



PATIENT INFORMATION GUIDE

This Patient Information Guide for Surgical Weight Loss Reduction is for the sole use of potential patients of the Mexicali Bariatric Center only. Please call or e-mail us if you have additional questions.

WELCOME AND INTRODUCTION

Thank you for your inquiry regarding obesity surgery. We specialize in advanced laparoscopic obesity surgery. We personally take care of all our patients, in the way they expect. We perform the Lap Roux-n-Y Gastric Bypass, Gastric Sleeve, Duodenal Switch, the LAP BAND System and Revision Surgeries. We believe these are the most effective procedures for weight loss.

There are numerous issues surrounding these procedures, we would greatly appreciate you investigate obesity surgery in the internet. This will allow you to ask well-informed questions to the doctors before your surgery.

We recommend the following websites for information regarding weight loss surgery:

1. Our websites have lots of information regarding weight loss surgery, post op diets, etc.

www.mexicalibariatric.com

2. Visit us on Facebook

http://www.facebook.com/mexicali_bariatric_center

PREOPERATIVE QUESTIONNAIRES

You will need to answer a couple of pre-surgery questionnaires before being scheduled for surgery. They will be e-mailed or faxed by our staff for you to return answered in the most accurate way possible. These questionnaires will help the doctors learn about your medical and weight history. After being reviewed by all the doctors (surgeon, anesthesiologist and nutritionist) your operative risk will be determined. In some cases potential patients are asked to get additional tests done by their doctors at home to determine if surgery is an option. If doctors determine you are a candidate for weight loss surgery your procedure can be scheduled as soon as 2 weeks later.



COSTS OF SURGERIES

| | |
|---|---------------------|
| Inamed/Allergan Lap Band System and Johnson & Johnson Band..... | \$ 6,500 U.S. Dlls |
| Lap Band after a Previous Weight Loss Surgery (Bandafter)..... | \$ 10,500 U.S. Dlls |
| Lap Vertical Sleeve Gastrectomy (Gastric Sleeve)..... | \$ 6,999 U.S. Dlls |
| Lap Gastric Sleeve after Lap Band (includes Band removal)..... | \$ 7,950 U.S. Dlls |
| Lap Roux-N-Y Gastric Bypass..... | \$ 11,000 U.S. Dlls |
| Lap Roux-n-Y Gastric Bypass after a previous weight loss surgery..... | \$ 12,500 U.S. Dlls |
| Lap Duodenal Switch..... | \$ 11,000 U.S. Dlls |
| Lap DS after a previous weight loss surgery..... | \$ 14,500 U.S. Dlls |

Included in These Fees are the Following:

- Pre-operative testing:
 - EKG (electrocardiogram)
 - Chest x-ray
 - Internal Medicine Doctor evaluation
 - Anesthesiologist evaluation
 - Complete blood chemistry test
 - Urine test
- Post-surgery barium x-ray
- Hospital stay: 48 hours for Lap Band, 3 days for Gastric Sleeve procedures; 4 days for RNY, DS and revision surgeries.
- All procedures include 1 night at the hotel the day before surgery.
- Surgical Team
- Anesthesiologist
- Operating Room privileges
- Lap Band Implant (when applicable)
- Transportation to and from the airport (for patient and 1 companion)
- Free fills for the life (for the lap band system), but still a charge for the X-ray room
- **In case of complications related to your surgery, while you are here, there will be no doctor's fees. Only direct hospital fees will be charged if anything is needed beyond the surgery package. (Overall complication rate for all surgeries performed at Mexicali Bariatric Center is less than 1%)**



PAYMENT METHODS:

