



# MedStar Washington Hospital Center

106 Irving Street, NW  
POB 301 South  
Washington, DC 20010  
202-877-7788 PHONE  
877-680-8198 FAX  
[MedStarWashington.org](http://MedStarWashington.org)

**Center for Advanced Laparoscopic,  
General and Bariatric Surgery**



## Bariatric Surgery at Medstar Washington Hospital Center (MWHC)

Welcome to MWHC's bariatric surgery information seminar! We are accredited for weight-loss surgery by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) of the American College of Surgeons and the American Society for Metabolic & Bariatric Surgery. We are accredited as a comprehensive center, meaning we provide complete bariatric surgical care, have a high volume of patients and have the expertise to manage the most complex conditions. Our team includes experienced and fellowship-trained surgeons, a gastroenterologist, nurses, dietitians, exercise physiologists, mental health professionals and a program coordinator. We offer long-term follow-up care after surgery with our surgeons and gastroenterologist as well as support groups and dietitian services.

We consider bariatric surgery a tool to help improve your patient's quality of life. The majority of our patients lose 50 to 70 percent of their excess weight within the first 18 months after surgery and many are able to maintain that loss. The majority of our patients experience an improvement or resolution of obesity-associated diseases such as diabetes, obstructive sleep apnea, hypelipidemia, and hypertension.

Attendance at this seminar is a required step in the pre-surgery process; please make sure you have signed in today. By completing the following steps, you will fulfill our requirements and those of most insurance companies:

- Step 1: Attend the MWHC Bariatric surgery information seminar
- Step 2: Schedule your initial consultation with one of our surgeons before leaving today
- Step 3: Call your insurance provider to obtain coverage information and number of required weight management visits:
  - The CPT code for Roux-en-Y Gastric Bypass is 43644
  - The CPT code for the Vertical Sleeve Gastrectomy is 43775
  - The CPT code for the Adjustable Gastric Band is 43770
- Step 4: Schedule a medical evaluation with your primary care physician
  - Obtain a referral to see the surgeon, if needed
  - Obtain 3-5 year weight history
  - Complete medical clearance form for exercise evaluation
- Step 5: Initial consultation with your surgeon
- Step 6: Complete a 3-7 consecutive month physician-supervised weight management program. Our program includes:
  - 3-7 consecutive monthly visits with RD
  - At least 1 visit with our gastroenterologist (Dr. Koch)
  - Mental Health Evaluation: will be scheduled by our office at your first nutrition visit

- Exercise evaluation: please have exercise clearance form completed by you primary doctor and then fax to 202-877-5375. They will call you for the appointment once clearance form is faxed.
- Attend at least 1 support group meeting at MWHC, MMMC, OR MSMH. These are held monthly (see schedules in your packet of handouts).
- Complete online tutorial, EMMI
- EGD: will be scheduled by your surgeon or after visit with Dr. Koch
- Provide us with documentation of your weight/BMI for the last 3-5 years
- Complete any additional lab work/tests as requested by your insurance or our physicians
- Step 7: Insurance approval and surgery date
  - At your final weight management visit, the program coordinator, if available, will meet with you to review your checklist. Once your checklist is complete, we can begin the preauthorization process. Your insurance company will require a “letter of medical necessity.” Your surgeon will prepare it after your final weigh management visit. Once all requirements are completed, your insurance company will then receive a request to approve bariatric surgery, the letter of medical necessity, and all of the documentation completed during the pre-surgical process. If your insurance company approves surgery, we will call you and schedule your surgery date.
- Step 8: Final pre-surgery visit, pre-surgery lab work, preoperative class, and low-calorie pre-op diet
 

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  - You will be scheduled to see the surgeon within 1-2 weeks before your surgery date.
  - You may attend our preoperative class designed to educate you on what to expect in the hospital and the first few weeks after surgery.
  - You will have to complete pre-surgery lab work in our Admissions Testing Center (ATC) seven to 14 days before surgery. After the surgical coordinator has confirmed your surgery date, please call 202-877-7169 to schedule your appointment in the ATC.
  - You will be instructed to begin your low-calorie pre-op diet 14 days before your surgery date. You will receive the diet instruction during your weight management visits with the dietitian.

We encourage you to call us with any questions at (202)877-7788. We are here to help you on your road to good health. We hope we exceed your expectations, as we work to prove the MedStar Health adage, “Knowledge and Compassion Focused on You.”

