



Welcome! We are looking forward to partnering with you on your weight loss journey. This packet of information provides you with some of the basic information you will need to prepare for your surgery date. If you have any questions or we can be of any help, please do not hesitate to contact us. All of these forms are available on our website www.massweightloss.com under Office Policies.

First Steps

1. Contact your primary care doctor and request a letter of medical necessity.
2. Call Dr. Newman and schedule an evaluation.
3. The Sleep Lab and Nutrition Clinic will be in touch with you to schedule your appointments. If your insurance requires, please bring your referral forms to your appointments. Please also bring the attached Questionnaire to your Nutrition appointment.
4. Have your lab work done.

Documents

1. Contact Information
2. Pre-Op Diet
3. Lap Band Support Group Schedule
4. Nutrition & Eating Habits Questionnaire