Bariatric Online Seminar Post Test

Instructions: Please complete this test and submit to Albany Medical Center Bariatrics and Nutrition

1. What is a nutritionist?
   a. A dietitian
   b. A medical doctor
   c. A medical doctor who specializes in nutrition

2. What is BMI?
   a. Bring Meals Instead
   b. Body Mass Index
   c. Body & Mind Intuition

3. What are the primary bariatric procedures performed at Albany Medical Center?
   a. Vertical banded gastroplasty, adjustable gastric banding, and biliopancreatic diversion with duodenal switch.
   b. Adjustable gastric banding, sleeve gastrectomy, and Roux-en-Y gastric bypass

4. If your surgery is done laparoscopically, how many incisions will you have?
   a. 3
   b. 5
   c. 6

5. Name one risk/possible complication from surgery?
   ________________________________________________________________
   ________________________________________________________________

6. What are the common causes of dumping?
   a. Sugar & fats
   b. Eating too fast
   c. Eating too much

7. Name one thing that may improve after surgery?
   ________________________________________________________________
   ________________________________________________________________
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8. What are two clearances you must complete before surgery?
   a. 
   b. 

9. After surgery, will you be able to take Advil, Motrin, or Ibuprofen?
   a. Yes
   b. No

10. How much exercise is recommended daily?
    a. 15 Minutes
    b. 30 minutes
    c. One hour

11. Which diet will help you lose weight?
    a. Eating carbohydrates and drinking soda
    b. Eating vegetables and starch
    c. Eating vegetables and protein

12. How much water is recommended daily?
    a. 64 ounces or more
    b. 2 drinks per day
    c. 2 bottles per day

13. One serving of pasta equals how many cups?
    a. 2 cups
    b. 1 cup
    c. ½ cup

14. What happens to fat cells when you don’t drink enough fluids?
    a. It melts off your body
    b. Your body can’t break it down
    c. Your body builds more fat cells

15. After you eat, how long do you wait before drinking anything?
    a. 10 minutes
    b. 30 minutes
    c. 60 minutes
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16. Can you drink alcohol after bariatric surgery?
   a. Yes
   b. No

17. How much protein should you have daily?
   a. 20 grams
   b. 40 grams
   c. 60 grams or more

18. How I handle stress will impact my weight loss and maintenance.
   a. True
   b. False

19. Weight loss surgery is a tool. In order to be successful I must use this tool right and work at making healthy choices for a lifetime.
   a. True
   b. False

20. Do you need to stop smoking, and remain a non-smoker after surgery?
   a. Yes
   b. No

21. Surgery may impact or change my personal life.
   a. True
   b. False

22. Do you need to get a membership and go to the gym to start an exercise program?
   a. Yes
   b. No