



## Information for patients about inpatient admission, examinations and consultations before bariatric surgery

Date of bariatric surgery: \_\_\_\_ / \_\_\_\_

### 1. Blood test (not older than 2 weeks). Take on an empty stomach!

<input type="checkbox"/> Incomplete blood test (Hb, L, Er, Ht, Tr. No ESR)	<input type="checkbox"/> Creatinine (GFR)
<input type="checkbox"/> Anti-erythrocyte antibodies	<input type="checkbox"/> Sodium
<input type="checkbox"/> Blood Type (ABO), Rh (D)	<input type="checkbox"/> Potassium
<input type="checkbox"/> Glucose	<input type="checkbox"/> Hepatitis C: anti-HCV
<input type="checkbox"/> Bilirubin, fractions	<input type="checkbox"/> APTT
<input type="checkbox"/> ALAT	<input type="checkbox"/> Prothrombin Time and INR
<input type="checkbox"/> ASAT	

### 2. Studies required before surgery:

- 2.1. Electrocardiogram (not older than 6 months)
- 2.2. RTG of the lungs (not older than 1 year) or CT scan of the lungs (not older than 1 year)
- 2.3. Fibrogastroscopy (FGS) with or without anesthesia (not older than 1 year), see information about preparation for FGS
- 2.4. Abdominal ultrasound (not older than 6 months)
- 2.5. Echocardiogram (if necessary, with the referral of doctor or anesthesiologist)

### 3. Consultations on the need and/or with the referral of a doctor:

<input type="checkbox"/> Consultation with a psychologist/psychotherapist	<input type="checkbox"/> Endocrinologist consultation
<input type="checkbox"/> Consultation with a dietitian/nutritionist	<input type="checkbox"/> Cardiologist consultation
<input type="checkbox"/> Consultation with a pulmonologist	<input type="checkbox"/> Consultation with an infectologist
<input type="checkbox"/> Physiotherapist consultation	

- 3.1. Consultation with an anesthesiologist (by previous appointment by phone + 37129847619 (on weekdays from 8.00 to 16.00))

For a consultation with an anesthesiologist, it is necessary to prepare and take with you a report on the examinations performed

*\*For examinations, a referral from a specialist or family doctor is required. For examinations for a fee, a referral is not needed, except when they are paid by the insurance company. For all radiological examinations (X-ray, CT), a referral is necessary.*

### 4. Information on admission to inpatient elective surgery/manipulation

**Before admission to the surgical hospital:**

- 4.1. Do not eat for 7-8 hours before surgery, stop drinking fluids 4 hours before surgery, unless the doctor has prescribed other restrictions.
- 4.2. Dinner the day before should be light and no later than 20.00 pm.
- 4.3. Do not smoke for 12 hours before surgery and do not drink alcohol 24 hours before surgery.
- 4.4. Do not use cosmetics (do not paint nails, do not apply make-up foundation, etc. decorative cosmetics).



- 4.5. In the morning on the day of surgery, take all prescribed medications, except those forbidden by the doctor or anesthesiologist.
- 4.6. Before the operation, remove dentures and piercings.
- 4.7. Take care of transport and an escort who will help you get home after the operation.
- 4.8. **REMEMBER: it is necessary to take with you to the clinic all the medicines that you usually take!**  
\*Before surgery, you should stop taking aspirin and anticoagulants (if you are taking them), **in consultation with your doctor and/or anesthesiologist!**

5. **On the day of admission, it is necessary to come to** the reception for registration of documents from 8.00 in the morning or by agreement with the attending physician. The address of the clinic: Riga, 241 Latgales Street. The car can be parked for a short time free of charge in the courtyard of the clinic so that it does not interfere with other vehicles, including specialized ones, following the signs. Additional parking is available on both sides of the adjacent Latgales Street.

Before arriving at the hospital, it is necessary to consult an anesthesiologist.

You need to take with you:

- 5.1. Passport or identity card.
  - 5.2. Referral from a specialist or family doctor.
  - 5.3. Results of examinations and discharge from previous hospitalizations.
  - 5.4. Extracts from medical records requested by the operating physician and/or anesthesiologist.
  - 5.5. It is necessary to present proof of payment for the operation or a letter of guarantee (if a paid operation is planned) or to make payment at the clinic on the spot.
  - 5.6. Phone number of a relative or confidant person.
6. **When entering the clinic for surgery, you can take the following things with you:**
    - 6.1. Clothes and shoes. In the department you can take slippers, socks or stockings, underwear, a bathrobe and comfortable change of clothes (T-shirt, tracksuit, light sweater, etc.) and personal hygiene items.
    - 6.2. Mobile phone (for silent use) and/or laptop.
    - 6.3. Books, newspapers and magazines.
    - 6.4. In the clinic, it is possible to receive drinking water, tea as prescribed by a doctor, observing the safety of the patient before and after general anesthesia. You can also order food if there are no dietary restrictions. Bariatric patients are prescribed special nutrition.

## 7. **Never:**

- 7.1. Drive within 2 days after surgery/manipulation performed under general anesthesia.
- 7.2. Drink alcoholic beverages.

## 8. **Not recommended:**

- 8.1. Within 2 days after the operation/manipulation performed under general anesthesia, make important decisions, work with electrical and/or mechanical equipment, if this may lead to injury.
- 8.2. Take valuables with you to the clinic.

*Opening hours of the clinic: from 8.00 to 20.00. Communication with patients is carried out in Latvian, English and Russian languages. If you are unable to arrive at the clinic at the appointed time, please notify us in a timely manner by phone. +371 67799100, +371 20022581 or [info@aiwaclinic.lv](mailto:info@aiwaclinic.lv). If you have any questions, please contact the coordinator of the International Bariatric Center of Excellence (Starptautiskais Bariatrijas ekselences centrs). Ph. +371 20014000 (8.30 – 16.30).*