

Questionnaire to evaluate specific health knowledge of bariatric and metabolic surgery patients

1. Which statement about gastric bypass or sleeve gastrectomy is correct?
 - a. it is not possible to re-gain weight after surgery
 - b. one should stick to dietary recommendations after surgery
 - c. anxiety decreases after the surgery
 - d. in most cases, one can reach ideal weight after surgery
 - e. the risk of stomach cancer increases after surgery

2. What is the effect of smoking after gastric bypass or sleeve gastrectomy?
 - a. none
 - b. rapid weight loss
 - c. weight gain after quitting smoking
 - d. increased risk of peptic ulcer and gastric hemorrhage
 - e. loss of appetite

3. Is it necessary to change one's eating habits after gastric bypass or sleeve gastrectomy?
 - a. no, one can eat after the surgery everything as one used to eat previously
 - b. yes, it's lifelong necessity and it improves weight control
 - c. it varies from person to person
 - d. yes, but only for the first 2 years
 - e. no, but one must avoid sweets and fast food

4. Which medicine should be taken after gastric bypass or sleeve gastrectomy to avoid a peptic ulcer?
 - a. proton pump inhibitor (e. g., pantoprazole 40 mg daily) for the first 6

months after surgery

b. none

c. non-steroidal anti-inflammatory pain killers (e. g. Diclofenac, Ibuprofen, Voltaren etc.).

d. vitamins and minerals

e. antibiotics

5. Is a long-term follow-up required after gastric bypass or sleeve gastrectomy?

a. yes, to enhance weight loss and to immediately detect possible disorders and complications on time

b. no, it's not required

c. only in case of postoperative complications

d. only if requested by the patient

e. only in case of insufficient weight loss

6. What should one do in case of pain in the upper abdomen, dysphagia or vomiting after gastric bypass or sleeve gastrectomy?

a. immediate appointment at the obesity center

b. such disorders are not important and do not need further medical attention

c. consult your family doctor

d. observe your symptoms for a couple of days to one week

e. search for information in the Internet (obesity surgery platforms)

7. Which statement about physical exercise after gastric bypass or sleeve gastrectomy is true?

a. physical activity can cause dumping syndrome

b. regular physical exercise supports weight loss

- c. physical exercise prevents the development of loose skin
- d. one can do physical exercise immediately after discharge from the hospital
- e. regular physical activity can replace a change of eating habits

8. What is dumping syndrome?

- a. a condition when liquid and solid food is dumped directly from the stomach into the small intestine, leading to hypoglycemia (low blood sugar) and problems of the circulatory system
- b. hypoglycemia (low blood sugar) caused by fasting and physical activity
- c. circulatory disorders caused by a sudden drop in blood pressure
- d. hypoglycemia and circulatory disorders due to a sugar-free diet
- e. exacerbation of depression

9. Which complaints/symptoms are typical for dumping syndrome? Choose the correct answer from the following list:

- 1. dizziness
- 2. heart palpitations
- 3. sweating
- 4. upper abdominal pain

- a. all 4 symptoms are correct
- b. all symptoms except upper abdominal pain are correct
- c. all symptoms except sweating are correct
- d. all symptoms except dizziness are correct
- e. all symptoms except heart palpitations are correct

10. Which symptom is not a side effect of gastric bypass surgery?

- a. heartburn

- b. steatorrhea (fatty stool)
- c. dumping syndrome
- d. development of gallstones
- e. hair loss

11. Is vitamin and mineral supplementation necessary after gastric bypass or sleeve gastrectomy?

- a. yes, regularly and lifelong
- b. no, because both bariatric surgery procedures don't influence the vitamin and mineral balance of the body
- c. yes, but only during the first 2 years after surgery
- d. only in case of vitamin or mineral deficiency
- e. only during winter

12. Which vitamins should be taken after gastric bypass or sleeve gastrectomy?

- a. only vitamin B12
- b. vitamin A, B-vitamins, vitamin C, folic acid, vitamin D and vitamin B12
- c. only vitamin C
- d. vitamins A, D, E and K
- e. only B-vitamins

13. Which vitamin should be injected subcutaneously every month or every 3 months intramuscularly (into the muscle)?

- a. B12
- b. B1
- c. B2
- d. D

e. B6

14. Which minerals must be taken after gastric bypass or sleeve gastrectomy?

- a. none
- b. calcium; iron only if necessary
- c. iodine, magnesium, selenium
- d. potassium, folic acid, chloride
- e. zinc

15. What can one immediately eat/drink after gastric bypass or sleeve gastrectomy?

- a. soup and bread
- b. whatever food you like
- c. drinks containing sugar
- d. tap water and tea sip by sip
- e. protein shakes

16. Which statement about drinking after gastric bypass or sleeve gastrectomy is wrong?

- a. drink sip by sip
- b. don't drink and eat at the same time
- c. choose mostly carbonated beverages
- d. drink at least 2 liters of fluid (water) a day
- e. avoid very cold and very hot drinks

