

# MedStar Franklin Square Medical Center Bariatric Surgery Program

Passport for Surgery  
You MUST register and attend classes every MONTH!

	<b>Program Expectations:</b> <i>YOU ARE RESPONSIBLE FOR READING ALL CLINICAL VISIT SUMMARIES/DISCHARGE INSTRUCTIONS FROM ALL HEALTH CARE PROVIDERS AND FOLLOWING THE 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: THIS 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 exercise regularly.</b></li> </ul>	_____	
<b>Month 3</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 3 (Exercise Class) BE SURE TO WEAR CLOTHES THAT YOU CAN EXERCISE IN!!!</b></li> <li>• <b>EGD should be scheduled if not call the office (443-777-1158)</b></li> <li>• <b>Attend a Bariatric Support Group -443-777-7900</b></li> <li>• <b>Follow healthy diet (keep food logs), and exercise regularly.</b></li> </ul>	_____	
<b>Month 4</b> _____	<ul style="list-style-type: none"> <li>• <b>Class 4</b></li> <li>• <b>Follow a healthy diet (keep food logs), and exercise regularly.</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 a healthy diet (keep food logs), and exercise regularly.</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 a healthy diet (keep food logs), and exercise regularly.</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 a healthy diet (keep food logs), and exercise regularly.</b></li> </ul>	_____	
<b>WHEN ALL OF THE ABOVE IS COMPLETED.</b>	<ul style="list-style-type: none"> <li>• <b>Are you following a healthy diet and exercising? Nicotine free for greater than 90 days? ALL testing completed?</b></li> <li>• <b>Schedule Pre-surgical visit with Surgeon (443-777- 1158)</b></li> <li>• <b>Pat yourself on the back-keep up the hard work ☺</b></li> </ul>		

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## 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)	<b>Classroom</b> 9103 Franklin Square Room 306	<b>Conference Room</b> 12 MedStar Blvd Bel Air, Maryland 21015	443-777-7900	
Bariatric Program Offices	<b><u>Dr. You and Dr. Abdo:</u></b> 9105 Franklin Square Drive Suite 305/307 Rosedale, MD 21237	<b><u>Dr. You only:</u></b> 12 MedStar Blvd First Floor Bel Air, Maryland 21015	<b><u>Dr. Abdo only:</u></b> MUMH Diabetes & Endocrine Center 200 E. 33 <sup>rd</sup> St, Suite 551 Baltimore, MD 21218	443-777-1158
Dietary Appointments	Patient Diabetes & Nutrition Ed (Use Entrance 2) 9000 Franklin Square Drive Proceed to first floor		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 102 <b>Insurance accepted:</b> 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	