



Non-Surgical Manual

General Information

Office Hours: Monday – Friday 8:00am – 4:30pm

Phone: (320) 240-2828 (Please use this number during business hours, after hours and on weekends.)

Address:
CentraCare River Campus
1200 6th Avenue North
St. Cloud, MN 56303

www.centracare.com/mychart

Consent Form

AUTHORIZATION FOR EXAMINATION AND TREATMENT

1. Treatments and services offered by *CentraCare Weight Management* include:
 - a. Medical and behavioral screening, nutritional assessment and exercise assessment.
 - b. Routine follow-up visits with *CentraCare Weight Management* providers and personal coaches.
 - c. Weekly medical monitoring that may include weight, blood pressure, and pulse.
2. Medical problems should be reported to a *CentraCare Weight Management* provider.
3. Medical problems unrelated to weight loss will be referred to the primary care provider.
4. During the reducing phase, possible side effects may occur. Common side effects include; dizziness, fruity breath, fatigue, leg cramps, missed or late menstrual periods, dry skin, temporary hair loss, sensitivity to cold, diarrhea, and constipation.
5. Patient photos may be taken by *CentraCare Weight Management* staff at various times in the program. These photographs will not be used without specific permission.

CONSENT FOR USE OF MEAL REPLACEMENT PRODUCTS

1. **Products may only be purchased during scheduled appointments with *CentraCare Weight Management*.**
2. Purchased products are non-returnable and non-transferable.
3. The enrollment fee is paid in full before initiating product use and weekly coaching. **The fee is non-refundable and non-transferable.**

Attendance Policy

1. Medical supervision is essential for the safety and effectiveness of weight loss. During all phases of the program patients are scheduled to attend weekly or monthly clinic visits.
2. Patients arriving more than 10 minutes late to any appointment have the option to wait for a later appointment that day or reschedule for later that week.
3. Patients will receive an end date for their Reducing Phase. If enrolled in the Wellness Weight Management program, patients will have 12 weeks of weekly personal coaching. Medical Weight Management patients will have 24 weeks of weekly visits consisting of 3 personal coaching and one physician visit each month.
4. At the end of the 12 or 24 week Reducing Phase, patients will have the option to continue weekly coaching for an additional fee or transition to monthly coaching or group classes for no additional fee.

Side Effects

Side effects may occur while using the New Direction products. These side effects are usually mild and temporary as your body adjusts to a new diet regimen. Report any persistent effects to the *CentraCare Weight Management* nurse or provider. The most common side effects are:

Hypotension (Low Blood Pressure)

At the beginning of the very low-calorie diet (VLCP), there can be increased water loss in urine, resulting in lower blood volume and lower blood pressure. If you move quickly from a reclining to a standing or a sitting position, blood may not reach the brain for a second or two. Reduced blood supply to the brain may cause dizziness, light-headedness, or seeing black spots before your eyes.

Solutions include:

Move slowly when transitioning from a lying or sitting position to standing.

Avoid restricting garments that can cause pooling of bloods in the legs.

Drink plenty of water and other calorie-free liquids to keep your blood volume high.

Take all prescribed packets of the New Direction product since carbohydrate and sodium in the formulation help prevent this situation.

If you perspire heavily, or are out in hot weather, it may be advisable to take 1-2 servings of regular bouillon to replace sodium and raise blood volume.

If you have a history of high blood pressure, talk to a *CentraCare Weight Management* provider before using bouillon.

Note: Because of low blood volume, do not give blood while in the Reducing and Balance Phases of the VLCP.

Fruity Breath

While following a VLCP, you may exhale acetone as you breathe. Acetone has a fruity odor. You may want to use mouthwash, sugar-free breath mints, or sugar-free chewing gum.

Fatigue Euphoria

For most patients, fatigue is not a problem. Delay beginning a new program of physical activity for a week or two if you experience fatigue. Many patients report increased energy levels after the first week or two.

Headache

You may experience a headache during the first few days on the New Direction products. This may be caused by reducing caffeine too rapidly or a shift in body fluid or blood sugar. You may use Tylenol or other acetaminophen-containing products. Do not use aspirin.

Muscle Cramps

Maintain your daily recommended fluid intake. Take all prescribed packets of product in order to meet your nutrient requirements. If muscle cramps are troublesome, report them to the *CentraCare Weight Management* staff.

Foot Drop

A very rare and relatively temporary problem associated with weight loss is foot drop. As weight loss occurs, a nerve in the back of the knee may become more exposed and sensitive to pressure. Crossing the legs at the knees may result in foot drop. To prevent this situation, avoid crossing your legs.

Constipation or Diarrhea

A change in bowel routine may occur within the first 7-10 days due to the major change in diet. Diarrhea can result in excess fluid and mineral losses and should be reported to the *CentraCare Weight Management* provider. Constipation is defined as hard stool or reduced volume and/or frequency of bowel movements. If you experience any abnormal bowel movements, talk with the *CentraCare Weight Management* provider or nurse. If you experience either condition for more than 3 days, call the *CentraCare Weight Management* office. Avoid laxatives and enemas as they can be harsh to the bowel when on a reduced calorie diet.

Temporary Thinning of the Hair

Hair shedding or extra hair loss is a common side-effect of rapid weight loss. This is more common in females after at least three months of weight loss.

Menstrual Irregularities

Tests for pregnancy should be done if a menstrual period is missed or late. Notify *CentraCare Weight Management* if you are pregnant, suspect you may be pregnant, or are trying to become pregnant.

Temporary Rise in Liver Enzymes and Hyperuricemia

These side effects are detected by laboratory tests and may be monitored throughout the Reducing Phase.

Anemia

Hemoglobin and hematocrit tests may be evaluated during screening and will be monitored if necessary during the Reducing Phase.

Cardiac Arrhythmias (abnormal heart rhythms)

An EKG may be done initially and after every 30-50 pounds of weight loss to determine if any abnormality has occurred. The risk of cardiac arrhythmias will be minimized by taking all New Direction product prescribed for you, to ensure an adequate intake of protein and electrolytes.

Gallbladder Symptoms and Gallstones

Studies have shown there is an increased risk of gall bladder symptoms and gallstones during weight loss. For clients with a history of gall bladder symptoms, weight loss may cause symptoms to recur. Any pain in your abdomen should be reported to the *CentraCare Weight Management* provider or nurse.

Tanita Scale Directions

In preparation for your upcoming body composition test, please ensure the following conditions are met:

1. No alcohol 48 hours prior to the test.
2. Avoid intense exercise 12 hours before the test (running, weight lifting, or any exercise for durations longer than 30 minutes).
3. Avoid eating or drinking (especially caffeinated products) 4 hours prior to the test.
4. Empty bladder 30 minutes prior to the test.
5. Avoid all diuretics for 7 days before test (only if possible; please consult your primary doctor before stopping any medications).

You will be required to remove your shoes and socks/nylons during test.

If you are ill at the time of your appointment, consider rescheduling as illness can affect results.

If you have any questions regarding the Tanita Scale Directions please contact the clinic at (320) 240-2828.

Thank you and we look forward to your visit.

