Bariatric Online Seminar Post Test

Instructions: Please complete this test and bring to your first visit at Albany Medical Center Bariatrics and Nutrition

1. What is a nutritionist?
   a. A dietitian
   b. A medical doctor
   c. A medical doctor who specializes in nutrition

2. What is BMI?
   a. Bring Meals Instead
   b. Body Mass Index
   c. Body & Mind Intuition

3. What BMI qualifies as “morbid obesity?”
   a. 25
   b. 30
   c. 40
   d. 50

4. Once I have surgery, I do not need to worry about the number of calories I eat. The surgery will keep me from gaining weight.
   a. True
   b. False

5. What are the primary bariatric procedures performed on adolescent patients at Albany Medical Center?
   a. Vertical banded gastroplasty, adjustable gastric banding, and biliopancreatic diversion with duodenal switch.
   b. Sleeve gastrectomy and Roux-en-Y gastric bypass

6. If your surgery is done laparoscopically, how many incisions will you likely have?
   a. 3
   b. 5
   c. 6

7. Name one risk/possible complication from surgery?
   ________________________________________________________________
   ________________________________________________________________

8. What are the common causes of dumping?
   a. Sugar & fats
   b. Eating too fast
   c. Eating too much

9. Name one thing that may improve after surgery?
   ________________________________________________________________
   ________________________________________________________________
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10. What are three clearances you must complete before surgery?
   a. _______________________________________________________________________________________________________
   b. _______________________________________________________________________________________________________
   c. _______________________________________________________________________________________________________

11. How many months of education and medical evaluation MINIMUM must you complete before you are a candidate for surgery?
   a. 2
   b. 4
   c. 6 or more

12. It’s OK if I don’t lose weight before surgery.
   a. True
   b. False

13. I need to lose 5% of my weight before I qualify for surgery
   a. True
   b. False

14. After surgery, will you be able to take Advil, Motrin, or Ibuprofen?
   a. Yes
   b. No

15. How much exercise is recommended daily?
   a. 15 Minutes
   b. 30 minutes
   c. One hour

16. Which diet will help you lose weight?
   a. Eating carbohydrates and drinking soda
   b. Eating vegetables and starch
   c. Eating vegetables and protein

17. If I arrive more than 30 minutes late for an appointment, I will not be seen and it will count as a “no show.”
   a. True
   b. False

18. How much water is recommended daily?
   a. 64 ounces or more
   b. 2 drinks per day
   c. 2 bottles per day
19. After you eat, how long do you wait before drinking anything?
   a. 10 minutes
   b. 30 minutes
   c. 60 minutes

20. If I want to have surgery, I must keep my appointments and follow the other program requirements that have been explained to me.
   a. True
   b. False

21. Can you drink alcohol after bariatric surgery?
   a. Yes
   b. No

22. How much protein should you have daily?
   a. 20 grams
   b. 40 grams
   c. 60 grams or more

23. How I handle stress will impact my weight loss and maintenance.
   a. True
   b. False

24. Weight loss surgery is a tool. In order to be successful I must use this tool right and work at making healthy choices for a lifetime.
   a. True
   b. False

25. How long should you wait before becoming pregnant after surgery?
   a. 1 year
   b. 2 years
   c. 3 years

26. Do you need to stop smoking, and remain a non-smoker after surgery?
   a. Yes
   b. No

27. Surgery may impact or change my personal life.
   a. True
   b. False

28. Do you need to get a membership and go to the gym to start an exercise program?
   a. Yes
   b. No