

## Patient Information Sheet

# Dietitian Fees for Private Bariatric Surgery Patients

You will be referred to see a dietitian prior to your surgery and after your surgery. This is important to assist you in meeting your nutritional requirements and remaining healthy while you lose weight.

The Dietitians at Joondalup Health Campus have private outpatient clinics to be able to assess and manage your diet and nutritional requirements.

All of the Dietitians are Accredited Practising Dietitians (APDs) which means they are recognised professionals with the qualifications and skills to provide expert nutrition and dietary advice.

All of the Dietitians have provider numbers with the major health funds, Medicare and DVA, as well as accepting Chronic Disease Management Plans (CDMP).

If your GP has put you on a CDMP, you may be entitled to claim one or all of your dietetic appointments through Medicare (a maximum of 5 visits per calendar year). If you have ancillary cover with your health insurance company you will receive a rebate.

The following table shows the fees you will be charged when you see the Dietitians at Joondalup Health Campus in the dietetic clinic rooms.

	When to book	Fees
Preadmission appointment		
Initial Assessment and Education (D1)	2 – 4 weeks before your surgery*	\$75
Hospital Admission		
Not required	N/A	N/A
Post-Surgery		
Follow-up appt 1 (D2)	2 weeks after your surgery	\$50
Follow-up appt 2 (D3)	5-6 weeks after your surgery	\$50
Follow-ups ongoing	As required	\$50

\*As advised by your surgeon

Note: your first appointment with the dietitian will be \$75 regardless of when this occurs.

Location of Clinics:

Dietetics Clinic Rooms  
Ground Floor, Allied Health Reception

To book an appointment call:

9400 9429

# What your Dietitian can do for you

Your surgery will be a tool in helping you to lose weight but you will also need to make some behaviour and dietary changes and your Dietitian will be there to help you along the way.

It is important to see the Dietitian before and regularly after your surgery to help you lose weight, while keeping you healthy. Five review appointments are recommended but you can see your Dietitian for more appointments if you need to.

**Due to the busy nature of this clinic, you are strongly encouraged to book appointments in advance. It is recommended to book D1, D2, and D3 as soon as you are aware of your surgery date. This will ensure you are able to access a dietitian appointment at the appropriate time post-surgery.**

Appointment	When to book	Content
Pre-admission (D1)	2-4 weeks before surgery	<ul style="list-style-type: none"> <li>• Initiation of VLED (Optifast)</li> <li>• Diet information for the first 2 weeks after your surgery</li> <li>• Discuss supplement requirements after surgery</li> <li>• Baseline measurements such as weight and BMI</li> <li>• Problem solve any nutrition related issues/questions</li> </ul>
Follow-up appt 1 (D2)	2 weeks after surgery	<ul style="list-style-type: none"> <li>• Review nutrition and diet intake</li> <li>• Discuss the next few weeks diet plan</li> <li>• Problem solve any nutrition related issues/questions</li> <li>• Check exercise and physical activity</li> <li>• Monitor weight loss</li> <li>• Review supplement requirements</li> </ul>
Follow-up appt 2 (D3)	5-6 weeks after surgery	<ul style="list-style-type: none"> <li>• Review nutrition and diet intake</li> <li>• Set exercise and activity goals</li> <li>• Problem solve any nutrition related issues/questions</li> <li>• Review supplement requirements</li> <li>• Monitor weight loss</li> <li>• Discuss management after band "fills" (Lap-bands only)</li> </ul>
Follow-up appt 3 (D4)	12 weeks after surgery	<ul style="list-style-type: none"> <li>• Review nutrition and diet intake</li> <li>• Review exercise and physical activity goals</li> <li>• Monitor progress and weight loss</li> </ul>
Follow-up appt 4 (D5)	6-12 months after surgery	<ul style="list-style-type: none"> <li>• Monitor progress and review weight loss</li> <li>• Discuss &amp; problem solve any nutrition related issues</li> <li>• Set long-term diet and physical activity goals</li> <li>• As required by the individual patient</li> </ul>
Any further follow-up (D6)	Ongoing as required	<ul style="list-style-type: none"> <li>• As required by the individual patient</li> </ul>

Appointments are scheduled for approximately 20 minutes. **Please arrive on time** or you will be required to re-schedule your appointment for a later date.

To book an appointment call: **9400 9429. Please ensure you know which appointment you require (e.g. D3 or D4) prior to calling.**

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## Disclaimer

All information contained in this handout is current at the time of revision. If you have concerns about your health, you should seek advice from your general practitioner or health care provider. If you require urgent care you should go to the nearest Emergency Dept. Created: [April 2014]