

BOMSS pre-consultation questionnaire for patients

Please complete and bring to your medical review appointment

The aim of this questionnaire is to help us to assess your diet and eating pattern during the last 12 months. Please answer as honestly as you can, but don't worry if you can't remember every detail. This is not a test of your spelling or writing. Your answers will be useful to help discussions at your appointment.

Although the questionnaire asks about eating patterns and weight it is important than in the consultation you can discuss how you are feeling about things generally after your bariatric surgery.

Section 1

It will be helpful to discuss your surgical history, please answer the following questions (please write in the boxes):

Type of surgery	
Date of Surgery	
Hospital where surgery was performed	
How are you feeling generally following your surgery?	
What is your current weight?	
What was your weight before bariatric surgery?	
What was your lowest weight after bariatric surgery?	
Is your weight steady or has it changed in the last 3 months?	
If so, is it going up or down?	

If your weight is increasing and you would like help please discuss a referral to a dietitian at your appointment

Section 2

- 1) Have you taken any vitamins, minerals, fish oils, fibre or other food supplements over the past year? (please tick the boxes below)

YES		NO	
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- 2) Are you having vitamin B12 injections?

YES		NO	
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- 3) As far as you're aware are you taking the same supplements as recommended on discharge?

YES		NO	
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4) If not, why has it changed. Please list the reasons? (for example cost, side effects, feel not needed, difficulty remembering or obtaining supplements, on medical advice)

5) Please list the vitamin and mineral supplements that you are currently taking or bring them with you to your review appointment

This will help us to check at your review that the current supplements are meeting your nutritional needs

Section 3

The next section looks at your pattern of eating (please complete the boxes)

How many meals do you have a day?								
What are the usual times of the day that you have your meals?								
Do you ever miss any meals or have large time gaps between eating?								
How often do you eat snacks?	Rarely		Occasionally, a few times a week		Once or twice a day		Several snacks a day	
If you have snacks, what kind of snacks do you have?	Fruit		Crisps		Biscuits, cereal bars		Cake	
	Sweets, chocolate		Cheese and biscuits		Yoghurts		Other-please list	

1) Are there any foods that you avoid?

YES		NO	
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2) If so, please list them below and share this list at your review appointment

3) Do you ever feel fearful when eating or around food?

YES		NO	
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4) If yes, please note the types of situations when this happens and if this is something you are worried about

5) Do you ever find yourself using food in response to feelings, either positive or negative?

YES		NO	
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6) If yes, please note the types of situations when this happens and if this is something you are worried about or would like to change

Section 4 Dietary and nutritional intake

We are now going to look at your dietary and nutritional intake.

1) Do you have any medical conditions, food allergies or food intolerances that restrict the types of food that you can eat? For instance, coeliac disease, lactose intolerance?

YES		NO	
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2) If yes, please give details below

3) Are you vegetarian, vegan or pescatarian (don't eat meat but eat fish)

YES		NO	
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4) If yes, please give details below

- 5) If you eat meat, poultry, fish or seafood, we are interested to learn whether you have any difficulty eating these foods. **More specifically, how easily can you eat the following (please tick the box with your answer):**

Meat? (beef, lamb, pork, goat, venison)	Easily		With some difficulties		Not at all		I never eat meat	
Poultry? (chicken, turkey, duck)	Easily		With some difficulties		Not at all		I never eat poultry	
Fish?	Easily		With some difficulties		Not at all		I never eat fish	
Seafood?	Easily		With some difficulties		Not at all		I never eat seafood	

- 6) How many meals a day do you eat protein at (please tick the box)?

Protein is found in meat, fish, poultry, nuts, beans and pulses, quorn, tofu, eggs, cheese, milk, yogurt, protein shakes

One/day		Two/day		Three/day		More than three/day	
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- 7) Do you use protein supplements daily?

YES		NO	
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- 8) If so please list the type of supplement or bring it to the review appointment

You need at least 60g of protein a day every day after bariatric surgery. You should aim to have 20g of protein at a main meal. If you are concerned that you may not be getting enough protein you may need to see a dietitian.

If you are eating protein less than 60g a day you may need extra advice from a dietitian.

The table below shows a list of example foods that contain high amounts of protein. Other foods including cereals contain smaller amounts of protein. You can use the list below to work out how much protein you are eating

Food	Portion	Protein content
Milk skimmed and semi-skimmed	200ml	7g
Dried milk powder	20g	7g
Soya milk	200ml	6g
Low fat Greek Yogurt	150g (small pot)	7g
Hard cheese (e.g.cheddar)	25g (small matchbox size)	6g
Low fat cottage cheese	75g	10g
Eggs	2 large	16g
Red meat, lean cooked	75g	22g
Ham	75g	14g

The development of this tool was funded by a bequest from Rona Marsden to the Fakenham Medical Practice