Thank You,

MWHC Center for Advanced Laparoscopic & Bariatric Surgery

106 Irving St, NW Suite 301

Washington, DC 20010

202-877-7788



Washington Heart Medical Fitness and Wellness Center  
202-877-WELL (9355) • fax: 202-877-5375

Physician Referral to Washington Heart Wellness Program

Patient's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Phone \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Bariatric Fitness Evaluation:  Patient is safe to exercise. Patient has the following limitations--describe: \_\_\_\_\_

Patient May Transition to Wellness Program (see below)

Wellness Program—For New Patients Entering the Wellness Program a Stress Test is Required  
Check appropriate option:  Treadmill Stress Test at Washington Heart

Stress Test will be performed in my Office / Institution  
(please fax results to 202-877-5375)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_



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## **Medstar St. Mary's Hospital's Pre-surgery Weight Management and MedFit Health and Wellness Programs**

### **Weight Management Program**

There is currently a registered dietitian (RD) at Medstar St. Mary's Hospital that will see our patients for the preoperative weight management program. Her name is Catherine Dowling and you can schedule your appointments with her by calling 301-475-6019. Please be advised that you must complete all 3-7 consecutive monthly visits with her to fulfill your insurance requirements. You will also be required to complete the following visits during that time at Medstar Washington Hospital Center:

1. At least one visit with our RD
2. At least one visit with Dr. Koch
3. Mental Health evaluation (may also use outside provider)
4. EGD (may also use outside provider)

### **Fitness Evaluation**

To enroll in Medstar St. Mary's hospital's MedFit Health and Wellness Program call (240)434-7143. To fulfill MWHC's requirements, you may participate in either option 1 or option 2 fitness program.

\*Please obtain clearance from your primary care physician to participate in the exercise evaluation offered by the MedFit Health & Wellness Program (you may use the same form that MWHC uses, but do not fax it to that number, because it will not go to the right place. Please fax it to 240-434-7716.

### **Support Group**

See attached schedule

*Knowledge and Compassion*  
**Focused on You**

## MWHC Center for Advanced Laparoscopic & Bariatric Surgery

### Mental Health Evaluation Guidelines

You may choose not to see our psychologist. If you choose to see a psychologist or psychiatrist outside of our program, a bariatric surgery mental health evaluation should cover the following areas:

- I. Behavioral
  - a. Previous attempts at weight management
  - b. Eating and dietary styles
  - c. Physical activity and inactivity
  - d. Substance use
  - e. Health related risk-taking behavior
- II. Cognitive and Emotional
  - a. Cognitive functioning
  - b. Knowledge of obesity and surgical interventions
  - c. Coping skills, emotional modulation, boundaries
  - d. Psychopathology
- III. Developmental History
- IV. Current life situation
- V. Conclusion
  - a. Appropriate candidate for bariatric surgery
  - b. If not an appropriate candidate for bariatric surgery, document recommended therapy

The report can be faxed to our office at 877-680-8198

## MWHC Center for Advanced Laparoscopic & Bariatric Surgery

### Bariatric Support Group 2016

**Where:** Physicians Office Building (POB) Conference Room 121

**When\*:** There are 12 regularly scheduled meetings throughout the year. These meetings are scheduled on the **first\*\*** Saturday of each month from 9:30-11:30 am.

**\*\*Three exceptions are the months of January, July, and September (see below) due to a holiday falling on the first weekend.**

Saturday, January 9	Topic: Plastic surgery after bariatric surgery (Marilyn Evans, RN)
Saturday, February 6	Topic: Stage 3 Diet Grocery Shopping and Meal Planning (RD)
Saturday, March 5	Topic: The Importance of Exercise (Exercise Physiologists)
Saturday, April 2	Topic: TBA
Saturday, May 7	Topic: Healthy Eating on a Budget (RD)
Saturday, June 4	Topic: The sugar content of foods and beverages (RD)
Saturday, July 9	Topic: Protein Supplementation/Tasting (RD)
Saturday, August 6	Topic: Post-op Patient Panel
Saturday, Sept 10	Topic: Ask the Surgeon
Saturday, October 1	Topic: Stress Management (Dr. Burnett/Psychologist)
Saturday, Nov 5	Topic: The Importance of Exercise (Exercise physiologists)
Saturday, Dec 3	Topic: Setting up a successful food environment at the holidays and everyday (RD)

You do not need to sign up for these, simply show up. But **please sign the sign-in sheet** so we know that you attended. If you have any questions, please call our office at 202-877-7788.

\*The above schedule may be subject to change as needed.



## **Bariatric Support Group 2016**

### **At St. Mary's Hospital**

**Where:** Medstar St. Mary's Hospital, 25500 Point Lookout Road, Leonardtown, MD 20650. The meeting is located in the Outpatient Pavilion in the Health Connections Suite. The Health Connections Suite is located on the second floor to you right as you exit the elevator.

**When:** There are 12 regularly scheduled meetings throughout the year. These meetings are scheduled on the second Saturday of each month from 10:00-11:00 am.

