ONLINE Gastric Bypass Surgery Quiz

Please circle the best response.

1. The type of weight loss surgery that Dr. Shin performs is the
   a. Vertical banded gastroplasty.  
   b. Stomach stapling.  
   c. Mini gastric bypass.  

2. Morbid obesity is defined as
   a. Body mass index greater than 40.  
   b. Greater than 100 lbs. overweight.  
   c. Greater than 200% over the ideal body weight.  
   d. All of the above.  

3. The success of the Roux-en-Y gastric bypass depends on:
   a. The size of the pouch.  
   b. Whether a client has open or laparoscopic surgery.  
   c. Individual’s long-term commitment to Life-style changes, Dietary habit changes, Regular exercise, and Medical guidelines.  
   d. The final cosmetic appearance.  

4. During the first 10 days following surgery, clients are required to
   a. Consume only clear liquids (Phase 1 diet)  
   b. Consume clear and full liquids (Phase 1 & 2 diets).  
   c. Consume regular foods (Phase 4 diet).  
   d. Consume only soft foods (Phase 3 diet)  

5. After surgery, a client’s new stomach will be about
   a. The size of a grapefruit.  
   b. The size of a pea.  
   c. The size of a thumb.  
   d. The size of a football.  

6. Once weight loss surgery clients reintroduce “regular foods” to their diets, they will
   a. Eat as much as they want of regular foods.  
   b. Still need to limit high fat and high sugar foods for life.  
   c. Need to only eat two meals per day.  
   d. Drink carbonated soft drinks.  

7. As part of new eating habits following weight loss surgery clients may be encouraged to, except:
   a. Eat smaller meals at regular times during the day.  
   b. Drink 64 ounces of water per day.  
   c. Eat meals more slowly than before.  
   d. Drink with meals.  

8. After discharge from the hospital after the weight loss surgery, clients are encouraged to
   a. Stay in bed until feel better.  
   b. Get out of bed, walk, and take deep breath and resume daily activities as soon as possible.  
   c. Drink 8 oz of liquid every 15 minutes.  
   d. Refrain from visiting with family.  

9. In order to achieve and maintain weight loss goals, it is recommended that people
   a. Exercise a minimum of 30 minutes a day, most days of the week.  
   b. Drink at least 64 oz of liquid a day  
   c. Consume at least 60 gm for woman and 75 gm for man a day  
   d. All of the above  

10. The average length of hospital stay after laparoscopic weight loss surgery is
    a. 1 to 2 days.  
    b. Less than 1 day.  
    c. 3 to 5 days.  
    d. About one week.  

11. A potentially life-threatening complication after surgery is:
    a. Intestinal leak.  
    b. Leak from the stomach pouch.  
    c. Pulmonary embolus (blood clot to the lung).  
    d. All of the above.
12. Open surgery (as opposed to laparoscopic surgery)
   a. Is not likely to happen since Dr. Shin only does laparoscopic surgeries.
   b. Can result in better weight loss results.
   c. Is possible if Dr. Shin is unable to do the laparoscopic surgery.
   d. Usually results in a shorter hospital stay.

13. Possible late complications following the Roux-en-Y gastric bypass surgery are
   a. Vitamin deficiency.
   b. Anemia.
   c. Bowel obstruction.
   d. All of the above

14. Choose the statement that is most true:
   a. After the gastric bypass surgery, clients’ new stomach pouch will not stretch, even if they eat large amounts of food.
   b. The Gastric bypass surgery is a tool to help people achieve weight loss; clients must follow CAMC Weight Loss Center’s recommended Lifestyle changes in order to have long-term success.
   c. It is ok to substitute soft drinks and coffee for the 64 ounces of water that clients need each day.
   d. It is ok to take anti-inflammatory medications (such as Ibuprofen, Motrin, etc) after the gastric bypass surgery.

15. After weight loss surgery, the general progression from liquids to normal foods is about:
   a. 1 month.
   b. 2 weeks.
   c. 2 days.
   d. 6 months.

16. You are required to take multivitamins after weight loss surgery for:
   a. 1 week.
   b. 3 months.
   c. 5 years.
   d. Life-long

17. Vomiting can occur after surgery due to:
   a. Drinking too fast.
   b. Advancing the diet too quickly.
   c. Eating too much & not chewing enough.
   d. All of above.

18. The rest of the stomach that is separated from the new stomach pouch:
   a. Is completely removed.
   b. No longer receives food.
   c. No longer receives food, but continues to release gastric juices.

19. The Surgeon General indicates that _________ exercise can result in improvements in health and quality of life.
   a. Easy
   b. Moderate
   c. Strenuous
   d. None

20. The clients are recommended to stop taking medications to treat their Depression and Thyroid conditions right after the Roux-en-Y gastric bypass surgery.  True  False

To be signed after meeting with your surgeon:
This is to certify that I have completed this questionnaire myself and that any incorrect responses have been corrected and discussed with your surgeon.

________________________________  __________________________________
Client Print Name    Client Signature   Date
I certify that this questionnaire was reviewed with the above-named client.

Robert B. Shin, MD, FACS