



BARIATRIC SURGERY HANDBOOK

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QUEENSLAND BARIATRICS IS ONE OF THE AUSTRALIA'S PREEMINENT CLINICS FOR WEIGHT LOSS SURGERY. WE ARE ONE OF THE MOST EXPERIENCED WEIGHT LOSS SURGERY CENTRES IN THE WORLD. WE HAVE HELPED OVER 7,000 PEOPLE MAKE A VERY DIFFICULT DECISION TO HAVE WEIGHT LOSS SURGERY; WE WOULD LIKE TO THINK THAT WE MAY HAVE MADE THEM HAPPIER AND HEALTHIER ALONG THE WAY AS WELL.

WITH A HIGHLY TRAINED TEAM OF DOCTORS, PATIENT CARE FACILITATORS AND OTHER HEALTH PROFESSIONALS, QUEENSLAND BARIATRICS IS ABLE TO PROVIDE OUR PATIENTS WITH NOT ONLY WORLD CLASS SURGERY BUT WITH COMPREHENSIVE SUPPORT BOTH PRE AND POST-SURGERY AS WELL AS LONG TERM.

WE AIM TO PROVIDE ALL OUR PATIENTS WITH A COMFORTABLE AND FRIENDLY ENVIRONMENT TO GAIN ALL THE INFORMATION THEY REQUIRE TO HELP THEM DECIDE IF WEIGHT LOSS SURGERY WILL BENEFIT THEM.

OUR MAIN CLINIC IS LOCATED AT THE WESLEY HOSPITAL, AUCHENFLOWER; HOWEVER WE HAVE SATELLITE CLINICS AT STAFFORD, LOGAN, TOOWOOMBA, CAIRNS AND NOOSA WHERE OUR BARIATRIC (LAP-BAND, GASTRIC SLEEVE AND GASTRIC BYPASS) PATIENTS CAN GO TO FOR THEIR FOLLOW UP CARE.

THE WESLEY HOSPITAL IS ONE OF AUSTRALIA'S LARGEST PRIVATE HOSPITALS. IT IS STAFFED BY WORLD STANDARD SURGEONS, ANAESTHETISTS, CARDIOLOGISTS, ENDOCRINOLOGISTS AND GASTROENTEROLOGISTS, JUST TO NAME A FEW. SO IN THE CASE OF PATIENTS NEEDING MULTIPLE SPECIALIST CARE THIS CAN EASILY BE PROVIDED FOR AT THE WESLEY HOSPITAL.



COSTS FOR DR BLAIR BOWDEN

GASTRIC BAND

INSURED PATIENTS:

Item No	Description	Fee	Estimated Rebate
LBG	Prepayment for item number 31569 (gastric band) surgery	\$6000.00	\$1089.60
Total Fee: \$6000.00			

UNINSURED PATIENTS:

Item No	Description	Fee	Estimated Rebate
LBG	Prepayment for item number 31569 (gastric band) surgery	\$6000.00	\$788.55
Total Fee: \$6000.00			

GASTRIC SLEEVE

INSURED PATIENTS:

Item No	Description	Fee	Estimated Rebate
SGG	Prepayment for item number 31575 (gastric sleeve) surgery	\$6500.00	\$1089.60
Total Fee: \$6500.00			

UNINSURED PATIENTS:

Item No	Description	Fee	Estimated Rebate
SGG	Prepayment for item number 31575 (gastric sleeve) surgery	\$6500.00	\$788.55
Total Fee: \$6500.00			

GASTRIC BYPASS

INSURED PATIENTS:

Item No	Description	Fee	Estimated Rebate
GBG	Prepayment for item number 31572 (gastric bypass) surgery	\$6750.00	\$1332.00
Total Fee: \$6750.00			

UNINSURED PATIENTS:

Item No	Description	Fee	Estimated Rebate
GBG	Prepayment for item number 31569 (gastric bypass) surgery	\$6750.00	\$970.35
Total Fee: \$6750.00			

