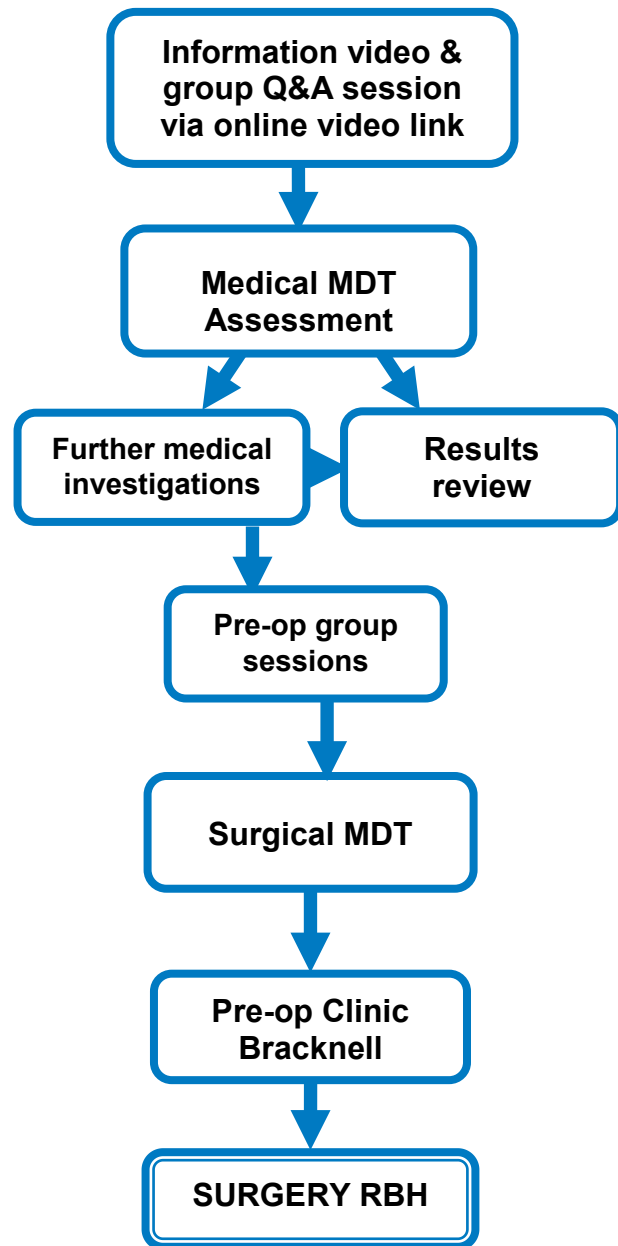


## Tier 4 Surgical pathway



## Further information

If you feel that you might benefit from weight loss surgery, you will need to ask your GP to refer you to:

**The Berkshire Centre for Weight Management & Metabolic Surgery at the Royal Berkshire Hospital**

## References:

- <https://www.royalberkshire.nhs.uk/services-and-departments/surgery/bariatric-and-weight-loss-surgery>
- <https://www.nhs.uk/conditions/weight-loss-surgery/why-its-done/>
- [www.nice.org.uk/guidance/cg189](http://www.nice.org.uk/guidance/cg189).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

S Katswere, Bariatric Surgical CNS,  
Department of Bariatric Surgery, April 2025  
Next review due: April 2027

# Is weight loss surgery right for me?

Information for patients

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**One in four British adults is obese (BMI > 30), and the incidence of obesity-related diseases is increasing annually. Currently there are four million adults in the UK with Type 2 diabetes.**

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## Are you considering weight loss surgery?

Bariatric (or weight loss) surgery, describes a number of operations designed to reduce weight and improve health.

These work by reducing your appetite and reducing the amount of food you wish to/are able to eat in one meal. This helps overweight people to achieve and maintain a substantial amount of weight loss.

Scientific research has demonstrated that bariatric surgery resulting in weight loss can reduce health problems considerably.

## Health benefits of weight loss / bariatric surgery

- A recent study on over 20,000 patients showed that 84% who had Roux-en-Y gastric bypass (RYGB) experienced complete reversal of their type 2 diabetes.
- 70-95% saw an improvement / cure of sleep apnoea.
- 25-40% saw a reduction in risk of death from obesity related diseases (particularly heart disease / cancer).
- Up to 90% saw improved mobility and quality of life.

The main weight loss / bariatric procedures we provide at the Royal Berkshire Hospital are:

1. Gastric bypass
2. Sleeve gastrectomy
3. Gastric band
4. Endoscopic gastric balloon
5. Endoscopic sleeve gastropasty

(Please visit our Trust website <https://www.royalberkshire.nhs.uk/leaflets-catalogue/> for more information on these procedures).

All operations are performed laparoscopically (keyhole surgery) or robotically assisted, which will help you to recover quickly and get back to your usual activities within a few weeks after surgery.

## Who can have weight loss surgery?

Weight loss surgery is recommended for people with a body mass index (BMI) of 40 or more, or a BMI of 35-40 and a serious health condition that could be improved if you lose weight, such as Type 2 diabetes or high blood pressure. Some people with recent onset of Type 2 diabetes may even benefit from surgery with a BMI of 30-35.

## Am I suitable for surgery?

You need to consider many factors before deciding if weight loss surgery is right for you. As you go through the decision process, ask yourself if you are up to the challenges you will face.

To help you understand your operation it may be useful to have some knowledge of the 'Tier 4' patient pathway (see overleaf).

## What happens before surgery?

You will have already tried to lose weight and alter your eating habits, and have been supported through this by your local weight management services.

- You will have watched the information video and attended a virtual Q&A session via Microsoft Teams where you will have learnt about the different surgical procedures and had an opportunity to ask questions.
- You will attend a medical multi-disciplinary team (MDT) meeting where you will meet our medical doctors, and dietitians. They will discuss your relevant medical history, reasons for seeking bariatric surgery and whether surgery is the right option for you.
- You will also have a 'virtual' assessment by our specialist psychology team. You may have further input with the psychology team, if needed.
- You may be sent for further investigations (depending on medical history) if required.
- You will attend a 'virtual' dietitian group sessions via Microsoft Teams where you will receive lots of information about diet and lifestyle changes that you will need to maintain. Face-to-face sessions can be arranged for those without access to the internet.