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Saturday, January 9	Saturday, February 13
Saturday, March 12	Saturday, April 9
Saturday, May 14	Saturday, June 11
Saturday, July 9	Saturday, August 13
Saturday, September 10	Saturday, October 8
Saturday, November 12	Saturday, December 10

You do not need to sign up for these, simply show up. But please sign the sign-in sheet so we know that you attended. If you have any questions, please call our office at 202-877-7788.

# Bariatric Support Group

Free of Charge

- Nutritionist on hand to answer questions
- Open discussions about weight loss and surgery-related issues
- Great for anyone considering or who has had weight loss surgery
- Moderated by Bariatric Coordinator Kenny Alexander

## 2016 Schedule

**6 p.m. Pre & Post Surgery Session (Everyone)**

**7 p.m. Post Surgery Session**

Jan. 12, Feb. 9, Mar. 8, Apr. 12, May. 10, Jun. 14, Jul. 12, Aug. 9,  
Sept. 13, Oct. 11, Nov. 8, Dec. 13

Walk-ins welcome. Or to register, visit

**MedStarMontgomery.org/Classes** or call **301-774-8881**.

**Located on the MedStar Montgomery campus.**

Please check with the lobby attendant upon arrival for class location.



MedStar Montgomery  
Medical Center

Knowledge and Compassion  
**Focused on You**



## Passport to Pre-Surgical Consultation Checklist

Each item on this checklist must be signed off in both the "Received in our office" and "Date completed" columns before you can schedule your surgical consultation. Please fax this completed form to our office, at 877-680-8198.

	Received in our office	Date completed
1. Endoscopy / upper GI X-ray (complete ASAP).	_____	_____
2. Mental health evaluation (complete ASAP).	_____	_____
3. Medical evaluation & surgical clearance by family doctor. Please include 3 to 5 year weight history (list weights & dates).	_____	_____
4. Exercise physiology evaluation (complete ASAP). You must have MD exercise clearance & a completed wellness program referral when you schedule your appointment.	_____	_____
5. 3 to 6 consecutive months in a supervised weight management program.	_____	_____
6. Attended Hospital Center bariatric support group.	_____	_____
7. Web-based tutorial (EMMI) completed.	_____	_____
<hr/>		
8. Evaluation by Timothy Koch, MD This evaluation may not be required by the weight management programs at MedStar Montgomery Medical Center & MedStar St. Mary's Hospital.	_____	_____
9. H. pylori testing (complete ASAP). This test can be done as part of an endoscopy or as a separate blood test.	_____	_____
10. Make sure that you have met all of your insurance company's requirements for surgery.		

Before starting this process, please call your insurance company to make certain that bariatric surgery is a benefit that is covered under your insurance policy.

## Insurance Submission Checklist D.C. Medicaid patients ONLY\*

- \_\_\_\_\_ You must have a body mass index (BMI) of greater than 40 *OR* a BMI greater than 35 with at least one weight-related co-morbidity (i.e. cardiopulmonary complications, type 2 diabetes, obstructive sleep apnea, degenerative joint disease, hepatic steatosis etc.)
  - \_\_\_\_\_ Medical evaluation and surgical clearance by your primary care physician (PCP). Please include 3 to 5 year weight history (list dates and weights)
  - \_\_\_\_\_ Documentation of a physician-supervised weight loss program for at least 6 consecutive months.
  - \_\_\_\_\_ Evaluation by Timothy Koch, MD (may not be required by the weight management programs at Medstar Montgomery Medical Center and Medstar S. Mary's Hospital)
  - \_\_\_\_\_ Mental health evaluation and documentation of on-going treatment if depressed
  - \_\_\_\_\_ Exercise physiology evaluation- you must have MD exercise clearance form completed when you schedule your appointment
- 
- \_\_\_\_\_ Attend at least 1 support group meeting
  - \_\_\_\_\_ Complete the web-based tutorial (EMMI)
  - \_\_\_\_\_ Cardiology evaluation (EKG should be done as part of the evaluation)
  - \_\_\_\_\_ Pulmonary evaluation (pulmonary function test should be done as part of this evaluation)
  - \_\_\_\_\_ A drug and alcohol screen. If you have a history of drug and alcohol abuse, you should get the drug screen and your PCP will have to indicate that you have been drug and alcohol free for one year or more.
  - \_\_\_\_\_ H. pylori test (blood test for bacteria associated with stomach ulcers) If this test is positive there will need to be documentation of treatment.
  - \_\_\_\_\_ Chest X-ray
  - \_\_\_\_\_ Upper endoscopy
  - \_\_\_\_\_ Thyroid function lab test (blood work): TSH, T4, T3 (if abnormal, an evaluation by an endocrinologist should be done)

**\*All other patients please use the "Passport to Pre-surgical Consultation Checklist\***