

Welcome to our program!

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Mercy Iowa City

Metabolic & Bariatric Surgery Program

Spring 2023



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Metabolic & Bariatric Surgery Program

Mercy Iowa City

[Merciowacity.org/bariatrics](https://merciowacity.org/bariatrics)

T 319-688-7880

F 319-688-7881

540 E. Jefferson Street, Suite 205

Iowa City, Iowa 52245

Improving quality of life



Website: www.mercyiowacity.org/bariatrics

The screenshot shows the top portion of the website. On the left, there are logos for 'MERCY IOWA CITY', 'An Affiliate of MERCYONE', and 'CMS'. On the right, there are links for 'Contact Us | For Employees and Physicians' and 'Adjust Font Size A- A A+'. Below these is a dark green navigation bar with white text for 'About Mercy', 'Mercy Clinics', 'Medical Services', 'Patients and Visitors', 'Careers', and 'Donate'. A search bar is located on the right side of this bar. Below the navigation bar is a light green breadcrumb trail: 'Home > Medical Services > General Surgery > Metabolic and Bariatric Surgery Program'. To the right of the breadcrumb is a dark green button labeled 'Online Services' with a downward arrow.

Metabolic and Bariatric Surgery Program

Welcome to Mercy's Metabolic and Bariatric Surgery (MBS) Program! We have a multi-disciplinary team to help you to lose weight, maintain weight loss and regain your health. Our program is accredited by the Metabolic and Bariatric Surgery Accreditation Quality Improvement Program. We provide a sensitive and comfortable environment to help ensure long-term success.



What we offer:

- Weight loss with medications
- Surgery for weight-loss and to treat related medical conditions

Our program may be right for you if you:

- Want to lose weight and keep it off long-term
- Want to change your quality of life

What we'll cover

Your goals

What we can
help you
achieve

Our pathway

What to
expect before
surgery

What to
expect after
surgery

What we'll cover

Your goals

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Our pathway

What to
expect before
surgery

What to
expect after
surgery

Your goals

What do you want to accomplish?

- Take fewer medications
- Keep up with kids and grandkids
- Better sleep at night
- Move easier
- Lose weight



What do we offer?

Surgery for weight loss

Medications for weight loss

Nutrition education, counseling

Mental health evaluation, counseling

Support for physical activity

What we'll cover

Your goals

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help you
achieve

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What to
expect before
surgery

What to
expect after
surgery

What surgery can help you to achieve

- Lose 50-80% of excess weight
- Keep weight off in long term
- Treat metabolic medical conditions
- Fewer medications
- Treat sleep apnea and reflux
- Improve fertility
- Decrease joint pain

Long-term results require nutrition and physical activity changes.



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Staying safe after surgery

Every day: Drink 64 ounces water

Every day: Eat & drink smaller portions

Every day: 30 minutes of activity

Follow up with bariatric team

Prepare ahead of time



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[Mercyiowacity.org/bariatrics](https://mercyiowacity.org/bariatrics)

Bariatric surgery may not be right if

Tobacco use

Substance abuse

Weight too low

Medical conditions too severe

Difficulty preparing for surgery

Discretion of bariatric team



What we'll cover

Your goals

What we can
help you
achieve

Our pathway

What to
expect before
surgery

What to
expect after
surgery

Bariatric pathway

Registration and screening

Education program: 4-6 months

Surgery

Follow-up with bariatric team



What we'll cover

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help you
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Our pathway

What to
expect before
surgery

What to
expect after
surgery

Bariatric pathway before surgery

Register, questionnaire, videos

First visit: Medical screening, dietitian

Monthly visits with dietitian

Mental health evaluation

Decide on surgery with surgeon

Surgery planning visit

Between first visit and surgery: Usually 4-6 months



Bariatric pathway before surgery

Register, questionnaire, videos

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www.mercyiwacuity.org/bariatrics

https://www.mercyiwacuity.org/bariatrics

PolicyCost Arts travel Financial_insurance Champaign-Urbana umkc_gs_residency bioinfoTOOLS startup BariPractice Family FunStuff

Contact



Metabolic and Bariatric
Surgery Program

540 E. Jefferson St. Ste. 205
Iowa City, IA 52245



319-688-7880



319-688-7881

Hours

Monday through Friday
8:00 a.m. - 4:30 p.m.

