

Bryn Hamilton R.D., L.D.

Registered Dietitian

Bariatric Nutrition

Congratulations on your decision to have bariatric surgery. It is a lengthy process, but you are almost finished. A requirement for bariatric surgery is to meet with a Registered Dietitian for nutritional education. Your appointment with me will last approximately 1 1/2 hours. Please fill out all the paperwork included in the folder, including the 3 day food diary. After we meet, I will write a report that will be given to Dr. Blaney or Dr. Chasen and sent to your insurance company along with the rest of the paper work that is required.

Because insurance companies require a nutritional evaluation for anyone considering bariatric surgery, they may pay for part of your evaluation. Because I do not precertify you for coverage, I require payment at the time of the appointment. My fee for the class (2-3 people) is \$100.00. I will file your claim with your insurance company and if they cover the service and send me a check, I will reimburse you the amount they sent me. Most insurance companies will not reimburse my service at 100%. You may pay me via check, cash, money order or credit card. If you choose to pay using a credit card you will need to use my Paypal account with the following email address: [bhamiltonrd@comcast.net](mailto:bhamiltonrd@comcast.net). If you choose to pay using Paypal, you will need to pay the day before our appointment so I can verify that payment has been received.

I look forward to meeting you soon.

Sincerely,

Bryn Hamilton R.D., L.D.

# 3 Day Food Diary

Please use this form to keep a record of everything you eat and drink for the next 3 days. Please write everything you eat and drink down and approximate amounts. This will help me determine what changes you need to make after your surgery. Please be honest. This will in no way determine whether or not you are a good candidate for weight loss surgery.

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<u>Snacks</u>	<u>Snacks</u>	<u>Snacks</u>