TIME LINE FOR BARIATRIC SURGERY

INITIAL CONSULTATION	<p>DURING YOUR INITIAL CONSULTATION YOU WILL HAVE A VERY DETAILED DISCUSSION WITH DR BLAIR BOWDEN WHICH IS SPECIFICALLY TAILORED TO YOU. THIS WILL COVER YOUR MEDICAL HISTORY AND DIETARY HISTORY AS WELL AS A COMPREHENSIVE DISCUSSION AROUND THE WEIGHT LOSS PROCEDURES WE OFFER AND WHAT MIGHT BE BEST SUITED FOR YOU. DR BLAIR BOWDEN WILL DISCUSS IN DETAIL ALL THE ADVANTAGES AND DISADVANTAGES OF YOUR CHOSEN PROCEDURE AND THE RISKS INVOLVED, AS WELL AS ANSWER ANY QUESTIONS YOU MAY HAVE.</p> <p>YOU WILL ALSO BE PROVIDED WITH A NEW PATIENT PACK, THIS INCLUDES ‘YOUR COMPLETE GUIDE TO WEIGHT LOSS SURGERY’ BY SALLY JOHNSTON WHICH HAS EASY TO FOLLOW PRE AND POST OP RECIPES. YOU WILL ALSO RECEIVE A BARIATRIC SURGERY HANDBOOK TO GUIDE YOU THROUGH THE PROCESS FROM START TO FINISH, INCLUDING HELPFUL HINTS AND TIPS.</p> <p>AT THE TIME OF YOUR INITIAL CONSULTATION WE WILL PROVIDE YOU WITH A QUOTE FOR THE PROCEDURES YOU ARE CONSIDERING AND ALSO WE CAN PENCIL IN A SURGERY DATE IF YOU CHOOSE TO; OR YOU CAN PHONE OR EMAIL US BACK TO BOOK IN.</p>
DIETITIAN ASSESSMENT	<p>AFTER YOU HAVE CONSULTED WITH DR BLAIR BOWDEN AND HAVE MADE A DECISION THE NEXT STEP IS TO SEE A DIETITIAN. YOUR DIETITIAN WILL NEED TO SEE YOU PRIOR TO SURGERY AS WELL AS AFTER SURGERY.</p> <p>YOUR DIETITIAN WILL PUT YOU ON A PRE OP LOW CARBOHYDRATE DIET LEADING UP TO SURGERY, THIS WILL HELP SHRINK YOUR LIVER PRIOR TO SURGERY AS WE DO NEED TO LIFT IT UP OUT OF THE WAY TO ACCESS YOUR STOMACH.</p>
PSYCHOLOGY ASSESSMENT	<p>DURING YOUR CONSULTATION WITH DR BLAIR BOWDEN HE WILL INDICATE TO YOU IF HE BELIEVES YOU WILL BENEFIT FROM SEEING A PSYCHOLOGIST PRIOR TO OR AFTER SURGERY, THIS IS A DISCUSSION BEST HAD WITH DR BLAIR BOWDEN. HOWEVER, IF YOU THINK YOU WILL BENEFIT FROM SEEING SOMEONE WE CAN GUIDE YOU.</p>
PRE OP APPOINTMENT	<p>AT YOUR PRE OP APPOINTMENT (WHICH IS USUALLY WITHIN A FEW DAYS PRIOR TO SURGERY) WE WILL GIVE YOU SOME CONSENT FORMS TO READ WHILST YOU WAIT FOR YOUR CONSULTATION, WHEN YOU ARE IN WITH DR BLAIR BOWDEN HE WILL GO THROUGH THESE WITH YOU AND SIGN THEM. DURING THIS CONSULTATION DR BLAIR BOWDEN WILL ALSO GIVE YOU A PATHOLOGY REQUEST FORM AS WELL AS A SCRIPT FOR A MEDICATION CALLED PARIET, THIS MEDICATION YOU WILL NEED TO START THE NIGHT BEFORE YOUR SURGERY, ALSO TAKE ON THE DAY OF YOUR PROCEDURE AND CONTINUE FOR APPROXIMATELY 6 WEEKS.</p> <p>ALSO AT YOUR PRE OP APPOINTMENT WE WILL SEND YOU OVER TO WESLEY HOSPITAL PREADMISSIONS (IF YOU HAVEN’T ALREADY BOOKED IN TO SEE THEM). THEY WILL GO THROUGH WHAT WILL HAPPEN ON THE DAY OF ADMISSION AND ORGANIZE THE WESLEY PAPERWORK.</p>
SURGERY	<p>YOU WILL BE AN INPATIENT FOR 1-3 NIGHTS, DEPENDING ON YOUR PROCEDURE, IF YOU FEEL WELL ENOUGH DR BLAIR BOWDEN WILL DISCHARGE YOU.</p>
RECOVERY	<p>WE DO SUGGEST THAT YOU TAKE APPROXIMATELY TWO WEEKS OFF WORK, MAYBE A BIT LONGER IF YOU DO HEAVY LIFTING. AT YOUR PRE OP APPOINTMENT PLEASE DISCUSS THIS WITH DR BLAIR BOWDEN AND WE CAN ISSUE YOU A MEDICAL CERTIFICATE FOR YOUR EMPLOYER.</p>
POST OP APPOINTMENT	<p>THE FIRST APPOINTMENT, WHICH IS USUALLY 2-3 WEEKS POST OP IS WITH DR BLAIR BOWDEN, WE WILL BOOK THIS IN AT YOUR PRE OP APPOINTMENT.</p>
FOLLOW UP	<p>AFTER YOU HAVE HAD YOUR FOLLOW UP WITH DR BLAIR BOWDEN, WE WILL BOOK YOU IN TO SEE ONE OF OUR BARIATRIC GP’S. THE FIRST APPOINTMENT WILL BE APPROXIMATELY 4-6 WEEKS AFTER YOUR POST OP (OR 6-8 WEEKS POST-SURGERY). THE BARIATRIC GP WILL THEN FOLLOW UP WITH YOU AT APPROXIMATELY 3 MONTHS, THEN AT 6 MONTHS, THIS WILL VARY FROM PATIENT TO PATIENT. THEY WILL ALSO MONITOR YOUR VITAMIN LEVELS AND KEEP IN TOUCH WITH YOU GP AS TO HOW YOU ARE PROGRESSING.</p>

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BARIATRIC SURGERY APPOINTMENTS

DIETITIAN: _____ **DATE:** _____ **TIME:** _____ AM/PM

(We recommend you see the dietitian at least two weeks prior to surgery as they will monitor your pre-operative diet and assist you with eating choices for your bariatric surgery post operatively. It is imperative that you see them, failure to do so may result in your surgery being postponed until this has been attended to.)

PSYCHOLOGIST: _____ **DATE:** _____ **TIME:** _____ AM/PM

(We ask that you see the psychologist prior to surgery as they play an important role in your weight-loss journey. It is imperative that you see them, failure to do so may result in your surgery being postponed until this has been attended to.)

INITIAL CONSULTATION: _____ **SURGEON** **DATE:** _____ **TIME:** _____ AM/PM

(You will be required to bring a referral from your GP/Referring Doctor for this visit, as Dr's Bowden is a specialist you need a referral to claim from Medicare for your visits prior to surgery and to claim from Medicare and Private Health Insurance for the surgery itself.)

WESLEY HOSPITAL NURSING PREADMISSION CLINIC You will also be required to attend the Wesley Hospital Nursing Preadmission Clinic, this is usually done on the day of your pre op appointment with your surgeon, to make this appointment please phone **3232 7316**.

The Wesley Hospital will also need to confirm your personal details, medical history and financial details. This must be done prior to your appointment with the Wesley Hospital Nursing Preadmission Clinic and this can be done by either visiting their website at www.bookmyadmission.com.au or by phoning clerical preadmissions on 3232 7777 (Weekdays 8am til 9pm or Weekends 8am til 4pm).

HOSPITAL ACCOUNTS It is very important that you double check with your health fund that you are covered for this procedure. The item number you will need to quote is either 31569 (Lap Band), 31572 (Gastric Bypass) or 31575 (Sleeve Gastrectomy). If you are funding this procedure yourself, you will need to contact the hospital to get a quote for your procedure. The hospital will require a pre-payment prior to your admission.

PRE-OPERATIVE DIET START: 3 MEALS A DAY **DATE:** _____ (Two weeks prior to surgery)

(If you have any questions regarding the pre-operative diet please speak to your surgeon, staff or your dietitian)

PRE OP CONSULTATION: _____ **SURGEON** **DATE:** _____ **TIME:** _____ AM/PM

It is imperative that you attend this pre operative appointment surgery otherwise your surgery may be cancelled or rescheduled to a later date.

Your surgical fee will also need to be paid on or prior to this appointment,
if paying by personal cheque or direct deposit we require payment 5 days prior to surgery.

