



IDA-TALLINNA KESKHAIGLA

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Bariatric Nurse Appointment

The bariatric nurse:

- defines the goals of the surgery together with the patient;
- provides counselling and an overview of surgical methods and types;
- explains replacement therapy and provides both oral and written guidance on post-operative nutrition;
- refers the patient for necessary examinations: ultrasound (US), gastroscopy, ECG, and blood tests — based on the results, gives relevant advice and recommendations;
- informs the patient about possible post-operative complications and risks.

Patients are referred to the bariatric nurse by the hospital's surgeon.