- All payments are to be made in the form of 1) **Wire Transfer**; 2) **Cashiers Check**; 3) **Credit or Debit Card** and 4) **Cash** ONLY.
- **Personal checks are not accepted at the hospital. We will be unable to perform surgery if payment method is incorrect.** Please call if you have any questions.
 - 1) **Wire Transfer** payments need to be made a couple of days before surgery. It takes a couple of days for it to clear on our end. (Please ask us for the information if needed)
 - 2) **Cashier's Checks**: For the remaining balance we are able to accept cashier's checks and/or bank drafts; please make it payable to **MBC SERVICES, LLC** in U.S. DOLLARS and bring with you to the hospital.
PLEASE send us a picture of the document. We want to make sure payment is correct and that you have enough time to make changes if needed.
 - 3) **Credit** or **Debit Card** payments need to be made at the time of admittance into the hospital. We need to swipe the card, so please bring it with you, along with a valid ID.
 - There is a 3.3% transaction fee for using a Credit or Debit **VISA, DISCOVER** and/or **MASTERCARD**; 5 % for an **AMERICAN EXPRESS**.
 - We recommend you call your credit or debit Card Company to let them know you will be using it in Mexico and the amount that will be charged to prevent them blocking the card. If you plan on using another card please contact your patient coordinator.
 - 4) **Cash** payments need to be made at the time of admittance into the hospital.

FINANCING

Some patients choose to finance all or a portion of their surgery. We have made arrangements with the following companies in the U.S. if you are interested in applying for financing.

Please make sure to read all the information and instructions on the web page from whom you are requesting financing, since they are independent companies and are in no way affiliated with Mexicali Bariatric Center.

- **Medicaid Canada's Patient Financing Company: www.medicard.com**
- **Citerra Finance: www.citerrafinance.com
(Geramin, 1877-534-1993 email: info@citerrafinance.com)**

If you are in need of assistance please feel free to call them. Let them know this is for surgery at Mexicali Bariatric Center.



DEPOSIT INFORMATION

DS and Revision Patients: When you decide to schedule, we ask for a **\$1,000.00 U.S. Dollars** deposit to secure the surgery date and price for you.

VSG, RNY and LB Patients: When you decide to schedule, we ask for a **\$500.00 U.S. Dollars** deposit to secure the surgery date and price for you.

IMPORTANT: *Deposit is refundable only if surgery is postponed or canceled at least 2 weeks in advance.*

- **For U.S. patients,** please mail a **personal check*** made out to: **MBC Services, LLC** to the following address:

Maria Luisa Gomez
P.O. Box 3071
Calexico, CA 92232 U.S.A.

- Personal checks are only accepted for deposit payments, not for the balance. Maria Luisa Gomez is Mexicali Bariatric Center's Administrator.
 - Please let us know when you mail it so we can follow up. We will let you know as soon as we receive it. **Please be patient, it could take from 5 to 10 days to get to us.**
 - If your deposit is **not sent 10 days before surgery make sure it is sent priority mail** so that it gets here on time. **Please do not send overnight, delivery confirmation, or signature confirmation; this is not possible at P.O. Boxes.**
- **For Canadian's and out of the U.S. patients,** please ask our patient coordinator for the bank information to make an **International wire transfer.**

The balance will be due at the time of admittance to the hospital, please see information on page 3 for methods of payment allowed. **If you decide to postpone your surgery, we can put your deposit towards a new surgery date ONLY if you give at least a 2 weeks notice.**



PASSPORTS

Passports are now required to get back into the U.S. after traveling to Mexico. If your passport has not arrived, proof that you have applied for it, along with your original birth certificate and an ID (driver's license) are enough to let you get back into the United States. Remember you can also expedite your passport.

Other forms of documents accepted are: Passport Card, State Issued Enhanced Drivers License and Nexus, Senti or Fast Cards

PREPARING FOR SURGERY

Do Not Gain Weight!

This will make the surgery more difficult and potentially more dangerous.

Lose Weight!

This will often make it easier for us to perform the surgery and thus safer for you. Losing as little as 10 lbs can decrease the size of your liver. A smaller liver makes it easier for us to see your stomach and the parts of the anatomy that we will operate on. This will also make it more likely to have your surgery completed laparoscopically if planned as such. **All patients with a BMI of 40 or over need to do a pre-op diet before surgery.** This is a high protein, low fat diet.

Start Getting Active Now!

Begin exercising as much as possible. This will improve your circulation, help prevent blood clots from forming on your legs and improve overall health. Exercise will be an integral part of your weight loss plan after surgery, starting before surgery helps a lot.

Stop Smoking!