SURGERY DATE: _____ **HOSPITAL:** _____

ADMIT TIME: _____ **FAST FROM:** _____
(Subject to change depending on urgency of cases) (No food or water from this time)

POST OP CONSULTATION: _____ **SURGEON** **DATE:** _____ **TIME:** _____ AM/PM

FOLLOW UP: GENERAL PRACTITIONER **DATE:** _____ **TIME:** _____ AM/PM

PREPARATION

DIET

TO HELP MAKE SURGERY SAFER AND TO REDUCE COMPLICATIONS, IT IS IMPORTANT TO SHRINK YOUR LIVER PRIOR TO SURGERY. TO HELP FACILITATE THIS WEIGHT LOSS, WE WORK WITH YOUR DIETITIAN TO PRODUCE A FORMULITE PROGRAM OR LOW CARB/HIGH PROTEIN MEAL PLAN 9 FOR AT LEAST **2 WEEKS** BEFORE SURGERY. SOME PATIENTS MAY FIND THAT THEY WILL SUFFER FROM SOME SIDE EFFECTS AND THESE INCLUDE DIZZINESS, TIREDNESS OR IRRITABILITY, THIS SHOULD PASS AS YOUR BODY GETS USED TO THE FORMULITE PROGRAM OR LOW CARB/HIGH PROTEIN MEAL PLAN. WE RECOMMEND YOU CONTACT YOUR DOCTOR OR DIETITIAN IF ANY SYMPTOMS PERSIST.

THE MEAL PLANS ARE EITHER A FORMULITE PROGRAM OR LOW CARB/HIGH PROTEIN DIET DESIGNED TO PRODUCE RAPID WEIGHT LOSS OF APPROXIMATELY 1.5-2.5KG PER WEEK AND MOST IMPORTANTLY DECREASE THE SIZE OF YOUR LIVER. THE WEIGHT LOSS WILL VARY FOR EVERYONE AND THE PRE-OP DIET IS WELL KNOWN IN THE OFFICE AS THE '**2 WEEKS OF HELL**'; BUT THE FINAL RESULT WILL MAKE IT ALL WORTH IT AS WELL AS MAKE YOUR SURGERY SAFER.

EXERCISE

IT IS ALSO IMPORTANT TO BEGIN A REGULAR EXERCISE REGIME AT LEAST THREE WEEKS PRIOR TO SURGERY TO HELP IMPROVE YOUR CARDIOVASCULAR HEALTH, WE RECOMMEND WALKING FOR **20-30** MINUTES THREE TIMES PER WEEK AS WELL AS CONTINUE THIS POST OPERATIVELY.

SMOKING

IF YOU DO SMOKE PLEASE TRY AND CEASE SMOKING **2 TO 3** WEEKS PREOPERATIVELY. THIS DECREASES YOUR RISKS OF A DVT AND WITH A SLEEVE GASTRECTOMY OR GASTRIC BYPASS SURGERY IT DECREASES THE MOST FEARED, LIFE THREATENING COMPLICATION WHICH IS A LEAK. PLEASE TRY YOUR BEST. IF YOU WOULD LIKE ASSISTANCE THE QUITLINE PHONE NUMBER IS **13 78 48** OR YOUR GP MAY BE ABLE TO HELP.

PRE OPERATIVE APPOINTMENTS

PREADMISSION CLINIC

IF YOU ARE HAVING SURGERY AT THE WESLEY HOSPITAL, YOU WILL BE REQUIRED TO ATTEND THE WESLEY HOSPITAL NURSING PREADMISSION CLINIC; THIS IS USUALLY DONE ON THE SAME DAY AS YOUR PRE-OP APPOINTMENT WITH YOUR SURGEON. YOU WILL NEED TO ARRANGE AN APPOINTMENT TO SEE THEM BY PHONING **3232 7316**. THE WESLEY HOSPITAL WILL ALSO NEED TO CONFIRM YOUR PERSONAL DETAILS, MEDICAL HISTORY AND FINANCIAL DETAILS. THIS SHOULD BE DONE PRIOR TO YOUR APPOINTMENT WITH THE WESLEY HOSPITAL NURSING PREADMISSION CLINIC AND THIS CAN BE DONE BY EITHER VISITING THEIR WEBSITE AT WWW.BOOKMYADMISSION.COM.AU OR BY PHONING CLERICAL ADMISSIONS ON **3232 7777** (WEEKDAYS 8AM TIL 9PM OR WEEKENDS 8AM TIL 4PM).

PRE OPERATIVE APPOINTMENT WITH DR BLAIR BOWDEN

IN THE WEEK LEADING UP TO YOUR SURGERY WITH DR BLAIR BOWDEN YOU WILL BE REQUIRED TO HAVE A PRE OPERATIVE APPOINTMENT WITH YOUR SURGEON. DURING THIS APPOINTMENT YOUR SURGEON WILL ANSWER ANY OF YOUR QUESTIONS YOU MAY HAVE AS WELL AS GO THROUGH ALL YOUR SURGERY CONSENT FORMS AND GIVE YOU YOUR ADMISSION TIME. WE WILL ALSO GIVE YOU AN ENVELOPE ADDRESSED TO THE REGISTERED NURSE IN CHARGE FOR YOU TO TAKE TO HOSPITAL. YOUR SURGEON WILL ALSO GIVE YOU A PRESCRIPTION FOR PARIET WHICH YOU WILL NEED TO TAKE THE NIGHT BEFORE AND THE MORNING OF YOUR SURGERY; YOU WILL NEED TO CONTINUE TAKING THIS FOR AT LEAST SIX WEEKS POST SURGERY.

AT THE END OF THIS APPOINTMENT IS ALSO WHEN YOU FINALIZE YOUR ACCOUNT. IF YOU WISH TO PAY YOUR GAP VIA DIRECT DEPOSIT PLEASE CONTACT THE OFFICE FOR THE BANK DETAILS, WE WILL NEED THIS TRANSFERRED WITHIN TWO BUSINESS DAYS PRIOR TO YOUR SURGERY, AS SOME BANKS DO TAKE UP TO 48 HOURS TO PROCESS ELECTRONIC TRANSFERS.

IF YOU WISH TO PAY YOUR GAP VIA PERSONAL CHEQUE WE WILL REQUIRE THIS AT LEAST FIVE BUSINESS DAYS PRIOR TO SURGERY.

