

Bariatric surgery can be a life changing operation for that reason counselling is an important aspect of this procedure both before and after surgery.

The operation that you will have is called a **Sleeve Gastrectomy**. This is when most of your stomach is removed with key hole surgery. This reduces the volume of your stomach from approximately 2litres to 100mls.

For further information please see the Central Region Metabolic and Bariatric Service Healthpoint webpage;

<http://www.healthpoint.co.nz/default,264868.sm>

Bariatric surgery is not a “quick fix” or easy option; it is vital to remember that surgery is only a “tool” to help you improve your own health and well-being.

Counselling

Counselling provides an opportunity for you to discuss your eating patterns, past experience and your current situation. It allows you time to reflect and to consider your short term and long term goals.

After you have attended the Information evening with your support person/s you will be sent an appointment for 2 counselling sessions and 1 dietician’s appointment. Each of these appointments will last for 1 hour.

This is not a test to pass, it is a space for you to reflect on your situation and the potential challenges you may face. Your counsellor does not make the decision about your surgery.

We encourage you to attend the counselling sessions on your own as this will give you the opportunity to talk about very personal matters. If you prefer to have a support person with you or to bring whanau support, please contact our Bariatric Nurse via reception on: 806 0400 before your appointment.

You may find talking about personal matters challenging. You may find it useful to talk to the counsellor about what you are worried about in coming to these sessions.

Follow up appointments after your Surgery

As you will have adjustments and life-style changes. It is important to keep your follow up appointments and regular blood tests after your surgery.

- With the surgeons - 3 weeks and a year after surgery.
- With the counsellor - 2 months and 6 months after surgery.
- With the dietician - 3 weeks, 4 months and 8 months after surgery.

Your follow up appointments will be sent out to you in the post.