To stop smoking a few weeks before surgery gives your lungs a chance to better provide oxygen to your blood, which can help decrease the risk of infection, pneumonia and specially improve wound healing.

Stock Up!

Purchase the vitamins, supplements, protein powders and non-perishable food items that you will need for the first few weeks after surgery. If you buy and taste-test all the possible vitamins and protein drinks in advance, you will have less worry when you get home from the hospital. Remember to have a food processor or blender for preparing puree foods and a pill crusher or mortar and pestle for crushing medication. Medication doesn't necessarily have to be crushed; they can be broken into smaller pieces.



Doctor will require Gastric Sleeve, DS and Bypass patients to take a Proton Pump Inhibitor (PPI) from 3-6 months. We strongly recommend you buy the medication before your surgery so you do not have to worry about it when you get home. Included in your surgery fee is a 14-day supply of Nexium_Esomeprazole (PPI). Patients who fail to take the PPI may experience nausea, reflux and swelling which may lead to difficulty in eating. We recommend you avoid complications that are very easily preventable and plan on taking the PPI for at least 3 months. Patients who smoke may need to take it for a longer time.

We recommend you bring a pair of compression knee-high stockings **at least 12 mmgh** for your trip back.

Check Medications!

Please stop any aspirin or related anti-inflammatory medicines (Ibuprofen, Motrin, Advil, Aleve, etc.) 1 week prior to surgery. Tylenol or acetaminophen products are fine to take when needed. Please do not take Garlic, Ginkgo Biloba and Ginseng as many of these may cause bleeding problems. Please stop ephedra and Vitamin E. Do not take your diabetes medication the day of surgery.

Patients that need to stop or reduce the intake of certain medication the day of surgery, **please consult with the doctor when you are here, as to when you can start retaking your medication, dosages, how to take them and frequency.**

Stop Caffeine!

Wean yourself off of caffeine in the weeks before surgery to avoid painful post-surgery headaches. Caffeine is a diuretic and may contribute to some dehydration during and after surgery, which is not desirable.

Stay Clear of Colds!

The probability of developing a serious pneumonia that may complicate recovery after surgery is much higher if you have an upper tract infection in the weeks prior to surgery. If you have a cold of any kind please contact us so that we may discuss options.

Treat Skin Infections!

If you have an infected cyst or are having problems with infected ulcers or other open wounds, your surgery could be delayed until these issues are resolved. This will minimize the chance of getting surgical wound infections and complications arising from such problems.



YOUR SURGERY Traveling to Have Surgery: Flight Arrangements.

We need you to **arrive a day surgery for your pre-op tests**. Please try to get a **flight that arrives no later than 11:00 am in the morning at the San Diego Airport (SAN)**, the closest to 11:00 am you arrive the less time you will wait at the airport. **Your flight back should be after 1:00 pm, you will be dropped off at the airport at approx. 11:00 am, 2 hours before your flight.** The closest to 1:00 pm your flight leaves the less time you will have to wait at the airport.

Be sure to travel light as you do not want to have to carry a heavy bag (you cannot carry more than 10-15 lbs after surgery) on the return trip, especially if coming alone. **It is a good idea to check your intended flights with your Patient Coordinator BEFORE booking.** Transportation is provided for the patient and 1 companion, If you plan on more than 1 person coming with you please check with your patient coordinator to make sure there is enough room available in the vehicle.

You do not need any documentation to get into Mexico. **To get back into the U.S.** you will need proof that you have applied for a passport (receipt of payment), Original Birth Certificate and an ID that identifies you as a U.S. Citizen or Legal Resident. (driver's license is fine)

Your Itinerary.

Make sure our staff is informed of your traveling arrangements so they can meet you and drive you to the hospital. We need to know how many people are traveling with you as soon as possible to make arrangements.

Day 1. Day before Surgery.

Our driver will pick you up at the airport to drive you to Mexicali, **he will meet you at the baggage claim area for your flight, he will have a sign with your name on it.** You will be taken to the hospital for tests. Our coordinator will meet you at the hospital. **You need to be fasting 6 hours before your tests, water is OK to have.** After the tests you may have something to eat but please do not have anything after 10:00 pm not even water. You will spend a few hours at the hospital and will be taken to the hotel to spend the night.