COMING IN FOR SURGERY

WHAT TO BRING TO HOSPITAL

- YOUR ENVELOPE ADDRESSED TO THE REGISTERED NURSE IN CHARGE
- ANY PAPERWORK GIVEN TO YOU BY THE WESLEY HOSPITAL NURSING PREADMISSION CLINIC
- A CERTIFIED COPY OF POWER OF ATTORNEY OR ADVANCE HEALTH DIRECTIVE (IF APPLICABLE)
- PAYMENT FOR YOUR HOSPITAL EXCESS OR CO-PAYMENT (WE RECOMMEND YOU HAVE A FAMILY MEMBER KEEP THIS SAFE)
- AN UP-TO-DATE LIST OF ALL CURRENT MEDICATIONS
- NIGHTWEAR (DRESSING GOWN, SLIPPERS OR COMFORTABLE FLAT SHOES AND A LIGHT JACKET)
- TOILETRIES
- READING MATERIALS OR IPAD (YES, THE WESLEY HAS INTERNET FOR PATIENTS, NOT GREAT BUT STILL INTERNET)
- PHYSICAL AIDS E.G. GLASSES, HEARING AIDS, WALKING STICK/FRAME

ADMISSION

ON THE DAY OF YOUR ADMISSION YOU WILL NEED TO BATHE/SHOWER IN THE PRE OP WASH GIVEN TO YOU BY THE WESLEY NURSING PREADMISSION CLINIC OR FROM YOUR SURGEON'S ROOMS. PLEASE DO NOT WEAR MAKEUP. USUALLY YOU ARE REQUIRED TO REMOVE ALL NAIL POLISH AND ACRYLIC NAILS, SOMETIMES THESE CAN BE LEFT ON, PLEASE CHECK WITH LARA IF THEY WILL BE SUITABLE FOR ADMISSION TO HOSPITAL. IF YOU HAVE ANY PIERCINGS YOU WILL NEED TO REMOVE THEM. WE ALSO REQUEST THAT YOU DO NOT SMOKE OR CONSUME ANY ALCOHOL 24 HOURS PRIOR TO YOUR ADMISSION. IT IS ALSO BEST TO WEAR COMFORTABLE CLOTHING ON THE DAY OF YOUR ADMISSION AND YOU CAN POTENTIALLY WEAR THESE CLOTHES HOME AGAIN ON DISCHARGE.

ON THE DAY OF YOUR SURGERY YOU WILL NEED TO PRESENT TO THE ADMISSIONS DESK TO REGISTER YOUR ATTENDANCE. AFTER ALL THE HOSPITAL PAPERWORK IS FINALIZED AND YOUR EXCESS/CO-PAYMENT IS FIXED UP YOU WILL BE ASKED TO TAKE A SEAT. YOU WILL THEN BE ESCORTED TO DOSA (DAY OF SURGERY ADMISSIONS) BY A WESLEY HOSPITAL VOLUNTEER WHO WILL GIVE ALL YOUR PAPERWORK TO DOSA RECEPTION AND YOU WILL ONCE AGAIN TAKE A SEAT UNTIL YOU ARE CALLED BY THE NURSING STAFF WHO WILL PREPARE YOU FOR YOUR OPERATION. YOU WILL THEN BE ESCORTED THROUGH TO THE PROCEDURAL AREA AND THE NURSE WILL ASK YOU TO CONFIRM ALL YOUR MEDICAL HISTORY AND THEY WILL HELP YOU WITH ALL YOUR BELONGINGS, ASSIST IN GETTING YOU CHANGED INTO YOUR THEATRE ATTIRE, AND BEST OF ALL, PAPER UNDERWEAR. VERY STYLISH! IT IS POSSIBLE FOR YOU TO WEAR YOUR OWN UNDERWEAR IF YOU WOULD PREFER, HOWEVER, AFTER THEY CAN GET STAINED WITH PINK PREPARATION FLUID SO OLDER UNDERWEAR THAT YOU ARE HAPPY TO DISCARD MIGHT BE A BETTER OPTION.

OPERATION TIME

AFTER YOU HAVE BEEN CHANGED INTO YOUR STYLISH THEATRE ATTIRE YOU WILL BE ESCORTED TO THE PATIENT PREPARATION UNIT, THE STAFF HERE WILL MAKE SURE YOU ARE ADEQUATELY PREPARED FOR YOUR OPERATION. ONCE THE PRE OPERATION AREA CALLS FOR YOU, YOU WILL THEN BE TAKEN INTO THE PRE OPERATION AREA WHERE YOU WILL USUALLY BE VISITED BY THE ANESTHETIST AND DR BLAIR BOWDEN AND WALKED INTO SURGERY. ONCE IN THE OPERATING ROOM, YOUR SURGEON WILL HAVE A CHAT TO YOU TO HELP CALM ANY NERVES (AND POSSIBLY TAKE REQUESTS FOR ANY MUSIC YOU WISH TO DRIFT OFF TO SLEEP TO). THE ANESTHETIST WILL THEN INSERT AN IV (AND MIX A GREAT COCKTAIL) AND BEFORE YOU KNOW IT YOU WILL BE OFF TO SLEEP.

POST OPERATION

DR BLAIR BOWDEN WILL PHONE YOUR NOMINATED FAMILY MEMBER OR FRIEND AFTER YOUR SURGERY IS COMPLETED TO LET THEM KNOW HOW EVERYTHING WENT. YOU WILL SPEND SOME TIME IN THE POST OP AREA SO YOU CAN BE CLOSELY MONITORED BEFORE BEING MOVED TO THE WARD WHERE YOUR FRIENDS AND RELATIVES CAN VISIT.

DISCHARGE

DISCHARGE TIME IS USUALLY 10AM ON YOUR ASSIGNED DISCHARGE DATE, SOMETIMES THIS MAY VARY PATIENT TO PATIENT.

DISCHARGE INFORMATION

WOUND DRESSINGS

YOUR DRESSINGS ARE WATERPROOF AND CAN BE WASHED OVER IN THE SHOWER, THEN PAT DRY. DRESSINGS SHOULD STAY ON FOR THREE TO FIVE DAYS AFTER YOUR OPERATION. THERE ARE USUALLY NO STITCHES OR STAPLES THAT REQUIRE REMOVAL.

PLEASE WATCH YOUR WOUNDS FOR SIGNS OF INFECTION E.G. REDNESS, SWELLING, DISCHARGE, INCREASED PAIN OR FEVERS. PLEASE NOTIFY OUR OFFICE OR YOUR GP IF YOU HAVE ANY CONCERNS.

