Bariatric Surgery Program Smoking Policy

We require that all patients quit the use of any tobacco and nicotine containing products three months prior to the date of their initial consultation.

Prior to surgery, a blood or urine nicotine test may be required and must be negative. Your surgery will be postponed, or you could be released from consideration for surgery altogether if you test positive for nicotine. You will not be rescheduled for surgery until you have been tobacco-free for three months.

You have decided to have weight loss surgery to improve your health and prolong your life, and quitting tobacco use will give you even greater health benefits than weight loss alone. Nicotine and other byproducts of tobacco can cause serious problems during and after your surgery.

- Smoking increases the risk of a heart attack or stroke during surgery.
- Smoking can cause respiratory difficulties, such as pneumonia and bronchitis.
- Smoking decreases the amount of oxygen available to your body.
- Smoking slows healing and can lead to wound infections due to reduced oxygen levels in your blood.
- Smoking causes heartburn.
- Smoking causes stomach ulcers.
- Smoking decreases your body’s ability to absorb vitamins and minerals.

Please make sure that you have successfully quit using tobacco for three months or longer before scheduling your appointment with the surgeon to avoid any delay in scheduling your surgery date.

☐ I have read and understand the Smoking Policy of University of Utah Health Care Bariatric Surgery Program. I understand the risks of smoking with bariatric surgery and I agree to abstain from smoking before and after surgery.

TYPE NAME: ________________________________________________
Signature: __________________________________________________ Date: ______________________

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