

**Nutrition and Weight Loss Surgery**

**Post Test**

You must take this test after you have taken the online or in office pre-operative (“pre-op”) Nutrition Class. You must answer at least 70% of the questions correctly in order to be cleared for surgery. If you score less than 70%, you will need to either take the class over again (at no charge) or meet with one of our dietitians (private consultation fee will apply). **You may use all notes and handouts from class!**

1. All of these foods are allowed during the pre-op liquid diet EXCEPT:
2. Bariatric Advantage Liquid Meal replacement mixed with water
3. Isopure mixed with skim milk
4. Cream of mushroom soup
5. Sugar-free jello
6. What is the reason for the 2-week pre-op liquid diet?

a. To shrink the liver

b. To cause ketosis (fancy word for burning fat)

c. Learn about the post-op diet

d. All of the above

1. All of these foods are part of the puree stage of the post-op diet EXCEPT:

 a. Baby food

 b. Mashed sweet potato

 c. Corn

 d. Fat-free refried beans

1. Why is it so important to follow the post-op diet exactly, without “cheating”?

 a. To help my body heal and avoid leaks

 b. To prevent nausea and/or vomiting

 c. Both A and B

 d. The post-op diet doesn’t have to be followed exactly unless I’m having problems

1. All of these foods are part of the soft stage of the post-op diet EXCEPT:

 a. Fish, apple sauce, and scrambled eggs

 b. Pickles, lettuce, and apples

 c. Canned fruit (in 100% juice) and overcooked vegetables

 d. Cooked carrots, mashed potatoes, and bananas

1. Which of these helps prevent nausea and vomiting?

 a. Drink from a straw

 b. Take small bites and chew well

 c. Add honey to all beverages

 d. Exercise

1. All of these foods are good sources of protein EXCEPT:

 a. Cottage cheese

 b. Lentils

 c. Fish

 d. Apple sauce

1. Why should I keep my post-op follow-up appointments?

 a. To detect nutritional deficiencies

 b. To reach and maintain weight loss goals

 c. Because the surgeons and staff at TLC are fun to talk to

 d. All of the above

1. Where should I purchase my post-op vitamins?

 a. TLC office or Estore (www.tlcsurgery.com)

 b. Walmart

 c. Walgreens

 d. GNC

1. All of the following are true EXCEPT:

 a. Calcium reduces iron absorption

 b. Absorption is better if vitamins are spread out throughout the day.

 c. Nutrition labs are important only in the first year post-op.

 d. I will need to take vitamins and minerals made specifically for bariatric

1. True or False – I’ll need to drink protein shakes for the rest of my life .

 a. True

 b. False

1. True or False – I’ll need to take bariatric vitamins and minerals for the rest of my life

 a. True

 b. False

1. True or False – Carbonated drinks like sodas cause pain.

 a. True

 b. False

1. True or False – Any multivitamin is okay as long as it is chewable.

 a. True

 b. False

1. True or False – I won’t need to follow up with TLC after the first year post-op.

 a. True

 b. False

1. True or False – Any food that I can tolerate is okay for me to eat

 a. True

 b. False

1. True or False – I shouldn’t drink fluids 30 minutes before my meals, during, and 30 minutes after my meals

 a. True

 b. False

1. True or False – TLC offers online support through Facebook, monthly support groups in the clinic, and consultations with a dietitian

 a. True

 b. False

1. True or False – Because I’ll be eating small amounts, I can still eat whatever I want following surgery and meet my goal weight

a. True

b. False

1. I am having the

 a. Gastric bypass

 b. Duodenal switch

 c. Sleeve gastrectomy

 d. Revision procedure to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 e. I am not sure

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Thank you for completing the post test. Please give this form back to your dietitian or to the front desk. You will be notified if you will need to retake the nutrition class.**

Office Use Only -

Test Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_