

TCH Bariatric Surgery Program

Writing a Letter of Assent

This letter may be handwritten (if you have neat handwriting) or printed from your computer, but your signatures must be in ink. You and your parents must sign and date the document (unless you are 18 years or older).

1. Tell us why you want the surgery, *in your own words*.
2. State your expectations regarding:
 - a. weight loss (how much and how fast)
 - b. diet – outline the dietary restrictions as you understand them
 - c. vitamin regimen – what type and how often you will take them
 - d. exercise requirements
 - e. tell us what you consider your ideal weight to be, the weight you'd be satisfied with for life
3. Explain, *in your own words*, what you understand about the surgery's complications, as in how these complications can occur:
 - a. death
 - b. nutrition deficiency
 - c. intestinal blockage, bleeding, leak
4. Let us know if this is your decision, *in your own words*. We need to know that no one is forcing you to have surgery (only if this is true, of course).
5. We want to know that your family supports your decision or if they do not.
6. State your understanding of the use of drugs, alcohol and cigarettes after surgery.
7. Explain what kind of follow up you will need with your team after surgery
8. List the three things you have learned from our program.