

Bariatric Surgery (Weight Loss Surgery)

Information for patients

This leaflet aims to explain about weight loss surgery and the options in NHS Lothian. It also explains what is involved if you want to be considered for surgery within NHS Lothian.

What is weight loss/bariatric surgery?

There are a number of different weight loss surgeries which reduce the amount of food you are able to eat at one time and/or reduce the amount you absorb from the food you eat. The surgeries also alter many hormones in the body (including those targeted by GLP-1, weight loss medications) to alter appetite.

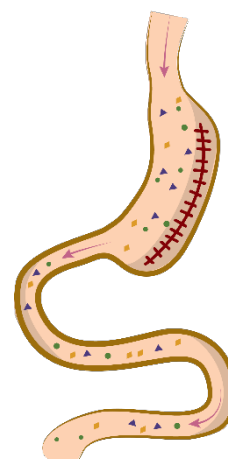
Bariatric surgery gives *higher* weight loss compared to GP1-1 medications.

In Lothian you will be offered either:

Laparoscopic Sleeve Gastrectomy

Reduces the size of the stomach by 75-90%. This assists in greatly reducing the portion size you are able to eat.

The remainder of the stomach is removed from the body through one of the small wounds on the abdomen.



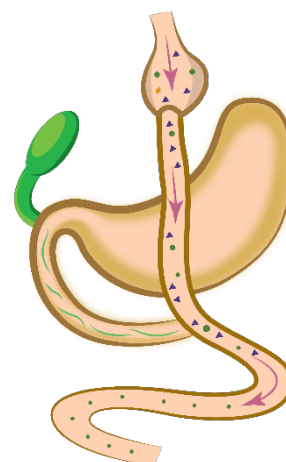
OR

Laparoscopic Gastric Bypass

A small pouch is formed from the top of the stomach and attached to a section of the small bowel that has been split in two.

This bypasses the food past the remaining stomach and some of the small bowel.

This assists in reducing the portion size you are able to eat and causes some of the food eaten to not be absorbed.



Benefits of surgery

- Long term weight loss (average of 33-35% with bariatric surgery compared to 12–20% weight loss with GLP-1 medication.)
- Improvement of obesity – related clinical conditions such as type 2 diabetes, pre-diabetes, hypertension, idiopathic intracranial hypertension (IIH), cholesterol, blood pressure, kidney disease, obstructive sleep apnoea, liver disease & dyslipidaemia.
- Reduction in medications.
- Improvement in wellbeing and general quality of life.

How can I be referred?

You can be referred for weight loss surgery via the NHS Lothian Weight Management service. You must meet the following criteria to be referred to the weight loss surgery service for assessment:

- BMI should be greater than 35 kg/m² with an obesity related clinical condition (such as diabetes, high blood pressure, asthma, high cholesterol, heart disease, obstructive sleep apnoea, arthritis, gastro-oesophageal reflux, IIH and fatty liver disease) or greater than 40 kg/m².
- Demonstrated engagement and commitment to follow up, assessed by attendance at the weight management programme.
- Shown evidence of ability to make sustainable lifestyle changes. This is measured by your ability to lose weight during the weight management programme. 2.5% weight loss minimum achieved.
- Weight must be below 200kg on exit from the Weight Management Service.
- BMI must be no greater than 60kg/m² on exit from the Weight Management Service.

There can be reasons why you may not progress to the surgical service:

- Some health conditions might mean that surgery would not be suitable for you.
- If a general anaesthetic would be too high risk.
- If you are struggling with your mental health to the extent that having surgery would put you at higher risk, or would impact your ability to attend the information sessions.

The pathway

Following referral, you will be discussed at the Bariatric multi-disciplinary meeting (a team of different professionals). Due to the high number of referrals we receive, there will be a waiting period before your referral is reviewed.

If you are accepted onto the bariatric surgery pathway you will then be invited along to a **patient information session**, for further information on the surgery process. Following this, you can opt

into our 6-month assessment process. During this time you will be supported to achieve a weight loss target set by the team.

This 6-month assessment process consists of:

Intensive Pre-Operative Information Course (IPIC)

The purpose of this group course is to educate, support and prepare you for weight loss surgery. You are supported to make the lifestyle and behavioural changes required for successful weight loss surgery. It is a mandatory programme and is delivered as 6 sessions over 3 months either virtually or in person.



One to One Dietetic Support

One to one dietetic support following IPIC is offered to continue to support you to achieve your target weight loss and dietary / lifestyle changes to prepare you for post-surgery life. 3 sessions over 3 months. By your final dietetic appointment, you will be expected to have met your weight loss target and maintain this weight until surgery.



Further assessment

Following completion of the above, if you continue to meet the criteria, you will meet with other members of the team including a Clinical Psychologist and Surgeon to assess readiness and suitability for surgery. If deemed appropriate you will be added to the waiting list for a surgical date at the Royal Infirmary of Edinburgh.



After surgery you will be followed up by the team, this includes nutritional blood screening.

Contact Details

NHS Lothian Bariatric Surgical Service telephone: 0131 242 1615 or 0131 242 1209

Useful websites

British Obesity & Metabolic surgery society:

<https://bomss.org/>



NHS Weight loss surgery:

www.nhs.uk/conditions/weight-loss-surgery/

