

MEDICAID/MEDICARE BARIATRIC PREP

Updated April 2022

Surgical Clinic of Louisiana - West Jefferson Medical Center

Thank you for your interest in weight loss surgery! Your insurance does cover these procedures, but we must prove that it is medically necessary in order to get approval. Depending on your insurance plan, different clearances and testing may be needed to satisfy requirements for approval. Please carefully review the following criteria to ensure your prep goes smoothly:

- 1. **A 3-year weight history**, best provided with a copy of 1 office note per year from any physician or weight loss program (Jenny Craig, Weight Watchers, etc.). This is meant to prove obesity for at least 3 years and document previous attempts at weight loss (**a summary letter is not accepted**).
- 2. Forms to be filled out by your Primary Care Physician
 - Letter of Recommendation
 - Medical Clearance
- 3. **Dietitian evaluation and counseling** for consecutive months depending on insurance plan. We will send a referral to our dietitians and you will be contacted to schedule your evaluation. Please be patient while waiting to be scheduled — If you do not receive a notification within 2 weeks of your initial surgical consultation, please call **(504)349-1402**, leave a message and one of our dietitians will call you back to schedule.

It is very important that you keep your dietitian visits — missing these will result in delay or even cancellation of your surgery.

- 4. **Preoperative clearance by a licensed Psychiatrist or Psychologist**. If you already see a psychiatrist, you may obtain clearance from them. We work with three in particular:
 - William Brastead, 504-362-8046
 - Rolf Gordhammer with bariatricpsychassessment.com
 - Brandi Gilmore, 504-509-5999 or 504-509-4800
- 5. Some plans require additional testing and clearances from specialist physicians depending on your medical history:
 - **Cardiology consult** is required for patients with ischemic heart disease, congestive heart failure, cerebrovascular disease, chronic renal disease, arrhythmia, or valvular disease.
 - **Pulmonology consult** is required for patients with sleep apnea, COPD, or other pulmonary disease.
 - **Gastroenterology consult** is required for patients with GERD.
 - Patients insured by Louisiana Healthcare Connections require a chest X-ray prior to submitting for approval

- 6. **IF YOU ARE A DIABETIC**, we will provide you with a diabetic form, please have this diabetic form completed by your physician with instructions regarding anticipated changes in your diabetic medication as a result of upcoming dietary changes. This form is to be completed, instructions reviewed and signed by you. Once a surgery date is confirmed you must schedule a follow up visit with physician 5-7 days after surgery to assess blood glucose levels on newly adjusted medication regimen.

Your surgeon may request additional testing or specialist consultation on a case-by-case basis.

Finally — **Please Be Patient!** Preparing patients for such a life-changing procedure is time-consuming and complicated, and our dedication to a growing number of patients ensures that we are as thorough and safe as possible. If you have questions about your prep, we ask that you email us at bariatricscla@gmail.com or call and leave a message at **504-349-6860**.

Please be sure all documents are forwarded to us.

Fax (504)349-1104