CRITERIA FOR BARIATRIC SURGERY AND PREOPERATIVE WORK-UP

General Criteria for Bariatric Surgery:

● NIH Criteria
  ○ BMI > 40, or
  ○ BMI > 35 with a significant medical co-morbidity
    ▪ Diabetes, hypertension, sleep apnea, GERD, osteoarthritis

● Other Criteria
  ○ No endocrine etiology for obesity (hypothyroidism)
  ○ No uncontrolled psychological issues
  ○ No active drug dependence (12 months of abstinence)
  ○ No active tobacco or alcohol dependence (3 months of abstinence)
  ○ Not planning to conceive in the next 2 years
  ○ Demonstrates clear understanding of the surgical options, potential risks & complications
  ○ Ability to commit to the recommended lifestyle changes and long term follow-up

● Contraindications
  ○ End stage organ disease (heart failure, cirrhosis, severe lung disease)
  ○ Life expectancy of less than 2 years
  ○ Active malignancy

Preoperative Work-up:

General Preoperative Work-up (most of this can be ordered by our office):

● Education
  ○ Weight Loss Surgery Seminar
  ○ Weight Loss Surgery Support Group

● Consults
  ○ Dietician (required)
  ○ Psychologist (required)
  ○ Pulmonology (as indicated for sleep apnea, COPD, etc)
  ○ Cardiology (as indicated for CAD, CHF, etc)

● Testing
  ○ UGI (evaluate for hiatal hernia, reflux, esophageal dysmotility)
  ○ EGD
  ○ EKG & CXR
  ○ Labwork
  ○ Screening studies as indicated
    ▪ Mammogram (women over 40)
    ▪ Colonoscopy (over 50, or high risk)
Medical Weight Loss Management Requirement

- Active participation within the last 12 months in a supervised weight-management program
  - Supervision is usually by PCP or dietician
  - For 3-6 consecutive months (exact length depends on the specific insurance)
  - Program must include monthly documentation of ALL of the following:
    - Weight check
    - Food diary & diet plan
    - Exercise regimen & recommendations
  - The visit must be dedicated to the weight-management program and are not included as a part of an annual visit or visit for another diagnosis.
- A separate medical evaluation from a physician other than the requesting surgeon that includes both a recommendation for bariatric surgery as well as a medical clearance for surgery

Medicare Patients:
- Can be referred directly for workup, but the following can be started promptly as it is the timeliest part of the workup
- Active participation for 4 consecutive months in a weight-management program that is supervised by a physician or other health care professional. Must include monthly documentation of ALL of the following components:
  - Weight check
  - Food diary & diet plan
  - Exercise regimen & recommendations

CCHP Patients:
- Preoperative workup can be extensive. The time limiting factor is typically the Medical Weight Loss Management Program. The following are needed prior to referral to a surgeon:
  - Six months of weight checks and typed or written summary of weight control efforts by PCP
  - Dietician consultation within the last 6 months, and at least 1 follow-up visit within 30-60 days
  - Labs – TSH, CBC, CMP
  - Documentation of participation in some kind of weight loss program within the last 6 months for a period of 3 months, such as Overeaters Anonymous, Weight Watchers, Jenny Craig, etc
  - Obesity for a duration of at least 5 years
  - Has no specifically correctable cause for obesity
- Once complete, contact CCHP for referral authorization

Please contact us with any questions.
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