Day 2. Day of surgery.

You will be picked up around 7:00 am at the hotel. Your evaluation by the internal doctor, surgeon and anesthesiologist will be done this morning. Your surgery will be performed this morning. After surgery you will return to your hospital room for recovery.

Day 3. Day after surgery.

LB patients will have a barium test to check the position of the band. After the tests you will start on liquids. Recovery at the hospital. Bypass, DS will continue on IV solution and Gastric Sleeve patients will have a contrast solution test to check for leaks.



Day 4. Lap Band patients: you will be picked up at the hospital around 7:00 am and head towards the airport. You should be arriving at the airport around 11:00 am.

Gastric Sleeve patients will have a barium test in the x-ray room, **DS and Bypass** patients have a leak test and start liquid diet that morning.

Day 5. Gastric Sleeve Patients: You will be picked up at the hospital around 7:00 am and head towards the airport, you should be arriving at the airport around 11:00 am.

DS and Bypass patients will have a barium test in the x-ray room and stay 1 more night at the hospital.

Day before Surgery: Diet and Medications.

You will be taken to the hospital for tests. Our coordinator will meet you at the hospital. **You need to be fasting 6 hours before your tests, water is OK to have.** After the tests you may have something to eat. You will spend a few hours at the hospital and will be taken to the hotel to spend the night. You may request a sleeping pill if necessary.

Do not eat or drink anything after 10:00 pm except your medications with a sip of water. If you are on diabetic medications take about half your normal dose the night before and none during the morning of surgery. Please bring your glucometer to the hospital. If you are on blood pressure medications, you may take them the morning of surgery with a sip of water.

Pre-op Testing.

We perform the following pre-op tests the day before surgery as part of the surgery package: EKG, X-Ray, Blood and Urine Tests. If anything out of ordinary is detected during the evaluation of these tests, the doctor may request additional tests to be done, which are not part of the surgery package. These will have an extra cost. Examples of additional tests are: Stress Test and Echocardiogram.

Day of the Surgery: Personal Items and Post op Medication

Bring all your medication with you to the hospital. Take your medication as instructed by the doctor. DO NOT wear contact lenses or any jewelry. Also, no nail polishes, please. We advise you bring: slippers or slip on shoes, Pajamas, Robe, comfortable clothing for the day you travel back home, personal hygiene items (toothbrush, washcloth, brush, toothpaste, etc.), reading material. Nice to have with you: heating pad, your own pillow, portable DVD player, and computer. There is wireless Internet access at the hotel and hospital. There is no Gas X in Mexico; you might want to bring your own (in strips or chewable form) for your trip back home.



You might also want to bring Imodium for your trip back, a few patients get diarrhea with certain antibiotics, you will want to be prepared if needed. We recommend you bring a pair of compression stockings 12 mmhg for your trip back.

Sometimes the Dr. may recommend a patient to take a blood thinner post op as a precaution. The cost for the medication is approx. 140 dlls for 30 days. The recommendation will be based on the patient's level of mobility/activity. This is not part of the surgery package and will be an extra cost. There is not way to know before getting here if the Dr. will recommend it or not. We do use blood thinners while at the hospital to help prevent blood clots as part of the surgery package for all patients, this additional dosage will be recommended on an individual basis.

About the Procedure

The operation itself will take about ½ -3 hours, depending on the surgery being performed, but you will probably be in the recovery room for 2-3 hours. You will receive pain medication, and you should not be in agony, but if you need more medication the nurses can give you additional doses. You can also request a sleeping pill if necessary.

Hospitalization

Lap Band and Bandafter patients: Your hospital stay should be 2 days + 1 day at the hotel before surgery. You will have a chest x ray before you leave to make sure everything is fine. 2 days after surgery you will be ready to go home. When you arrive at the hospital you will be given a diet guide, after discharge please refer to it. Keeping a daily journal to describe symptoms is very useful for us and for you.

Gastric Sleeve patients: Your hospital stay should be 3 days + 1 day at the hotel before surgery.

Lap RNY Gastric Bypass and DS patients: Your hospital stay should be 4 days + 1 more day at the hotel. You will have post op tests to make sure everything is fine. By day 6 you should be ready to go home. Please refer to the post op diet given to you at the hospital.