PAIN

PAIN AND/OR DISCOMFORT IN YOUR SHOULDER TIPS IS COMMON AFTER LAPAROSCOPIC ABDOMINAL SURGERY. HEAT PACKS, REGULAR PANADOL (NO MORE THAN 8 PER DAY), DE GAS TABLETS AND PEPPERMINT TEA ARE GREAT TOOLS TO RELIEVE THESE SYMPTOMS. YOUR NURSE WILL ARRANGE FOR POST OPERATIVE PAIN RELIEF. THE MEDICATION PRESCRIBED WILL DEPEND ON YOUR DOCTORS INSTRUCTIONS.

BOWEL MOVEMENTS

WE RECOMMEND TAKING BENEFIBRE, TWO TEASPOONS TWICE A DAY, EVERY DAY.

IF YOU ARE FINDING THAT YOUR BOWELS ARE OPENING TOO FREQUENTLY AND ARE LIQUID IN FORM WE SUGGEST TAKING GASTRO-STOP OR IMODIUM ALONG WITH BENEFIBRE. GASTRO-STOP AND IMODIUM WILL HELP THE SYMPTOMS AND BENEFIBRE WILL HELP STOOLS FORM AND SHOULD MAKE YOUR BOWELS MORE NORMAL.

IF YOU FIND THAT YOU ARE CONSTIPATED WE SUGGEST HAVING PEAR OR PRUNE JUICE ALONG WITH BENEFIBRE, IF THIS DOES NOT GET THINGS MOVING A SACHET OR TWO OF MOVICOL OR DUCOLAX 2ML TWICE A DAY SHOULD DO THE TRICK. WE RECOMMEND KEEPING THE MOVICOL OR DUCOLAX 2ML GOING UNTIL YOU ARE OPENING YOUR BOWELS EVERY DAY.

MEDICATIONS

PLEASE TAKE YOUR NORMAL MEDICATIONS OR AS DIRECTED BY YOUR SURGEON.

YOU CAN TAKE THE FOLLOWING:

PARACETAMOL 1GM FOUR TIMES A DAY

NSAIDS

ONDANSETRON WAFERS

MAXALON

PARIET

BENEFIBRE

BOWEL HELPERS - BENEFIBRE, DUCOLAX 2MLS OR MOVICOL

COMPRESSION STOCKINGS

YOU SHOULD CONTINUE TO WEAR THESE UNTIL YOU ARE AS MOBILE AS YOU WERE BEFORE YOUR SURGERY.

ACTIVITY

NO HEAVY LIFTING, E.G. MORE THAN 5KG FOR TWO WEEKS POST OPERATIVELY. REMAIN ACTIVE ON DISCHARGE, WALKING SHORT DISTANCES TWICE A DAY IS ACCEPTABLE (THIS WILL ALSO ASSIST WITH ANY SHOULDER TIP PAIN). ALSO PLEASE ABSTAIN FROM ANY STRENUOUS EXERCISE FOR 3 TO 4 WEEKS OR AS ADVISED BY YOUR DOCTOR.

DRIVING

YOU ARE ABLE TO DRIVE WHEN YOU FEEL CONFIDENT THAT YOU CAN MAKE AN EMERGENCY BRAKE STOP AND NOT INJURE YOURSELF OR OTHERS IN THE VEHICLE (USUALLY THREE TO FOUR DAYS). YOU ALSO **MUST NOT** DRIVE WHILST UNDER THE INFLUENCE OF ANY STRONG PAIN MEDICATION E.G. ENDONE, OXYCODONE, TRAMAL OR ANY OTHER MEDICATIONS WHICH MAY MAKE YOU DROWSY.

SOME INSURANCE POLICIES ARE DIFFERENT SO IT WOULD BE WORTHWHILE CHECKING WITH YOUR INSURER PRIOR TO DRIVING.

FOLLOW UP

YOUR FIRST POST OPERATIVE APPOINTMENT WILL BE WITH DR BLAIR BOWDEN TWO TO THREE WEEKS POST SURGERY FOR LOCAL PATIENTS AND FOUR TO SIX WEEKS FOR COUNTRY PATIENTS, FROM THEN WE WILL ARRANGE FOLLOW UP WITH EITHER OF OUR BARIATRIC GP'S (DR JENNIFER DUNCOMBE OR DR LOUISE GORE-JONES) APPROXIMATELY ONE MONTH LATER, THEN THREE MONTHS AND ONTO SIX MONTHS (THIS WILL BE DEPENDENT ON WHEN THEY DEEM NECESSARY TO REVIEW YOU AGAIN). IF THEY THINK YOU NEED REVIEW AGAIN WITH DR BLAIR BOWDEN THEY WILL REFER YOU BACK TO HIM AND ALSO DISCUSS YOUR PROBLEMS WITH HIM. FOLLOW UP IS VERY IMPORTANT NO MATTER WHICH PROCEDURE YOU HAVE DONE.

BRISBANE PATIENTS:

PLEASE CONTACT THE ROOMS ON 07 3371 4333 / 07 3371 9521 TO ARRANGE A POST OP APPOINTMENT TWO TO THREE WEEKS POST SURGERY IN THE ROOMS.

COUNTRY PATIENTS:

PLEASE CONTACT THE ROOMS ON 07 3371 4333 / 07 3371 9521 TO ARRANGE A POST OP APPOINTMENT FOUR TO SIX WEEKS POST SURGERY IN THE ROOMS. AT YOUR TWO WEEK POST SURGERY MARK PLEASE CONTACT THE ROOMS TO CHECK IN AND LET US KNOW HOW YOU ARE PROGRESSING.

POST OPERATIVE DIET

THE FIRST FOUR WEEKS AFTER SURGERY ARE FOCUSED ON REPAIR AND RECOVERY. RESUMING A NORMAL DIET NEEDS TO BE DONE SLOWLY IN ORDER TO PREVENT DISCOMFORT AND TO PREVENT ANY COMPLICATIONS. INITIALLY YOU WILL START ON A FLUID DIET, PROGRESSING TO A PUREED DIET FOLLOWED BY A MINCED/SOFT FOOD DIET BEFORE RETURNING TO A DIET OF NORMAL CONSISTENCY. THIS PROGRESSION TAKES PLACE GENERALLY AND IN ACCORDANCE WITH YOUR RECOVERY. BELOW IS A GENERAL GUIDE OF APPROXIMATELY HOW LONG YOU MAY BE ON EACH DIET TYPE:

POST SURGERY	
DAYS 1 TO 2 (IN HOSPITAL)	FLUIDS ONLY (ABLE TO SIP THROUGH A STRAW) INITIALLY CLEAR FLUIDS MOVING ONTO ALL FLUIDS
WEEKS 1 TO 2	FLUIDS ONLY (ABLE TO SIP THROUGH A STRAW) HIGH PROTEINS DRINKS OR SUPPLEMENTS
WEEKS 3 TO 4	PUREE FOODS
WEEKS 5 TO 6	MINCED / SOFT FOODS

THE INFORMATION PROVIDED HERE IS A FOOD TEXTURE GUIDE TO FOLLOW FOR THE FIRST SIX WEEKS FOLLOWING SURGERY. AT YOUR FOLLOW UP APPOINTMENT WITH YOUR DIETITIAN, YOU WILL BE PROVIDED WITH MORE INFORMATION NEEDED TO SUSTAIN YOUR WEIGHT LOSS IN THE FUTURE.

