**  Consultation and clearance  Baseline EKG  Echocardiogram & stress test (if indicated)

**Pulmonary:**  Consultation and clearance  CXR  Sleep study to rule out sleep apnea (if indicated)

**Psychological consultation:**  Evaluation and clearance required

**Endocrine Consultation:** Required if you have an endocrine condition such as diabetes or hypothyroidism.

**Nutritional Consultations:** Our office requires you have at least 2 nutritional counseling appointments before surgery. At least one of them *must* be with our nutritionist. Your insurance carrier may require more nutritional counseling so it is important to know their requirements.

**Other Requirements:** The Bariatric Coordinator will also help you with the following:

- **Support Group Attendance:** Must attend at least 2 support groups before surgery.
- **Pre-Operative Class:** Mandatory attendance one to two weeks before surgery to learn about nutrition, medication, preparation for hospitalization and the in-patient/discharge process.
- **Pre-Admission Testing:** Done at Laredo Medical Center one to three days prior to surgery. No appointment needed, you can walk in. Register at the admitting department.

○ Hours: Mon-Thu 6am to 6:30 pm, Fri 6am to 5:30pm and Sat 7:30am to 11:30am