

# MedStar Franklin Square Medical Center Bariatric Surgery Program

## Passport for Surgery You MUST register and attend classes MONTHLY

	<b>Program Expectations:</b> <i>YOU ARE RESPONSIBLE FOR READING ALL CLINICAL VISIT SUMMARIES/DISCHARGE INSTRUCTIONS FROM ALL HEALTH CARE PROVIDERS AND ADHERING TO RECOMMENDATIONS.</i>	<b>Registered</b>	<b>Attended</b>
<b>Attended Education Seminar</b>		√	<b>Completed</b>
<b>Month 1</b> _____	<ul style="list-style-type: none"> <li>• <b>Initial Surgeon Visit (443-777-1158)</b></li> <li>• <b>Class 1: MUST BE YOUR FIRST CLASS /FOOD LOGS (443-777-7900)</b></li> <li>• <b>**Review visit summary sheet from surgeon visit for additional testing and documents needed-?UGI, Sleep Study???</b></li> <li>• <b>Are you smoke/nicotine- free? If not start to work on this.</b></li> </ul>	_____	
<b>Month 2</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 2</b></li> <li>• <b>First 1:1 Dietary Appointment (443-777-6528)</b></li> <li>• <b>Follow healthy diet (keep food logs), and regularly exercise</b></li> </ul>	_____	
<b>Month 3</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 3</b></li> <li>• <b>EGD should be scheduled if not call CDD at 443-777-2475</b> <b>Attend a Bariatric Support Group -443-777-7900</b></li> <li>• <b>Follow healthy diet (keep food logs), and regularly exercise</b></li> <li>• <b>*Schedule appt with Exercise Physiologist to discuss exercise 443-777-1158</b></li> </ul>	_____	
<b>Month 4</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 4</b></li> <li>• <b>Follow healthy diet (keep food logs), and regularly exercise</b></li> <li>• <b>Psychological Evaluation</b></li> </ul>	_____	
<b>Month 5</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 5</b></li> <li>• <b>Follow healthy diet (keep food logs), and regularly exercise</b></li> <li>• <b>Second 1:1 Dietary Appointment (443-777-6528)</b></li> </ul>	_____	
<b>Month 6</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 6</b></li> <li>• <b>Follow healthy diet (keep food logs), and regularly exercise</b></li> </ul>	_____	
<b>Month 7</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 7: MUST BE YOUR LAST CLASS</b></li> <li>• <b>Follow healthy diet (keep food logs), and regularly exercise</b></li> </ul>	_____	
After completing all of the above:	<ul style="list-style-type: none"> <li>• <b><i>Are you following a healthy diet and exercising....smoke free/nicotine free for greater than 90 days?? ALL testing completed...??</i></b></li> <li>• <b><i>Schedule Pre-surgical visit with Surgeon (443-777- 1158)</i></b></li> <li>• <b>Pat yourself on back-keep up the hard work ☺</b></li> </ul>		

# MedStar Franklin Square Medical Center

## Bariatric Surgery Program

### Contact List

Please refer to your Passport for surgery and contact the appropriate offices to schedule appointments in the –*See Passport*. Take note of location/addresses.

**You may need to complete additional testing/appointments-be sure to review ALL clinical visit summaries/discharge instructions from ALL of your health care providers.**

Care Connections (class 1 through 7)	Classroom 9103 Franklin Square Dr. Room 306	443-777-7900
Bariatric Program Offices	9105 Franklin Square Drive Suite 305/307	443-777-1158
Exercise Physiologist Appointment	12 MedStar Blvd First Floor Bel Air, Maryland 21015	
Dietary Appointments	9000 Franklin Square Drive, Proceed to first floor, 1CA Look for Out Patient Diabetes & Nutrition Ed (Use Entrance 2 )	443-777-6528
Franklin Square Sleep Center	9000 Franklin Square Drive	443-777-8382
American Sleep Medicine – Baltimore	Call for directions	410-296-5544
Dr. H. Gewanter (Off Site Psychologist)	Call for directions	410-686-9800
Dr. Bill Geiger (Off Site Psychologist)	Call for directions	410-426-6370
Franklin Square Outpatient Psychiatry <b>*Please tell office you are in the bariatric program</b>	9105 Franklin Square Dr. Suite <u>Insurance accepted:</u> Straight Medicare, MedStar Medicare Choice.* No other Medicare HMO's Medical Assistance (any Maryland MCO) Some Blue Cross (but not Blue Choice)	443-777-7878