FREE FLUID PHASE - WEEKS 1 & 2

A FREE FLUID DIET IS DEFINED AS ANY LIQUIDS THAT ARE THIN ENOUGH TO DRINK THROUGH A STRAW. DURING THIS TIME IT IS IMPORTANT TO CONSUME FLUIDS THAT CONTAIN ADEQUATE AMOUNTS OF ENERGY AND PROTEIN. PROTEIN IS AN ESSENTIAL NUTRIENT FOR WOUND REPAIR AND RECOVERY.

TO REDUCE DISCOMFORT, START WITH SMALL, FREQUENT SIPS OF FLUIDS THROUGHOUT THE DAY. IT IS IMPORTANT THAT YOU DRINK REGULARLY TO AVOID DEHYDRATION. GRADUALLY INCREASE THE VOLUME OF FLUID YOU DRINK ACCORDING TO YOUR LEVEL OF COMFORT:

- START WITH 50ML EVERY 10 - 15 MINUTES
- AFTER A FEW DAYS YOU SHOULD COMFORTABLY MANAGE 125ML (1/2 CUP) EVERY 30 MINUTES
- BY THE END OF TWO WEEKS, YOU SHOULD BE ABLE TO MANAGE 250ML (1 CUP) OF FLUID AT A TIME

SUITABLE FLUIDS INCLUDE (REMINDER TO CHECK SUGAR/CARBOHYDRATE LEVELS):

MILK (SKIM, SOY & LACTOSE FREE)	FRUIT JUICE
HIGH PROTEIN SUPPLEMENTS (CYBORG, SUSTAGEN, ENSURE & OPTIFAST)	VEGETABLE JUICE
DRINKING YOGHURTS	THIN & SMOOTH SOUPS
WATER	HYDRALYTE (IF YOU ARE HAVING TROUBLE WITH DEHYDRATION)

TIPS:

- AVOID FIZZY/CARBONATED DRINKS AS THESE MAY CAUSE ABDOMINAL DISCOMFORT.
- IF YOU ARE SUFFERING FROM CONSTIPATION YOU MAY FIND DRINKING SOME PRUNE OR PEAR JUICE PLUS INCLUDING A FIBRE SUPPLEMENT SUCH AS BENEFIBRE MAY ASSIST.
- DRINK SMALL FREQUENT VOLUMES OF FLUID THROUGHOUT THE DAY TO PREVENT DEHYDRATION - CARRYING AROUND A WATER BOTTLE WILL ASSIST IN HAVING WATER MORE AVAILABLE TO YOU.
- ENSURE YOU TAKE A DAILY MULTIVITAMIN.

PUREE PHASE - WEEKS 3 & 4

AFTER TWO WEEKS OF FLUIDS YOU ARE NOW ABLE TO INCREASE THE TEXTURE OF YOUR FOOD TO PUREE. FOR THE NEXT TWO WEEKS FOODS MUST BE OF A SMOOTH, LUMP FREE, PUREED TEXTURE BEFORE YOU PUT THEM IN YOUR MOUTH. DO NOT TRY FOODS OF A THICKER/HARDER TEXTURE EVEN IF YOU ARE FEELING WELL AS THIS MAY CAUSE POTENTIAL DAMAGE OR CAUSE UNWANTED SYMPTOMS.

- USE A BLENDER TO ENSURE ALL YOUR MEALS ARE A SMOOTH PUREED CONSISTENCY.
- THE AMOUNT OF FOOD YOU WILL BE EATING WILL BE SMALL, AIM FOR HALF A CUP (125ML) PORTIONS AT EACH MEAL. START WITH 4 TO 6 MEALS PER DAY THEN GRADUALLY INCREASE THE NUMBER OF MEALS PER DAY ACCORDING TO YOUR HUNGER.
- SEPARATE LIQUIDS FROM MEALS TO ALLOW GREATEST SATIETY FROM YOUR MEALS. STOP DRINKING 10 TO 15 MINUTES BEFORE YOU EAT AND WAIT FOR 10 TO 15 MINUTES AFTER YOUR MEALS BEFORE YOU HAVE ANY FLUIDS.
- EAT SLOWLY AND CHEW WELL. AIM TO TAKE 15 TO 20 MINUTES TO EAT YOUR MEAL. IF YOU EAT TOO QUICKLY YOU MAY EXPERIENCE PAIN, DISCOMFORT AND/OR VOMITING.

YOU CAN STOP YOUR HIGH PROTEIN SUPPLEMENT IF YOU ARE ABLE TO GET ENOUGH PROTEIN FROM 'FOOD'; IT IS IMPORTANT TO THEREFORE TO MAKE FOOD CHOICES THAT ARE NOURISHING. ENSURE YOU CONTINUE TO TAKE YOUR DAILY MULTIVITAMIN.

SUITABLE PUREE FOODS (I.E. PUREE WITH A BLENDER IF REQUIRED)

WEETBIX WITH SKIM, SOY OR LACTOSE FREE MILK	SAVOURY MINCE AND VEGETABLES
PORRIDGE WITH SKIM, SOY OR LACTOSE FREE MILK	RICOTTA/COTTAGE CHEESE WITH SPREADABLE TUNA
FRUIT WITH LOW SUGAR YOGHURT	SPAGHETTI BOLOGNAISE
MEAT AND VEGETABLE CASSEROLE (AVOID STARCHY VEGETABLES)	TINNED TUNA AND AVOCADO

TIPS:

- SIP WATER FREQUENTLY THROUGHOUT THE DAY TO KEEP HYDRATED - CARRYING AROUND A WATER BOTTLE WILL ASSIST IN HAVING WATER MORE AVAILABLE TO YOU. AVOID HIGH ENERGY DENSE FLUIDS SUCH AS SOFT DRINK, ALCOHOL AND JUICE.
- USE LOW FAT DAIRY PRODUCTS.
- KEEP YOUR MEALS MOIST AND ADD EXTRA FLUID IF REQUIRED WHEN PUREEING MEALS TO AVOID DISCOMFORT ON SWALLOWING.
- INCLUDE PROTEIN AT EACH OF YOUR MEALS AND SNACKS. EAT YOUR PROTEIN FIRST AS YOU MAY FEEL FULL QUICKLY. HIGHER AMOUNTS OF PROTEIN ARE FOUND IN LEAN MEATS, POULTRY, FISH, EGGS, LEGUMES AND LOW-FAT DAIRY PRODUCTS.

