



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 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.
 - b. Drink 64 ounces of water per day.
 - c. Eat meals more slowly than before.
 - 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.
 - b. Less than 1 day.
 - c. 3 to 5 days.
 - d. About one week.
11. A potentially life-threatening complication after surgery is:
 - a. Intestinal leak.
 - b. Leak from the stomach pouch.
 - c. Pulmonary embolus (blood clot to the lung).
 - d. All of the above.



12. Open surgery (as opposed to laparoscopic surgery)
- a. Is not likely to happen since Dr. Shin only does laparoscopic surgeries.
 - b. Can result in better weight loss results.
 - c. Is possible if Dr. Shin is unable to do the laparoscopic surgery.
 - d. Usually results in a shorter hospital stay.
13. Possible late complications following the Roux-en-Y gastric bypass surgery are
- a. Vitamin deficiency.
 - b. Anemia.
 - c. Bowel obstruction.
 - d. All of the above
14. Choose the statement that is most true:
- a. After the gastric bypass surgery, clients' new stomach pouch **will not** stretch, even if they eat large amounts of food.
 - b. The Gastric bypass surgery is a tool to help people achieve weight loss; clients must follow CAMC Weight Loss Center's recommended Lifestyle changes in order to have long-term success.
 - c. It is ok to substitute soft drinks and coffee for the 64 ounces of water that clients need each day.
 - d. It is ok to take anti-inflammatory medications (such as Ibuprofen, Motrin, etc) after the gastric bypass surgery.
15. After weight loss surgery, the general progression from liquids to normal foods is about:
- a. 1 month.
 - b. 2 weeks.
 - c. 2 days.
 - d. 6 months.
16. You are required to take multivitamins after weight loss surgery for:
- a. 1 week.
 - b. 3 months.
 - c. 5 years.
 - d. Life-long
17. Vomiting can occur after surgery due to:
- a. Drinking too fast.
 - b. Advancing the diet too quickly.
 - c. Eating too much & not chewing enough.
 - d. All of above.
18. The rest of the stomach that is separated from the new stomach pouch:
- a. Is completely removed.
 - b. No longer receives food.
 - c. No longer receives food, but continues to release gastric juices.
19. The Surgeon General indicates that _____ exercise can result in improvements in health and quality of life.
- a. Easy
 - b. Moderate
 - c. Strenuous
 - d. None
20. The clients are recommended to stop taking medications to treat their Depression and Thyroid conditions right after the Roux-en-Y gastric bypass surgery. **True** **False**

To be signed after meeting with your surgeon:

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 with the above-named client.

Robert B. Shin, MD, FACS