Childbearing/Menstruation

Women of childbearing age who are having the **RNY Gastric Bypass, the Gastric Sleeve or the DS** surgery should use some type of effective birth control during the period of rapid weight loss (18-24 months) in efforts to avoid pregnancy. They should understand that maternal malnutrition might impair normal fetal development. Pregnancy should be put off until your weight stabilizes, and you should have special attention from your obstetrician and aggressive monitoring during pregnancy.



The good news is that if you do get pregnant after significant weight loss, there is evidence to suggest that it will be safer for you and the baby. Remember that many patients with obesity have fertility problems but may become more fertile with weight loss — so be careful! Some patients notice that they start to menstruate again after surgery. This may be transient or permanently associated with weight loss. So be careful even if you think you have reached menopause. Please be aware that you may also need dosage adjustments of your contraceptive or even use a different type after surgery.

Disability/Activity

Plan on taking anywhere from 10 days for Lap Band and Gastric Sleeve patients to 3 weeks off work for RNY and DS patients, depending on the procedure you had and the **type of work you do**. You should be doing light walking the first week after surgery and then increase exercise after that. Be cautious with heavy lifting for the **first month** as this can cause a hernia. You can develop a hernia at any time in the future, but the wound is most at risk in the first month.

Communication

Your family may contact you by calling your cell phone; our hospitals are so close to the border that most cell phones remain with their carrier without any roaming charges. They may also call our hospitals directly, all rooms have phones. Click on the link below to view pictures and find information on our hospitals.

<http://www.mexicalibariatric.com>

(if you have trouble opening this link, please copy address to a new tab)

We recommend you carry your Patient Coordinator's number and/or our toll free office number 888-344-3916 with you while traveling in case you have any questions.

Please print the “[USEFUL PHRASES WHILE YOU ARE IN MEXICO](#)” that you will find at the end of this document and bring them with you to the hospital. Although we have English speaking staff you may need to communicate with only Spanish speaking personnel and they will come in handy.

FILLS/Check ups

Dr. Campos is our post-op care person; you can **email** him with any **questions, check up appointments, fills or concerns** that might arise after surgery.

mexicalibariatriccenter@gmail.com

It is important that we hear from you every 10 days for the first 3 months and every month for the next year.



Fills: Surgeon fees for fills are included with your surgery for life. The cost of the x-ray room for the use of fluoroscopy is not included. This cost is paid directly to the hospital before you have your fill. **The day you come for your fill you cannot have any solid food to eat.** You may have liquids up until ½ an hour before your fill. They are scheduled around 12 noon to get a more accurate fill.

Check ups: Blood work is done for check ups on Sleeves, DS and Bypass so you need to be fasting for 6 hours before the tests (only water is allowed up until ½ before your tests). Cost for the x-rays and blood work is paid directly to the hospital at our pre-arranged prices.

Transportation is not included for fills or check ups. If you do not wish to drive across the border you can leave your car in the US side and our driver or coordinator will be happy to pick you up at the border and bring you to the hospital for your procedure and drive you back afterward.

MEXICO Meals

Meal times are different in Mexico than in the U.S. Breakfast is served around 8:00 to 8:30 am, lunch around 1:00 to 2:00 pm and dinner around 8:00 pm. Mexicali is on Pacific Standard Time.

Passport

As of June 1st, 2009 passports are required to re-enter the U.S. Please read page 5 on this guide for further information.

Hospitals

Our hospitals do not provide laundry service.

Pharmacy

There are pharmacies around the hospitals, ask our hospital coordinator or your nurse which is the least expensive one so if you want to get extra pain medication if you like (non narcotic) or buy the PPIs.

Please refer to the Patient Post-Operative Diet Guide for detailed information regarding your new eating and exercise schedule.



Please read this page, print and sign, and bring with you to the hospital, our hospital coordinator will ask for it upon your arrival.

