

## **ONLINE Gastric Bypass Surgery Quiz**

## Please circle the best response.

1.	The type of weight loss surgery that Dr. Shin performs is the
a	Vertical handed gastroplasty

- a. Vertical banded gastroplasty.b. Stomach stapling.c. Mini gastric bypass.d. Roux-en-Y gastric bypass.
- 2. Morbid obesity is defined as
- a. Body mass index greater than 40.
- b. Greater than 100 lbs. overweight.

- c. Greater than 200% over the ideal body weight.
- d. All of the above.
- 3. The success of the Roux-en-Y gastric bypass depends on:
- a. The size of the pouch.
- b. Whether a client has open or laparoscopic surgery.
- c. Individual's long-term commitment to Life-style changes, Dietary habit changes, Regular exercise, and Medical guidelines.
- d. The final cosmetic appearance.
- 4. During the first 10 days following surgery, clients are required to
- a. Consume only clear liquids (Phase 1 diet)
- b. Consume clear and full liquids (Phase 1 & 2 diets).
- c. Consume regular foods (Phase 4 diet).
- d. Consume only soft foods (Phase 3 diet)
- 5. After surgery, a client's new stomach will be about
- a. The size of a grapefruit.
- b. The size of a pea.

- c. The size of a thumb.
- d. The size of a football.
- 6. Once weight loss surgery clients reintroduce "regular foods" to their diets, they will
- a. Eat as much as they want of regular foods.
- b. Still need to limit high fat and high sugar foods for life.
- c. Need to only eat two meals per day.
- d. Drink carbonated soft drinks.
- 7. As part of new eating habits following weight loss surgery clients may be encouraged to, except:
- a. Eat smaller meals at regular times during the day.
- c. Eat meals more slowly than before.

b. Drink 64 ounces of water per day.

- d. Drink with meals.
- 8. After discharge from the hospital after the weight loss surgery, clients are encouraged to
- a. Stay in bed until feel better.
- b. Get out of bed, walk, and take deep breath and resume daily activities as soon as possible.
- c. Drink 8 oz of liquid every 15 minutes.
- d. Refrain from visiting with family.
- 9. In order to achieve and maintain weight loss goals, it is recommended that people
- a. Exercise a minimum of 30 minutes a day, most days of the week.
- b. Drink at least 64 oz of liquid a day
- c. Consume at least 60 gm for woman and 75 gm for man a day
- d. All of the above
- 10. The average length of hospital stay after laparoscopic weight loss surgery is
- a. 1 to 2 days.

c. 3 to 5 days.

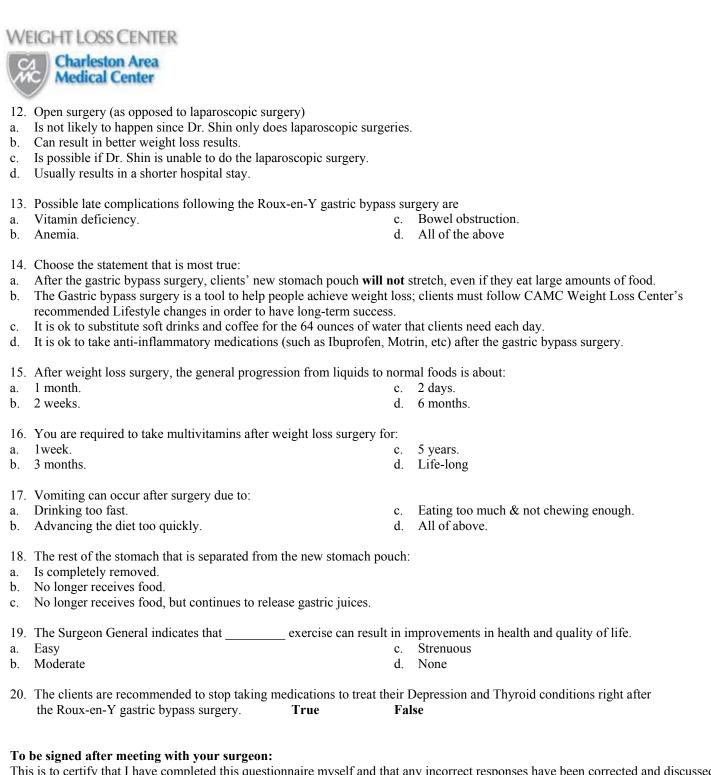
b. Less than 1 day.

- d. About one week.
- 11. A potentially life-threatening complication after surgery is:
- a. Intestinal leak.

c. Pulmonary embolus (blood clot to the lung).

b. Leak from the stomach pouch.

d. All of the above.



This is to certify that I have completed this questionnaire myself and that any incorrect responses have been corrected and discussed with your surgeon.

Client Print Name	Client Signature	Date
I certify that this questionnaire was reviewed	I with the above-named client.	

Robert B. Shin, MD, FACS