



FORM #SC10.5.4a

Nicotine Cessation

Your team at Northwest Weight & Wellness Center is dedicated to providing you with the highest level of healthcare. We strive to improve your health by reducing risk and providing you with the safest medical and surgical experience possible.

Using nicotine before and after weight loss surgery carries many risks including staple-line leak, poor wound healing, infection, stomach ulcers, pneumonia, blood clots, stroke, and death. Risk of complications during or immediately after surgery increases by 10 times with nicotine use.

All patients must stop nicotine use a minimum of 10 weeks before surgery and for the rest of their life after surgery.

This includes all forms of nicotine, including:

- cigarettes
- vaping
- chewing tobacco
- nicotine gum & patches

To ensure you are nicotine-free, we will complete nicotine tests at the following appointments:

- Surgical Consultation
- Day of endoscopy
- Pre-Operative visit
- Day of surgery
- Additional post-op appointments if you are having surgery complications (urine test)

The following will be adhered to during the testing process:

- Your Medical Assistant will escort you to the restroom and wait outside until you have finished leaving your sample
- We ask that you hang any excess clothing and items such as bags and coats on the hook located outside of the restroom
- You will not be permitted to have anyone else in the restroom with you during collection of your sample. If you require assistance please let the Medical Assistant know

*Testing intervals and methods may vary based on current or prior nicotine use, as well as availability of testing in your area of residence.

Your surgery will be postponed if your urine tests positive for nicotine within 10 weeks of your surgery date for any reason, including secondhand smoke or handling nicotine products. If you refuse to take a nicotine test, your test will be assumed to be positive. If your urine test is invalid or cannot be accurately analyzed, you will have blood drawn for a serum cotinine test.

If you have been using nicotine within the past year, you are encouraged to join a nicotine cessation program. You can also contact the Quitline at 1-800-QUIT-NOW for support with nicotine cessation.

I have read this form and acknowledge that I must stop using nicotine products before and after surgery. If I do not stop using nicotine products at least 10 weeks before my surgery, it will be postponed for my safety.

Patient Signature

Date

Printed Name of Patient