MINCE / SOFT FOOD PHASE - WEEKS 5 & 6

THE TEXTURE OF YOUR FOOD FOR THE NEXT TWO WEEKS SHOULD BE FOODS THAT ARE SOFT OR WELL-COOKED IN GRAVY OR SAUCE TO MOISTEN. FOODS SHOULD BREAK EASILY INTO SMALL BITE SIZE PIECES USING A FORK.

EAT SLOWLY AND CONTINUE TO CHEW WELL. IT MAY TAKE 20 TO 30 MINUTES TO FINISH A SMALL MEAL. EAT NO MORE THAN 250ML (1 CUP) OF FOOD AT A TIME TO AS TO NOT THE PUSH THE LIMITS OF YOUR NEW STOMACH POST SURGERY. EAT 4 TO 5 TIMES A DAY; INCLUDE 3 SMALL MEALS AND 1 TO 2 SNACKS.

IF YOU HAVE TROUBLE EATING A CERTAIN FOOD AT FIRST, STOP EATING IT AND TRY AGAIN IN A WEEK OR SO. SEPARATE LIQUIDS FROM MEALS TO ALLOW GREATEST SATIETY FROM YOUR MEALS. CONTINUE TO TAKE YOUR DAILY MULTIVITAMIN.

SUITABLE MINCED/SOFT FOODS INCLUDE:

BREAKFAST CEREALS SOFTENED WELL WITH SKIM, SOY OR LACTOSE FREE MILK	CURRIED EGG OR SALMON MORNAV
TENDER COOKED VEGETABLES THAT ARE EASILY MASHED WITH A FORK	SOFT MEAT AND VEGETABLE CASSEROLE
FRESH FRUIT MASHED OR FINELY DICED SOFT PIECES OF CANNED OR STEWED FRUIT	VEGETABLE QUICHE WITHOUT PASTRY
SCRAMBLED EGGS OR PLAIN OMELETTE	SAVOURY MINCE AND VEGETABLES

LONG TERM

AFTER THE ABOVE FLUID / MODIFIED TEXTURE FOOD PHASES, YOU SHOULD NOW BE ABLE TO RETURN TO NORMAL TEXTURE FOODS. IF YOU LIKE YOU CAN FOLLOW SOME OF THE SUGGESTIONS BELOW (OR FROM THE BOOK - YOUR COMPLETE GUIDE TO NUTRITION FOR WEIGHT LOSS SURGERY) TO ASSIST YOU WITH YOUR WEIGHT LOSS, TO PREVENT YOUR NEW SMALLER STOMACH FROM HAVING ISSUES, TO GET THE NUTRIENTS YOU NEED FOR GOOD HEALTH AND TO PREVENT POTENTIAL SIDE EFFECTS SUCH AS NAUSEA, VOMITING, BLOATING AND/OR BLOCKAGES.

- CONTINUE TO TAKE YOUR PARIET DAILY FOR AT LEAST SIX WEEKS POST SURGERY.
- EAT 4 TO 5 TIMES A DAY, INCLUDE 3 SMALL MEALS AND 1 TO 2 SNACKS.
- PAY ATTENTION TO YOUR BODY'S SIGNALS OF HUNGER AND FULLNESS. LEARN TO KNOW WHEN YOU START TO FEEL FULL AND STOP EATING AT THAT POINT.
- CHOOSE LOW SUGAR FLUIDS. AVOID NON-DIET SOFT DRINKS, CORDIALS, JUICES AND SPORTS DRINKS.
- DRINK FLUIDS 15 - 20 MINUTES BEFORE OR AFTER MEALS. AVOID DRINKING WITH MEALS.
- FOODS SUCH AS RICE, PASTA AND SOFT DOUGHY BREADS ARE MORE LIKELY TO BE STICKY; THEY ARE BEST AVOIDED.
- CARRY A WATER BOTTLE AROUND WITH YOU TO KEEP YOURSELF HYDRATED.
- TAKE A DAILY MULTIVITAMIN; THIS WILL HELP REDUCE THE CHANCES OF NUTRITIONAL DEFICIENCIES WHICH CAN BE SERIOUS AND PERMANENT IN A SMALL NUMBER OF PATIENTS.
- ANNUAL BLOOD TESTS TO CHECK FOR ADEQUATE NUTRITION AND VITAMIN LEVELS.
- UNDERTAKE REGULAR EXERCISE - WALKING FOR 20 TO 30 MINUTES THREE TIMES A WEEK.

INFORMATION FOR GASTRIC BAND PATIENTS

GASTRIC BAND ADJUSTMENTS

THE GASTRIC BAND HAS ITS FIRST ADJUSTMENT APPROXIMATELY ONE MONTH AFTER SURGERY. THIS IS A SIMPLE PROCEDURE PERFORMED IN THE ROOMS BY EITHER DR BLAIR BOWDEN, DR JENNIFER DUNCOMBE OR DR LOUISE GORE-JONES. YOU WILL NOT NEED TO CHANGE OUT OF YOUR CLOTHES BUT YOU WILL NEED TO BE ABLE TO EXPOSE YOUR STOMACH SO THAT YOUR 'PORT SITE' IS ACCESSIBLE.

REMEMBER: DO NOT EAT ANYTHING (DRINKING IS FINE) TWO HOURS PRIOR TO YOUR GASTRIC BAND ADJUSTMENT AND ONLY HAVE FLUIDS FOR 24/48 HOURS AFTER YOUR GASTRIC BAND ADJUSTMENT.