17. Which drink is not recommended after gastric bypass or sleeve gastrectomy?

- a. tap water
- b. decaffeinated coffee

- c. hot chocolate
- d. milk
- e. green tea

18. How many meals a day should one eat after gastric bypass or sleeve gastrectomy?

- a. 3 regular meals, 1-2 snacks on demand
- b. 5-6 small meals
- c. 1 regular meal and on demand 2 additional meals
- d. small portions throughout the day
- e. if one has no appetite or no time, one may skip regular meals

19. How much protein a day do patients need after gastric bypass or sleeve gastrectomy?

- a. 60-80 g
- b. 1 g of protein/kg of their current body weight (100-200 g)
- c. up to 50 g
- d. approx. 20 g
- e. 0.5 g of protein/kg of ideal weight

20. Which food can cover the protein requirement after bariatric surgery?

- a. bread and wholegrain products
- b. dairy products and fish
- c. vegetables and nuts
- d. fruit juices and tea
- e. potato and rice

21. Which statement about carbohydrates is wrong?

- a. simple carbohydrates (e. g. , chocolates, ice-cream) can cause dumping syndrome
- b. complex carbohydrates (especially wholegrain products) should be consumed daily
- c. in general all carbohydrates should be avoided
- d. all drinks, containing sugar and fructose, should be avoided
- e. complex carbohydrates are responsible for a long-term feeling of fullness

22. Which statement about alcohol after gastric bypass or sleeve gastrectomy is wrong?

- a. alcohol is high in calories
- b. alcohol increases the risk of liver damage after bariatric surgery
- c. alcohol is not recommended in the first six months after bariatric surgery
- d. alcohol has a delayed effect after bariatric surgery
- e. the risk of alcohol abuse can increase after bariatric surgery

23. Which food is not recommended after gastric bypass or sleeve gastrectomy?

- 1. sweets (cookies, cakes, candy or other sweets)
- 2. fast food
- 3. alcohol
- 4. dairy products and eggs
- 5. wholegrain products
- 6. meat and fish

- a. sweets, fast food and alcohol are not recommended

- b. dairy products and eggs are not recommended
- c. wholegrain products are not recommended
- d. neither of the products mentioned should be avoided
- e. meat and fish are not recommended

24. After gastric bypass or sleeve gastrectomy one must adapt the eating behavior. Which recommendation is wrong?

- a. drink during mealtime
- b. eat slowly
- c. chew food thoroughly
- d. pay attention to the feeling of fullness
- e. don't snack

25. What is removed during gastric bypass surgery?

- a. nothing
- b. 80 to 100 cm of the small intestine
- c. the stomach is completely removed
- d. the duodenum is removed
- e. the pylorus is removed

26. Which statement about laparoscopy is wrong?

- a. surgery is performed with several small cuts (incisions) in the belly
- b. surgery is performed via stomach or intestinal tract
- c. the abdomen is inflated with gas (carbon dioxide) during surgery
- d. a laparoscope with a tiny camera is inserted into the abdomen during surgery
- e. surgery is performed under general anesthetics

27. What happens with the stomach during gastric bypass surgery?
- a. the stomach is divided into a small upper section and a larger lower part, both parts remain in the abdomen
 - b. the stomach is divided into a small upper section and a larger lower part; the lower section is removed from the body and the small upper section is connected with the small intestine
 - c. the stomach is cut at the esophagus; the small intestine will then be attached to the esophagus
 - d. the stomach is cut length-wise and is connected with the small intestine
 - e. the pylorus is completely removed

28. How many “new connections” are performed in the digestive system during gastric bypass surgery?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4

29. How many “new connections” are performed in the digestive system during sleeve gastrectomy?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4

30. Which surgery is not reversible?

- a. gastric bypass

- b. sleeve gastrectomy
- c. gastric band implantation
- d. none of the mentioned procedures
- e. gastric balloon procedure

31. Which comorbidity is not influenced by gastric bypass surgery?

- a. diabetes (diabetes mellitus)
- b. heartburn (reflux)
- c. high blood pressure (hypertension)
- d. joint disorders (osteoarthritis)
- e. hypothyroidism (hypothyreosis)

32. Which weight loss is realistic and can be accomplished after gastric bypass surgery?

- a. reaching BMI=20 kg/m²
- b. losing 70% of excess weight
- c. losing 10% of excess weight
- d. losing 100% of excess weight
- e. reaching normal weight

Correct answers of the questionnaire to evaluate specific health knowledge of bariatric and metabolic surgery patients

1.	b
2.	d
3.	b
4.	a
5.	a
6.	a
7.	b
8.	a
9.	b
10.	a
11.	a
12.	b
13.	a
14.	b
15.	d
16.	c
17.	c
18.	a
19.	a
20.	b
21.	c
22.	d
23.	a
24.	a
25.	a
26.	b
27.	a
28.	c
29.	a
30.	b
31.	e
32.	b