In-person and telehealth appointments

Patient Portal

View your patient records online. Don't have
a patient portal? [Register here!](#)

First steps:
Get started

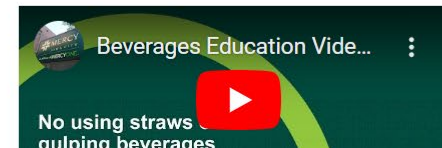
To get Started

Find your BMI - [Click here to calculate](#)

Complete our questionnaire - [Fill out here](#)

Complete our education videos below

Educational Videos



To get Started

Find your BMI - [Click here to calculate](#)

Complete our questionnaire - [Fill out here](#)

Complete our education videos below



STANDARD METRIC

Your Height:
(feet) (inches)

Your Weight:
(pounds)

Compute BMI

Your BMI:

First steps: calculate BMI

You qualify for bariatric surgery if:

- Your BMI is over 40
- Your BMI is over 35 and you have the following:

Diabetes, high blood pressure, reflux (heartburn), sleep apnea, non-alcoholic liver disease, arthritis, high cholesterol, heart disease, depression, anxiety, stress urinary incontinence, or polycystic ovarian syndrome

To get Started

Find your BMI - [Click here to calculate](#)

Complete our questionnaire - [Fill out here](#)

Complete our education videos below



First steps:
complete
questionnaire

Bariatric Surgery Inquiry

Weight loss surgery is a great option for someone struggling with obesity. To have a BMI of 35 or greater and a comorbidity, such as diabetes, hypertension,

First Name:*

Last Name:*

Email:*

Telephone:*

Date of Birth:*

Your Height:*

Your Weight:*

Pre-existing Conditions:*

- Arthritis
- Diabetes

- PCOS (polycystic ovarian syndrome)
- None of the above

Insurance Company:*

Insurance Group #:*

Insurance ID #:*

Preferred communication:

- Email
- Phone Call
- Both

Medications: List ALL medications - prescriptions, over the counter, vitamins/minerals, etc...:

None

Medication:

Dosage:

How Often:

Add

Remove

Copy

Undo

Medication	Dosage	How Often
No data available in table		

www.mercyiowacity.org/bariatrics

To get Started

Find your BMI - [Click here to calculate](#)

Complete our questionnaire - [Fill out here](#)

Complete our education videos below



Educational Videos



Eating habits after bariatric surgery



Drinking beverages after bariatric surgery



Lifestyle habits to keep you healthy

First steps: videos



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www.mercyiowacity.org/bariatrics

eat meals

Eating habits after bariatric surgery

gulping beverages

Avoid pushing air into the stomach pouch

Drinking beverages after bariatric surgery

where you are at

Exercise duration, intensity, type

Lifestyle habits to keep you healthy

Bariatric Support Group

Our support group is a way to connect with others in our program and to share your experience to help others.

Join us on the first Wednesday of the month from 6 - 7 p.m. on Teams.
You can join from your computer or phone:

[Click here to join the meeting](#)

Meeting ID: 260 491 921 417

Passcode: cj9c4c

[Download Teams](#) | [Join on the web](#)

If you have any questions, please call our Mercy Iowa City Metabolic & Bariatric Surgery Clinic at 319-688-7880.



Wellmark Blue Cross and Blue Shield of Iowa, Wellmark Health Plan of Iowa, Inc. and Wellmark Value Health Plan, Inc. are independent licensees of the Blue Cross and Blue Shield Association.



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First
steps:
support
group

Mercyiowacity.org/bariatrics

Bariatric pathway before surgery

Register, questionnaire, videos

First visit: Medical and nutrition evaluations

Monthly visits with dietitian

Mental health evaluation

Decide on surgery with surgeon

Surgery planning visit

Between first visit and surgery: Usually 4-6 months



First visit

- Nutrition evaluation
 - Group class
 - Individual visit
- Medical evaluation
 - Discuss your history
 - Discuss your goals
 - Physical exam
 - Discuss plan with tests ordered
 - Records: primary care, consults
- Schedule mental health evaluation



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First visit: tests ordered

- Labs
- EKG (heart study)
- EGD (scope)
- Sleep study
- Consults



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First visit: financial questions

To help you plan costs for the program,
please contact Mercy Iowa City Hospital
Patient Financial Services at:

Call 319-339-3616

Email: financialcounseling@mercyic.org



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A decorative graphic consisting of several thick, yellow, curved dashes arranged in a curved path from the bottom right towards the center of the page.