DR JENNIFER DUNCOMBE VISITS VARIOUS LOCATIONS APART FROM THE WESLEY HOSPITAL TO PERFORM GASTRIC BAND ADJUSTMENTS. WE CONDUCT CLINICS AT THE FOLLOWING LOCATIONS:

LOCATION	PHONE	ADDRESS
WESLEY	3371 9521	SUITE 93, LEVEL 5, SANDFORD JACKSON BUILDING, WESLEY HOSPITAL
STAFFORD	3356 7744	STAFFORD CITY DOCTORS, STAFFORD CITY SHOPPING CENTRE, 400 STAFFORD ROAD
LOGAN	3806 0077	LOGANHOLME FAMILY MEDICAL PRACTICE, SHOP 206, LOGAN HYPERDOME
TOOWOOMBA	3371 9521	SHIELDAIG MEDICAL, THE RANGE SHOPPING CENTRE, 11 JAMES STREET, TOOWOOMBA
NOOSA	3371 9521	NOOSA PRIVATE HOSPITAL, 111 GOODCHAP STREET, NOOSAVILLE
CAIRNS	3371 9521	MCLEOD STREET MEDICAL, 67 MCLEOD STREET, CAIRNS

APPOINTMENTS CAN BE MADE ON THE ABOVE TELEPHONE NUMBERS

IF YOU ARE A GASTRIC BAND PATIENT AND ARE EXPERIENCING ANY PROBLEMS OR SIMPLY NEED REASSURANCE JUST PHONE OUR 24 HOUR EMERGENCY NUMBER ON 0412 027 890.

IF PROBLEMS DO ARISE YOU MAY NEED TO RETURN TO BRISBANE FOR FURTHER CONSULTATION WITH DR BLAIR BOWDEN.

ANESTHETIST CONTACT DETAILS

ANESTHETIST	PRACTICE	CONTACT DETAILS
DR KEITH BROWN DR CAMERON HASTIE DR LOUIS GUY	WESLEY ANAESTHESIA & PAIN MANAGEMENT SUITE 17, LEVEL 2 WESLEY MEDICAL CENTRE 40 CHASELY STREET AUCHENFLOWER QLD 4066	PHONE: 07 3377 0530
DR ATTILA NAGY	GABBA ANAESTHESIA SUITE 17 MATER MEDICAL CENTRE 293 VULTURE STREET SOUTH BRISBANE QLD 4101	PHONE: 07 3844 0390
DR MATTHEW PURCELL	WICKHAM TERRACE ANAESTHESIA UNIT 4 212 BOUNDARY STREET SPRING HILL QLD 4000	PHONE: 07 3831 0383

DIETITIANS

BRISBANE

WESLEY HOSPITAL DIETITIANS
OUTPATIENT CLINIC, REHAB SERVICES
LEVEL B1, EAST WING, WESLEY HOSPITAL

PH: 3232 6190

NICOLA FOX (PHONE CONSULTATIONS ALSO AVAILABLE)
25 ROCKBOURNE TERRACE, PADDINGTON

PH: 0409 274 125

CATHIE LOWE
VARIOUS LOCATIONS
MOB: 0409 628 551

ASPLEY: 3862 9223
ARANA HILLS: 3351 5888
NARANGA: 3886 9470
CABOOLTURE: 3036 5205

CHERMSIDE: 3350 2622
REDCLIFFE: 3284 8155
BURPENGARY: 3888 9470
COORPAROO: 3036 5205

KATHY BENN
VARIOUS LOCATIONS

PH: 0422 674 688

LEANNE WAGNER
VARIOUS LOCATIONS

SUNNYBANK: 3345 8483
WISHART: 3349 6063

WYNNUM: 3893 1244
NEW FARM: 3254 0333

KATJA GRIGOR
HEALTHY LIFESTYLES AUSTRALIA, TOOWONG

PH: 3088 2323

ONLINE & GOLD COAST

NUTRITION 4 LIFE
SUITE 2C
91 UPTON STREET
BUNDALL Q 4217

PH: 1300 655 829
EMAIL: ADMIN@NUTRITION4LIFE.NET.AU
WEB: WWW.NUTRITION4LIFE.NET.AU

IPSWICH

MARGARET REIDY
11 RODERICK STREET
IPSWICH Q 4306

PH: 3202 4977

SUNSHINE COAST

SALLY-ANNE LIVLOCK
MARY STREET WELLNESS
31 MARY STREET, NOOSAVILLE

PH: 5449 7958

TOOWOOMBA

EMMA MURDEN/HANNAH SLATTERY/ANNA REEVES
THE QLD CENTRE FOR DIGESTIVE DISEASE
ST ANDREW'S HOSPITAL, 280-288 NORTH STREET
TOOWOOMBA Q 4350

PH: 4633 2885

GOONDIWINDI

MARGOT HAWKER; GOONDIWINDI MEDICAL CENTRE
49 BOWEN STREET, GOONDIWINDI Q 4390

PH: 4671 1444

CAIRNS / ATHERTON

CAIRNS - MITCHELL SMITH & HALEY CREMER
HEALTH MANAGEMENT DIETITIANS
4/194 MCLEOD STREET, CAIRNS Q 4870

FOR ALL APPOINTMENTS
PH: 4051 9093

PSYCHOLOGISTS

BRISBANE

SANTO RUSSO & BETTER LIFE PSYCHOLOGY TEAM

BETTER LIFE CENTRE
1 / 538 GYMPIE ROAD
KEDRON Q 5430

PH: 3353 5430

GLENN MACKINTOSH & WEIGHT MANAGEMENT TEAM

WEIGHT MANAGEMENT PSYCHOLOGY
417, LEVEL 4, DAKOTA (SOUTH)
88 MACQUARIE STREET
TENERIFFE Q 4005

PH: 3358 3312

DR ROMANA BOWD

15 MORROW STREET
TARINGA QLD 4068

PH: 3830 5999

IPSWICH

GEOFF TOPPING

IPSWICH PSYCHOLOGY CENTRE
29 ROWLAND TERRACE
COALFALLS Q 4305

PH: 3202 2285

TOOWOOMBA

MARISSA IRVINE

13 ISABEL STREET
TOOWOOMBA CITY Q 4350

PH: 0466 909 100

EXERCISE PHYSIOLOGISTS

TIM DOUGE

RESILIENCE HEALTHCARE
12 EDMONSTONE STREET
SOUTH BRISBANE Q 4102

WWW.RESILIENCEHEALTHCARE.COM.AU

PH: 0409 315 826

EXERCISE & SPORTS SCIENCE AUSTRALIA

W: WWW.ESSA.ORG.AU

NOTES

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NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.