**Discharge Information - Introduction & Appointment Schedule**

Congratulations on the commencement of your weight loss journey! Enclosed are some small items and information that will help you manage the first stages of your recovery. From all of us at MCBS we wish you the very best of good fortune and a smooth recovery ongoing!

**Standard Appointment Schedule first 12 months.**

* *Variations on this will depend on your individual progress and needs.*
* *Please note – unless you have pre-arranged your first post op surgeon’s appointment you will need to* ***call or email the rooms after discharge*** *to organise this appointment.*

Schedule

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| --- | --- | --- | --- |
|  |  |  |  |
|  | **Event** | **Time Post op** | **Comment** |
|  |  |  |  |
|  |  |  |  |
|  | Phone call from dietician | **1-2 weeks** |  |
|  |  |  |  |
|  | Post op appointment with surgeon | **2 weeks** | *Timing may vary according to availability of local consulting* |
|  |  |  |  |
|  | Second appointment with dietician | **3 months** | *May vary depending on your dietician* |
|  |  |  |  |
|  | Second appointment with surgeon | **3 months** |  |
|  |  |  |  |
|  | First nutritional screen (blood test)  sent out (SIPS patients only) | **3 months** | *SIPS patients only. Aim to complete blood test prior to surgeon’s appointment* |
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|  | First nutritional screen sent out  (all other patients) | **6 months** | *Except SIPS patients – this will be their 2nd screen* |
|  |  |  |  |
|  | Third appointment with dietician | **6 months** | *Dependent on discussions with your dietician* |
|  |  |  |  |
|  | Second nutritional screen sent out | **12 months** | *Ideally have the screen done prior to your 12 month surgical review* |
|  |  |  |  |
|  | Third appointment with surgeon | **12 months** |  |
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