

Further information

Speak to your GP or weight management service if you want to know more.

We aim to give safe, kind, and evidence-based care.

UHD Bariatric (weight loss) Surgery Service

To read this leaflet in a different language, please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email uhd.patientexperienceteam@nhs.net.

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Who are we?

We are a specialist team that helps people who are living with severe obesity.

Our service is led by a consultant surgeon.

Our specialist team includes:

- bariatric (weight loss) surgeons
- advance practitioner
- specialist dietitians
- psychologists
- bariatric therapy assistant
- anaesthetists
- administrative and support staff

We work together to make sure your care is safe and right for you.

What does our service provide?

We offer:

- assessment for weight loss surgery
- a step-by-step preparation programme
- support with diet and mental health
- surgery (if suitable)
- follow-up care for two years after surgery

This service is only for people who meet national criteria for referral.

Patient expectations:

You will need to:

- attend all appointments
- follow diet and medical advice
- be open about your eating and challenges
- stop smoking (if you smoke)
- commit to long-term follow-up

Surgery helps with weight loss, but your effort is very important.

Is surgery right for you?

Weight loss after surgery can help:

- type 2 diabetes
- high blood pressure
- sleep apnoea
- joint pain
- quality of life

But it is a big decision.

We will help you understand the pros and cons so you can decide.

The outpatient pathway

Your journey may include:

First appointment

We talk about your health, weight history, medicines, and goals.

Diet support

You will learn about:

- eating habits
- portion sizes
- healthy nutrition

Psychological support (if needed)

This helps check you are ready for the changes after surgery.

Medical care

We help manage conditions such as:

- diabetes
- high blood pressure
- sleep apnoea - (a condition that affects breathing during sleep)

Team decision (MDT)

The full team reviews your case and decides if surgery is right for you.

This stage can take many months.

The current wait from referral to surgery is about two years.

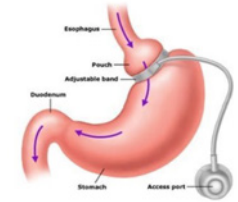
Surgical options

The type of surgery offered depends on your health needs and clinical assessment.

Common procedures include:

Adjustable gastric band

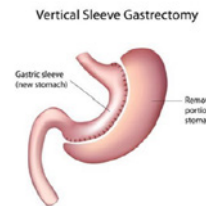
- A silicone band is placed around the top of the stomach
- Creates a small pouch so you feel full sooner
- The band can be tightened or loosened in clinic
- Does not change how food is absorbed



Adjustable gastric band

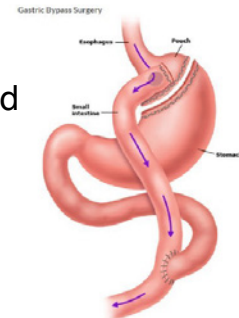
Sleeve gastrectomy

- Removes part of the stomach
- Reduces hunger and portion size



Gastric bypass

- Creates a smaller pouch
- Changes the digestive pathway of food



The team will explain:

- benefits
- risks
- expected weight loss
- possible side effects

All surgery carries risks such as bleeding, infection, leaks, blood clots, and complications related to anaesthetic. Serious complications are uncommon but can happen.

Support before and after surgery

We provide:

- education sessions
- diet support
- mental health support (if needed)
- blood tests to check vitamins

You will need to:

- take vitamins for life
- have regular blood tests
- stay in touch with your healthcare team

Weight loss medication

Some patients may be offered medication before surgery.

This is:

- only for certain patients
- part of the surgery pathway
- not a long-term treatment on its own

Not everyone will be offered this.

Important to know

Weight loss surgery:

- is not a quick fix
- is a big operation
- has risks and possible problems
- needs lifelong changes to eating and lifestyle
- needs lifelong vitamin and mineral supplements

Surgery is a tool to help with weight loss.

It works best if you also make long-term changes to how you eat, move, and live.

Who can be assessed?

Not everyone can have surgery.

You must:

- meet national criteria
- be referred by a healthcare professional

Being referred does not mean you will have surgery.

We look at:

- your BMI (body mass index - a measure of weight and height)
- health conditions linked to weight
- past attempts to lose weight
- your physical and mental health
- your ability to attend follow-up

Surgery may not be offered if it is not safe or helpful for you.