

## After the group sessions: what next?

### Introduction

This leaflet is primarily for people who have completed the Bariatric Preparation Group sessions but have not yet reached their weight loss target.

### Where do I go from here?

You will now need to continue with your weight loss journey towards your target weight, using the information provided in these past sessions to help you on your way.

### What do I do next?

After completion of the group sessions, it will be your responsibility to let us know when you have reached your target weight.

You can call us on the Clinical Admin Team 9 (CAT 9) number (overleaf) with your current weight, when your target weight has been achieved.

If you reach your target weight within three months of completing the group sessions and contact us accordingly, your case will be discussed by the team with the aim of moving to the next stage of treatment.

However, if you do not get in touch with the team within this timeframe, we will contact you to establish whether or not you still wish to continue with the pathway and to discuss your options. Please ensure that your contact details on our database are up to date.

### Target weight

Please also be aware that different scales frequently give different readings. Ensure therefore that you are 2kg below your target weight on your home scales or arrange to be weighed on our scales to confirm.

### What if I don't reach my target?

If you do not reach your target weight within three to six months of completing your group sessions, you may be discharged from the bariatric pathway back to your GP, in line with NICE guidelines.

### What if I'm not sure I want to have surgery?

It is your decision whether or not you have the surgery and you will not be pressured by the team but we do suggest you discuss this with the Clinical Admin Team. However, we

will need a decision from you, at the latest, by six months after the last group session.

### Contact information

Clinical Admin Team (CAT 9):	0118 322 7969
Diabetes Centre, Melrose House:	0118 322 8811
Patient Relations Team :	0118 322 8338
Clinical Health Psychology:	0118 929 6474
Bariatric Dietitian:	0118 322 7116

### Further information

British Obesity Surgery Patient Association [www.bospa.org.uk](http://www.bospa.org.uk)

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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