

GASTRIC BYPASS

TRANSFORM
HOSPITAL GROUP

TIME TO FOCUS ON YOU

Losing weight on your own can be extremely difficult, and gastric bypass surgery has proven to be a highly effective weight loss procedure when combined with diet, exercise, and general lifestyle changes. A gastric bypass operation could help you lose an average of 55-70% of excess weight, according to the National Bariatric Surgery Registry Report (2014).

The surgery involves reducing the size of the portion of the stomach which comes in contact with food, as well as re-routing the small intestine. This helps with weight loss by restricting food intake and reducing hunger. This type of surgery will also reduce absorption of some nutrients.

SHAPING YOUR FUTURE

There are many benefits to undergoing a gastric bypass procedure. Weighing less can make it a lot easier to move around, allowing you to enjoy a whole spectrum of new activities which may improve your general fitness and wellbeing. Weight loss through gastric sleeve surgery has also been proven to help with a number of health-related conditions, such as type 2 diabetes and/or high blood pressure. After significant weight loss, you may feel an improvement in your mental health, with higher confidence and self-esteem, a more positive outlook and an overall better quality of life.

Whatever your reason for finding out more about a gastric bypass surgery, Transform Hospital Group is here to help.

LET'S DELVE INTO THE DETAIL

As with any surgical procedure, it's important that you know of any potential risks that your surgery may have, so that you can weigh these up against the benefits. Some of these risks may include, but are not limited to, wound breakdown, bleeding, infection, blood clots, and ulcers.

Our surgeons are extremely knowledgeable and are here to answer all of your questions and concerns regarding weight loss surgery.

FEEL-GOOD FACTOR

Don't just take our word for it, though. Having a gastric bypass with the Transform Hospital Group gave Angela* her confidence back:

"I had my gastric bypass 11 months ago, and I can honestly say my life has started again. At my heaviest pre-surgery, I was 26 stone. Now I'm down to 17st. I still have a long way to go, but I can do the everyday things people take for granted again. Today I even went to the gym for the first time! The surgery is an aid, not a magic cure, but it's the best thing I've ever done. I now get so many compliments on how much I've changed, and my confidence is back!"



*Trustpilot review, October 2018

WE'RE READY WHEN YOU ARE

1. FIRST APPOINTMENT:

Meet your surgeon assistant, where you'll be able to discuss your interest in gastric sleeve surgery. They'll also discuss the likely costs, finance options, how much time you'd need to take off work, and the timescales for surgery. If you feel ready, you'll be booked for a consultation with one of our specialist weight loss practitioners (dietitian or nurse).

2. FREE CONSULTATION:

You have no obligation to go ahead with the procedure following the consultation with your specialist weight loss practitioner. At this appointment, you can discuss your weight loss goals and your suitability and psychological preparedness for treatment, as well as chatting through the benefits and risks of surgery. If you do decide you want to go ahead, you'll go on to have a consultation with your surgeon, who'll review your suitability for surgery and further discuss the risks and benefits. Following this, you'll be referred to a clinic nurse and a dietitian for pre-operative tests and assessments.

3. THE SURGERY:

You'll meet with your surgeon again, and they'll go through any of your last-minute questions. You'll read and sign the consent form and then meet the rest of the surgical team before heading into theatre.

There are several types of gastric bypass, but all involve dividing the stomach to create a small stomach pouch and then attaching a section of the small intestine to the pouch, therefore bypassing part of the small intestine. The smaller stomach pouch restricts the amount of food you can eat and is designed to make you feel full after smaller meals. Please note, gastric bypass surgery is non-reversible.

4. RECOVERY:

Following surgery, you'll need to stay in hospital for 2-3 nights to help you recover. It's likely that you'll feel swollen and tender for a while, but this is completely normal and should settle fairly quickly. We'll provide any pain relief you need while you're in hospital.

Each of our gastric bypass patients is given a personalised care plan, developed on the advice of their surgeon. We'll also provide access to our 24/7 patient helpline and a dedicated weight-loss support team who can help with booking appointments and give you emotional support.

5. AFTERCARE:

The gastric bypass surgery itself is only the start of your journey. At Transform Hospital Group, we offer a full package of aftercare support to help you achieve your weight loss goals.

Exactly which benefits you'll have access to will depend on the package you choose, but all of our aftercare packages include access to the 24-hour helpline mentioned above.

You'll benefit from ongoing support from our team of dietitians, who can give guidance on diet and nutrition after your sleeve gastrectomy, as well as our nursing team who'll monitor the healing process and advise on any medications you may need. The level of aftercare you receive will depend on the package you choose - and your surgeon assistant will help you find the right one for you.

