

Frequently asked questions about the Bariatric Service

What does the initial assessment for bariatric surgery involve?

Patients are seen at their first assessment by a Doctor and/or Dietitian/Specialist Nurse to check that there are no obvious factors that would make bariatric surgery unsuitable. If appropriate, they are placed on the bariatric assessment pathway – this does not guarantee that a patient will progress to surgery, but it means that they are being assessed and prepared for possible surgery.

Patients then attend an education programme of 6 fortnightly group sessions where they receive a comprehensive programme incorporating pre/post diet, bariatric surgery procedures and lifestyle/behavioural changes. During this programme patients will also be seen by a psychologist to assess their suitability for surgery and then by a bariatric surgeon to discuss their suitability on an individual basis.

What types of bariatric surgery are available in NHS Grampian?

Gastric Bypass
Sleeve Gastrectomy
Gastric Band

How long is the waiting list?

The average time from initial assessment to surgery is approximately 6-9 months. There is no waiting list, this is the time it takes to complete the assessment and preparation for surgery. Some patients may take longer if they are not clinically ready.

What follow-up do patients receive post-surgery?

Patients are followed up 6 weeks post-operation, then 3/6/12 monthly in their first year. After their initial appointment they will be commenced on life-long multi-vitamin and calcium/vitamin D supplementation. Due to the potential for nutritional deficiencies to develop in bariatric patients we offer life-long follow-up at present. Patients will also be invited to attend post-surgical group sessions at approximately 1 year following their surgery.