

Pre-Procedure Checklist

- Review Patient Starter Kit**
 - Pre and post-procedure diets
- Review Post Procedure Medications**
 - Fill prescriptions before procedure
 - Antacids must be taken every day during the insertion phase
- Set Expectations: What to expect**
 - Nausea, vomiting and abdominal pain tips
 - Take a 3 – 5 days off from work
 - Stay Hydrated – small sips of warm water and clear broth are better than cold water
 - Clarify who to call with questions
- Register Patient on Retrofit Portal**
 - <https://www.retrofitme.com/commitment/reshape>
- Please inform patient**
 - A wireless scale will arrive in mail within 5- 10 days
 - After registration, look for an email that contains a web link to set up their Retrofit user account. They can complete the registration process at home.
 - The patient will need to create their own username and password, schedule their first session (which also assigns their coach), and continue completing the registration.