THE JOURNEY TO WEIGHT-LOSS SUCCESS

Weight-loss surgery is a lifetime commitment to healthier living. AMITA Health Weight Loss Solutions helps patients stay successful from the moment they take the first step.

**STEP 1. Consultantation**
During this meeting, a bariatric nurse navigator:
- Answers questions
- Reviews basic surgical criteria
- Schedules a meeting with a weight-loss surgeon

**STEP 2. Education**
Our online seminar teaches patients about their surgical options.

**STEP 3. Payment and Insurance Review**
An insurance specialist works with patients to verify and address any payment issues.

**STEP 4. Presurgical Appointment**
Patients and surgeons:
- Review medical history
- Choose a surgical option
- Assess nutritional needs
- Complete lab work

CONTINUED
PLANNING AND NEXT STEPS
For optimal surgery success, patients may need:
- Clearance from a specialist, such as a pulmonologist or cardiologist
- A medically supervised diet
- Nutrition education
- A psychological assessment

PRESURGICAL TESTS
Before surgery, we’ll request:
- Lab work
- Chest X-ray
- EKG
- Abdominal ultrasound
- GI endoscopy, if applicable

PRESURGERY DIET
For two to three weeks before surgery, patients go on a high-protein diet to shrink liver size and improve nutritional status.

SURGERY DAY!
Procedures are performed at one of our nationally accredited facilities.

LIFELONG SUPPORT
This is essential to patients’ postsurgery well-being. All patients receive education and guidance from:
- Counselors
- Registered dietitians
- Exercise physiologists
- Obesity medicine providers

Take the first step!
Call 630.986.2800 or email weightlosssolutions2@AMITAHealth.org to schedule an appointment.

This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. AMITA Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, see link on our home page at AMITAhealth.org.