[Mercyiowacity.org/bariatrics](https://mercyiowacity.org/bariatrics)

First visit: our request

We ask a few things from you:

- Commit to attending all scheduled visits
- Bring your bariatric folder to all visits
- Taking notes is encouraged
- Ask us when you have questions



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Bariatric pathway before surgery

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Monthly visits with dietitian

- Learn about nutrition
- Customize nutrition goals
- Plan what you will eat and drink before and after surgery
- Prepare to drink 64 oz water daily
- Plan your daily supplements
- Ask questions



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Monthly visits with dietitian

Bariatric nutrition plans

- Liver shrinking diet
- After surgery
 - Clear liquids for 1 week
 - Pureed foods for next 3 weeks
 - Soft foods for next 2 months
 - Regular bariatric foods for life



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Mental health evaluation

- Discuss mental health
- Identify your support system
- Identify any barriers
- Learn about mental health risks
- Develop a plan to keep you safe



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Mental health evaluation

Please schedule this visit with our mental health providers by calling 319-688-7024 as soon as you begin the program.

You may choose to have your own mental health provider complete an evaluation. We can help provide them documentation to use.



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Deciding on surgery

After finished the screening and learning steps in our program, it is time to decide on surgery with your surgeon.

- Determine type of surgery
- Discuss specific expectations
- Discuss risks and benefits



