



**University
Hospitals Sussex**
NHS Foundation Trust

Bariatric surgery (weight loss) assessment day

Bariatric Surgery

Patient information

What is this information about?

This information tells you about your appointment with the Bariatric Surgery Team.

Why have I been given this information?

Reading all of this information and your appointment letter will help you to know what to expect from your appointment and get the best from it. It tells you:

- where you must go for your appointment and how you can get there
- how long your appointment will take
- how you should get ready for your appointment
- what will happen in the morning and afternoon sessions of your appointment and who you will see
- what you should bring with you to your appointment.

Where is my appointment?

- Your appointment is at The Loxwood Centre, St. Richards Hospital, Chichester, PO19 6SE.
- Plan your journey. Directions and car parking information are detailed on our website.
- Car parking is limited. Please arrive in plenty of time so you do not miss your appointment. You will receive a ticket at the barrier on entry and should pay at the pay station before returning to your car.
- The hospital is just over a mile from Chichester railway station. The journey is around 10 minutes by taxi or the number 55 bus. It can take around 30 minutes to walk but this can be longer if you find it difficult to walk.

- If you are unable to use public or private transport (for medical reasons) you may be eligible to use the patient transport service. Please see our Patient Transport web page for further information. <https://www.uhsussex.nhs.uk/patients-and-visitors/patient-transport/>
- You can get help with the cost of travel if you are on a low income and meet certain criteria. Contact your nearest Jobcentre Plus office for further information.

How long will my appointment take?

Be aware

Your appointment will take **all day**. You will have appointments in the morning and afternoon.

What should I do to get ready before my appointment?

- Watch the videos on our website sharing information about bariatric surgery. <https://www.uhsussex.nhs.uk/services/bariatric/>
- **Do** think about any questions you would like to ask and write them down. Bring your list to your appointment.
- Let us know if you have any special needs for your appointment or need an interpreter.
- Think about whether you would like a friend to support you or to come alone.

What should I do when I arrive at The Loxwood Centre for my appointment?

Please go to the reception desk and tell us that you have arrived.

What will happen at my appointment?

You will see different members of the Bariatric Surgery Team.

They are all specialists in Bariatric Surgery. You are likely to see:

- Dietitian
- Nurse
- Doctor(s) including an Anaesthetist.

They will ask questions to decide what the best treatment (including Bariatric surgery) is for you.

This will include talking with you about:

- your personal experience of living with obesity
- medical conditions you are living with affecting your physical and mental health
- what medications you take
- what you eat and drink
- how you feel about the different treatments and what you hope will change for you in the future.

You will have a blood test.

You will have a lunch break. There is a restaurant, coffee shop and shops located in the hospital.

In the afternoon, you will meet the Bariatric Surgeon, who will talk with you about the best treatment plan.

Should I bring anything to the appointment with me?

Bring the following with you:

- list of medicines that you take
- list of questions you would like to ask
- pen and paper to make any notes
- something to eat and drink
- something to keep you busy in-between appointments.
For example, book, music
 - to use the wi-fi just connect to 'NHS Wi-Fi' network.

What must I do if I cannot come for my appointment?

Do contact us as soon as you know that you cannot come for your appointment by phoning us on: **01243 831655**. Our office is open Monday to Friday from 8am to 4pm.

Be aware

if you do not tell us that you cannot come to your appointment the Bariatric Surgery Team may not be able to continue to care for you. You may be discharged back to the care of your GP.

Who can I contact if I have any further questions about my appointment after I have read this information?

Bariatric Surgery Team

Phone

01243 831 655

Monday to Friday

8:00 am to 4:00 pm

St Richard's Hospital
Spitalfield Lane, Chichester,
West Sussex PO19 6SE

www.uhsussex.nhs.uk

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