Chicken thighs cooked	75g	19g
Chicken breast cooked	75g	23g
Tinned mackerel drained	75g	15g
Tinned tuna in brine drained	75g	18g
Cod cooked	75g	18g
Prawns cooked	75g	12g
Butter beans cooked	200g	12g
Baked beans	200g	10g
Lentils cooked	100g	8g
Quorn mince	75g	8g
Nuts	25g	5g

Fruit and vegetables

We are interested in learning more about your fruit and vegetable intake. This includes whether you have any difficulties in eating them

1) How easily can you eat the following (please tick the boxes):

Salad?	Easily		With some difficulties		Not at all		I never eat salad	
Vegetables?	Easily		With some difficulties		Not at all		I never eat vegetables	
Fruit?	Easily		With some difficulties		Not at all		I never eat fruit	

A portion of fruit is a handful of berries, 1 apple, 1 small banana, 2 satsumas, or a small fruit juice. Only one small fruit juice a day is recommended as part of your 5 a day.

A portion of vegetables (fresh, frozen, tinned) is 3 tablespoons or one cereal bowl of lettuce, spinach or other leafy vegetables

Potatoes are not included as vegetables.

2) On an average day how many portions of fruit do you eat daily?

How often do you eat a portion of fruit?	Never		A few times a week		A few times a day	
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3) On an average day how many portions of vegetables do you eat daily?

How often do you eat a portion of vegetables or salad?	Never		A few times a week		A few times a day	
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It is recommended that people eat at least 5 portions of fruit and vegetables a day to get enough vitamins, minerals and fibre.

For further information about fruit and vegetables and ways to increase intake, this is an excellent resource

<https://www.bda.uk.com/resource/fruit-and-vegetables-how-to-get-five-a-day.html>

What type of milk do you drink? (please tick the boxes)

Cows milk		Soya Milk fortified with calcium		Nut milk fortified with calcium		Other, please specify	
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1) Do you drink more than half a pint of milk daily?

YES		NO	
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2) Do you eat dairy products such as yoghurts and cheese daily?

YES		NO	
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Dairy products are an important source of calcium to protect you from osteoporosis (thin bones). If you don't eat or drink dairy products you may need dietary advice to improve your calcium intake.

This leaflet contains useful information about calcium and ways in which it can be increased

<https://www.bda.uk.com/resource/calcium.html>

Alcohol

1) Do you ever drink alcohol?

YES		NO	
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2) If yes, how much would you drink over a typical week?

If you have concerns about your alcohol intake please raise this at your appointment

This leaflet discusses the importance of keeping within recommended limits for health

<https://www.bda.uk.com/resource/alcohol-facts.html>

Additional issues to discuss at review appointment

1) Do you get heart burn?

YES		NO	
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2) If so, how often?

3) Do you vomit or does food get stuck, causing discomfort and making you bring up slimy mucus (some people call this the foamies)?

YES		NO	
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4) If so, how often?

5) If you do vomit or get the foamies is it related to certain food(s)?

YES		NO	
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6) Please list the types of food which are likely to cause issues

7) Do you experience 'dumping syndrome? (*episodes of feeling shaky, clammy, sick or faint after eating sugary or fatty foods, sometimes followed by diarrhoea*)

YES		NO	
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8) If so, how often?

If you are experiencing these symptoms frequently or it is affecting your daily activities please discuss this at your review appointment

9) Have you any concerns about your diet? If so, please note your concern(s) below:

10) Would you like to see a dietitian for further help and advice?

YES		NO	
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If you are planning pregnancy or become pregnant you should contact your GP or specialist as soon as possible as you need advice on changing vitamin supplements and possible medication.

If you have any other physical problems such as hair loss, excess sweating, diarrhoea, night blindness, problems with excess skin, pins and needles or numbness or constipation you should also discuss this at the review appointment.

Bariatric surgery has many effects on both your physical and mental/emotional health. It is common to notice mood changes and sometimes hard to understand and accept changes in your body shape. Please do raise any psychological issues that you need help with at your review appointment.

Dr Denise Ratcliffe has written a very helpful book Living with Bariatric Surgery Managing your mind and your weight, ISBN 9781138217126, Routledge 2018, <https://www.routledge.com/Living-with-Bariatric-Surgery-Managing-your-mind-and-your-weight/Ratcliffe/p/book/9781138217126>

The book, [50 Ways to Soothe Yourself Without Food by Susan Albers](#) may also be helpful to you.

You might also find it helpful to get information from organisations that help support people living with obesity:

- Obesity UK <https://www.obesityuk.org.uk/> runs a discussion forum <http://www.wlsinfo.org.uk/> and also a closed Facebook group Obesity UK Bariatric and Metabolic Surgery Support Group
- European Coalition of People living with Obesity- works collaboratively across Europe to improve the lives of people who are living with obesity through advocacy, policy and education <https://eurobesity.org/>
- Irish Coalition of People living with Obesity (ICPO) <https://icpobesity.org/>
- Additional tips for weight loss maintenance are available from the European Association for the Study of Obesity website: <https://easo.org/practical-tips-for-patients-after-bariatric-surgery/>

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