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Bariatric surgery types

Sleeve/ gastric sleeve

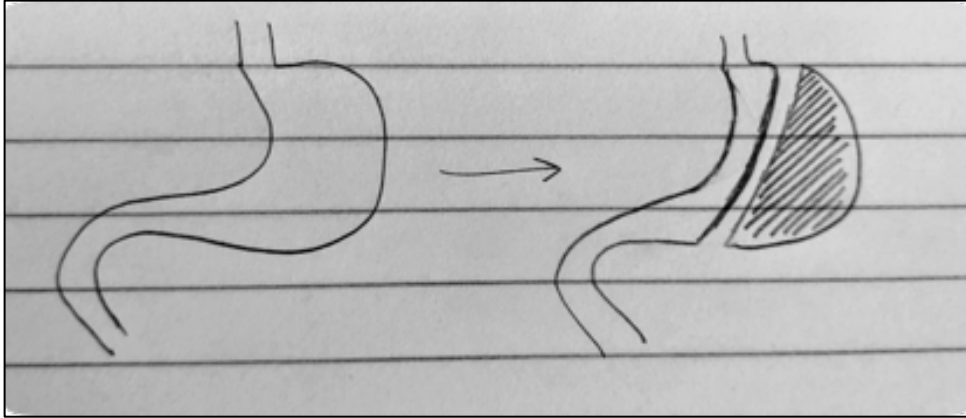
Bypass/ Roux-en-Y gastric bypass

Conversion/ revision surgery



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Gastric sleeve



40-60% excess weight loss

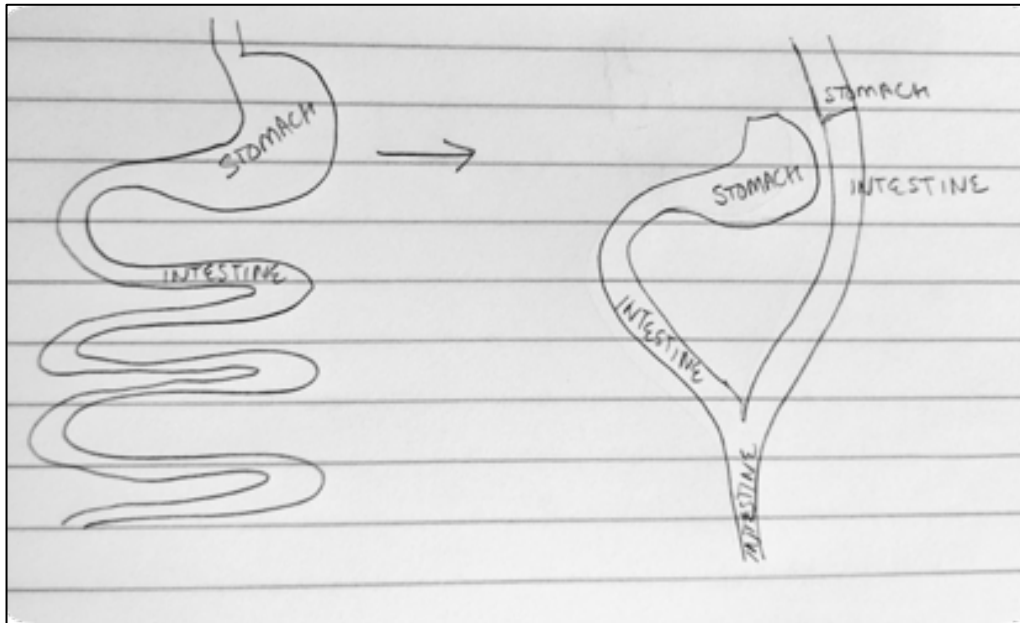
Remove ~80% stomach

Changes: **Restrict** + metabolic + endocrine

Risks include:

Leak, bleed, damage to surrounding structures, narrowing, reflux (heartburn), dehydration, malnutrition, dumping syndrome, weight regain, hair loss

Roux-en-Y gastric bypass



60-80% excess weight loss

Divide stomach

Connect stomach to small intestine

Bypass majority stomach + some intestine

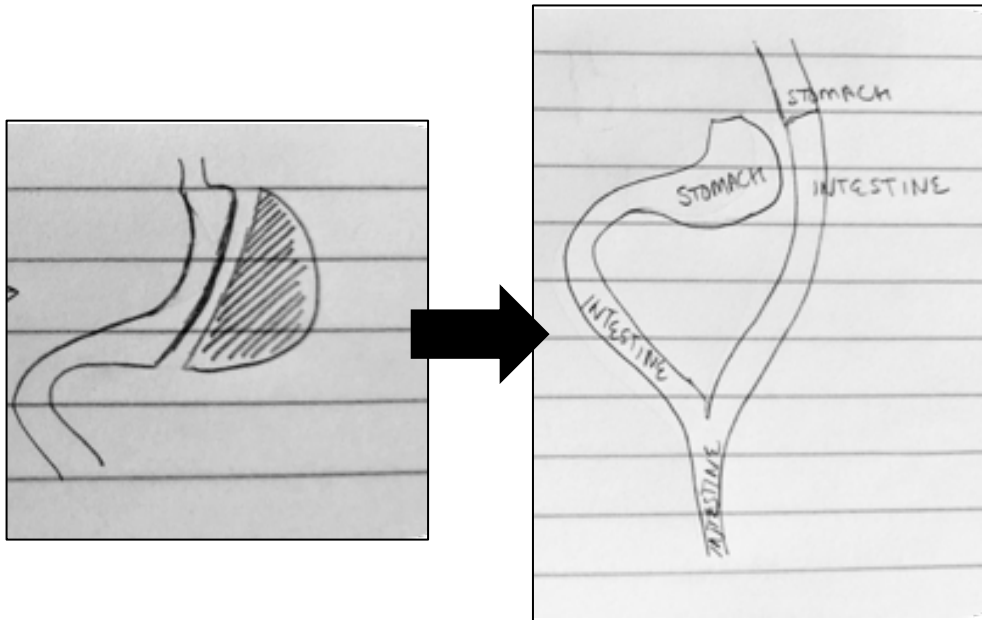
Changes: Restrict + **metabolic + endocrine**

Very effective in treating diabetes

Risks include:

Leak, bleed, damage to surrounding structures, narrowing, internal hernia, dehydration, malnutrition, dumping syndrome, ulcer, hair loss

Bariatric revision surgery



- Band to sleeve
- Band to bypass
- Sleeve to bypass
- Bypass anastomotic revision
- Bypass limb altering revision
- Bypass to duodenal switch
- Others!

Reasons for revision include:

Weight regain, reflux, complications from prior surgery, other

Each case is unique.