I have read the Patient Information Guide for the Mexicali Bariatric Center and understand its content and **have followed the instructions** for:

- **PAYMENT**
- **DEPOSIT**
- **PRE OP DIET** (Patients with a BMI of 40 or more)
- **PREPARING FOR SURGERY**
- **FLIGHT ARRANGEMENTS**
- **FILLS**

Please mark the one that applies to the procedure you will have.

I have read and understand how the Lap Band System works. _____

I have read and understand how the Gastric Bypass Surgery works. _____

I have read and understand how the Gastric Sleeve Surgery works. _____

I have read and understand how the Duodenal Switch Surgery works. _____

Patient's Name: _____ Date: _____

Signature: _____



USEFUL PHRASES WHILE IN MEXICO

(1/2)

- | | |
|--|--|
| 1. I am in pain. | 1. Tengo dolor. |
| 2. More pain medication please. | 2. Mas medicamento para el dolor por favor. |
| 3. Water please. | 3. Agua por favor. |
| 4. I need to go to the bathroom. | 4. Necesito ir al baño. |
| 5. Another pillow please. | 5. Otra almohada por favor. |
| 6. I feel nauseas. | 6. Tengo nauseas. (Pronounce like it is written) |
| 7. I want to take a shower. | 7. Me quiero bañar. |
| 8. Another towel please. | 8. Otra toalla por favor. (“ll” pronounced “y”) |
| 9. Soap please. | 9. Jabón por favor. |
| 10. I wet the bed. | 10. Moje la cama. |
| 11. More tea, please. | 11. Mas te por favor. |
| 12. Call the doctor, please. | 12. Llama al doctor por favor. |
| 13. May I have a sleeping pill? | 13. Puedo tomar una pastilla para dormir? |
| 14. Can you raise the bed? | 14. Puedes subir la cama? |
| 15. Can you lower the bed? | 15. Puedes bajar la cama? |
| 16. I am cold. | 16. Tengo frio. |
| 17. I am hot. | 17. Tengo calor. |
| 18. Another blanket please. | 18. Otra cobija por favor. |
| 19. Can you bring me a fan? | 19. Me puedes traer un ventilador? |
| 20. Can you bring a remote for the TV? | 20. Puedes traer un control para la televisión. |
| 21. The remote doesn’t work. | 21. No funciona el control remoto. |
| 22. Can the IV come out? | 22. Puede quitar el suero? |
| 23. It bothers me. | 23. Me molesta. |
| 24. It hurts. | 24. Me duele. |
| 25. I am sorry. | 25. Lo siento. |
| 26. It came out. | 26. Se salió. |
| 27. Is this okay? | 27. Esta bien? |



PHRASES THE NURSES MIGHT USE

(2/2)

| | | Possible answers |
|---|--|-------------------|
| 1. Como se siente? | 1. How do you feel? | Fine – bien |
| 2. Siéntese por favor. | 2. Sit down please. | Bad- mal |
| 3. Necesita ayuda? | 3. Do you need help? | Yes - si |
| 4. Siente dolor? | 4. Are you in pain? | No - no |
| 5. Donde? | 5. Where? | A little -poquito |
| 6. Le voy a dar un piquetito. | 6. I will give you a shot. | A lot - mucho. |
| 7. Abra la mano. | 7. Open you hand. | Here - aquí |
| 8. Cierre la mano. | 8. Close your hand. | Okay - okey |
| 9. Tiene que levantarse a caminar. | 9. You need to get up and walk. | Thanks- gracias |
| 10. Si necesita algo llámeme. | 10. If you need something call me. | |
| 11. Vamos a rayos X. | 11. We are going to X Ray room. | |
| 12. Trae pantuflas? | 12. Did you bring slippers? | |
| 13. Hizo sus ejercicios de respiración? | 13. Did you do your breathing exercises? | |
| 14. El doctor viene en camino. | 14. The doctor is on his way. | |
| 15. Buenos días. | 15. Good morning. | |
| 16. Buenas Noches. | 16. Good Evening/ Good Night. | |
| 17. Le ajusto la cama? | 17. Should I adjust your bed? | |
| 18. Despacio. | 18. Slowly. | |
| 19. Le voy a cambiar los tapes. | 19. I am going to change your tapes. | |
| 20. Le voy a preguntar al doctor. | 20. I will ask the doctor. | |