

**IMPORTANT INFORMATION FOR NUTRITION AND PRE OP PREP CLASS
DR. DUBOIS/DR. HUGHES PATIENTS (EASTERN SURGICAL)**

Step 1: Please view this required 30-minute video on your pre- and post-op diet stages and vitamin requirements **prior to class and prior to completing the below patient assessment.** This information is VERY important, and you are responsible for understanding the material contained within the video. I also recommend that you save this video for reference post-surgery. It can be found here: [Eastern Surgial Pre and Post Op Diet and Vitamin Education](#)

Step 2: Please complete the following patient assessment prior to class day. You will not be counted as having completed class until we receive this paperwork back.
<https://forms.office.com/r/AcczD9b3ZV?origin=lprLink>

Step 3: These are digital links to your patient education documents. Please review and keep these documents as they will be used in class and will be your reference after your surgery. You will also be provided with paper copies in class.

[Patient Guidebook](#)

[Pre/Post Op Diet Structure and Vitamins-ES](#)

[Protein Shake and Bar Recommendations \(English/Spanish\)](#)

[Class Powerpoint](#)

Step 5: Dr. Dubois and Hughes do require their patients to attend class in person in the bariatric center. The address is:

UAB St. Vincent's East
50 Medical Park Drive East
Birmingham AL 35235

The bariatric center is in the main hospital building on the 1st floor. When you enter through the doors into the large atrium, it is on your right in Suite 175. Class begins at 9:00 am CENTRAL. Please arrive 10 minutes prior to class start time. Please note that, per program policy, late entry into class is not allowed. If you arrive more than 10 minutes late for class, you will not be able to enter and will be asked to reschedule as to not provide distraction to other patients and instructors. Refunds will be given if a cancellation request is received 1 business day (24 hours) prior to the start of the class. If the patient does not attend class with no prior notice, a refund will not be given, but a coupon code will be given to attend a future class. A full refund will be given for any class cancelled by the site. By registering for this class, you hereby express written agreement to this policy. If you need to reschedule, please email aroth@uabmc.edu or call 205-838-6299 so a coupon code can be given to you so you can reschedule.