Risks of bariatric surgery

	Bariatric surgery	All weight loss
Dehydration	x	x
Malnutrition	x	x
Hair loss	x	x
Body shape changes	x	x
Bleeding	x	
Infection	x	
Damage to surrounding structures	x	
Leak	x	
Tissue narrowing	x	
Internal hernia	x	
Reflux/ heartburn	x	
Dumping syndrome	x	



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Safety after any bariatric surgery

64+ oz water every day

Small meals, more often

30 minutes activity every day

Nutrition supplements every day

Follow up with bariatric team



Bariatric pathway before surgery

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Surgery planning visit

- Set date and time for surgery
- Submitted for insurance approval
- Discuss medication plan
- Pick up meds at your pharmacy
- Learn where to go and when
- COVID test before surgery
- Liver shrinking diet



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Bariatric pathway: surgery and afterwards

Day of surgery

Hospital stay

Recovery after surgery

Nutrition after surgery

Follow up schedule



Bariatric pathway: surgery and afterwards

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Follow up schedule



Day of surgery

- Arrive 2 hours before surgery
- IV and medications started
- Surgery
- Start drinking clear liquids
- Stay overnight



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Bariatric pathway: surgery and afterwards

Day of surgery

Hospital stay

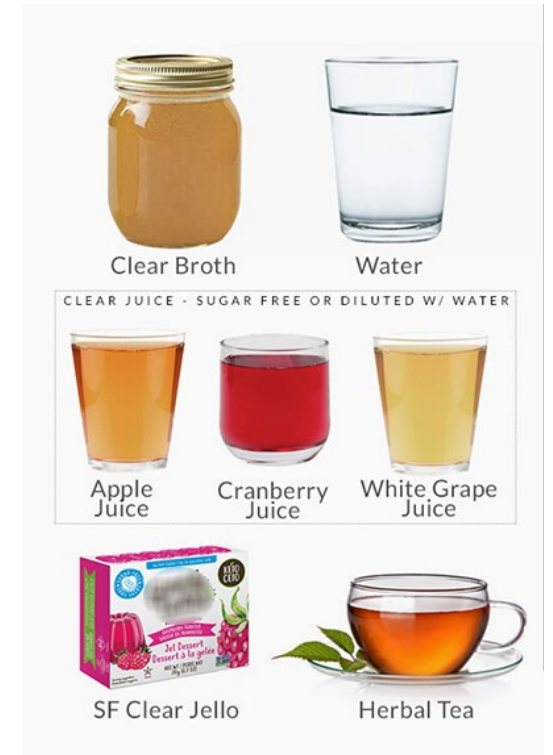
Recovery after surgery

Nutrition after surgery

Follow up schedule

Hospital stay

- Stay overnight
- Drink clear liquids
- Walk every 2-4 hours
- Review medications
- Go home when ready



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Hospital stay



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Liquid tracker after bariatric surgery

Cross off each box as you drink an ounce every 15 minutes.

Goal: 4oz per hour for 4 hours in a row.

Date

	Ounce 1	Ounce 2	Ounce 3	Ounce 4
MIDNIGHT				
1am				
2am				
3am				
4am				
5am				
6am				
7am				
8am				
9am				
10am				
11am				
NOON				
1pm				
2pm				
3pm				
4pm				
5pm				
6pm				
7pm				
8pm				
9pm				
10pm				
11pm				



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Bariatric pathway: surgery and afterwards

Day of surgery

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Follow up schedule



Recovery after surgery

Back to work/ school: 1-2 weeks

Activity for 1 month after surgery

- Avoid lifting over 20lb
- Avoid wounds under water
- Ok to shower
- Keep activity light to moderate



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Bariatric pathway: surgery and afterwards

Day of surgery

Hospital stay

Recovery after surgery

Nutrition after surgery

Follow up schedule

Nutrition after surgery

1st week after surgery: Clear liquids

2nd week after surgery: Pureed foods

- Start taking daily vitamins

1 month after surgery: Soft foods

3 months after surgery: Regular foods



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Nutrition after surgery

64 ounces water every day

Nutrition supplements every day

Protein goal 60-80g every day

Balanced diet: protein + fat + carbohydrates

Avoid food high in sugar

Avoid fat high in fat

Avoid carbonated drinks

Practice before surgery



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Bariatric pathway: surgery and afterwards

Day of surgery

Hospital stay

Recovery after surgery

Nutrition after surgery

Follow up schedule

Follow up schedule

First year after surgery:

- 1 week
- 1 month
- 3 months
- 6 months + labs

Once a year: Annual check-up + labs



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Follow up: what to expect



- Review your overall health
- Labs checked once a year
- Nutrition support
- Help with weight re-gain
- Support with any problems



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Ready for better
quality of life?



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