



YOUR TRANSFORMATION TIMELINE



DR SCOTT WHITING

UPPER GI • BARIATRICS • GENERAL SURGERY

07 4725 2833

drscottwhiting.com.au

YOUR TRANSFORMATION TIMEFRAME



To begin your journey, please arrange with your GP for a referral to Dr Scott Whiting.

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1. INITIAL CONSULTATION WITH DR WHITING

Starting your weight loss journey

Pre-operative testing may include:

- Blood test
- Sleep study
- Liver ultrasound
- Gastroscopy

2. NURSE ASSESSMENT

3. DIETITIAN ASSESSMENT

Diet and behaviour change, contemplation, and implementation

- Acknowledging your relationship with food and identifying food triggers
- Preparing for your pre-operative diet
- Contemplating your diet and physical activity plan pre- and post-surgery
- Smoking reduction /cessation

4. PSYCHOLOGY ASSESSMENT

5. PRE OP APPOINTMENT WITH DR WHITING

Moving forward to surgery

- Understanding your surgery
- Pre-admission process and paperwork
- Starting your pre-operative diet
- Organising medical certificates if required

6. SURGERY

7. RECOVERY

Realising the benefits

- Focusing on fluids and protein
- Establishing regular activity
- Monitoring diet and nutrition
- Ongoing psychology input (as required)
- Medication reviews with surgeon and your own GP
- Participation in support groups

8. POST OP APPOINTMENTS & FOLLOW UP



INITIAL CONSULTATION WITH DR WHITING

This consultation is an opportunity for Dr Whiting to get to know you and discuss your journey and your plans for weight loss surgery.

This discussion will be tailored to you - Dr Whiting will consider your medical history, your goals and discuss your individual surgical options. He will outline each procedure, the advantages, disadvantages, and the risks associated with each process. He will also discuss the program he runs to ensure you are well informed about the process and our commitment to supporting you along this journey. During this consult our team will also provide you with a quote for the procedures you are considering.

Dr Whiting may also look at potential surgical dates with you. This can be confirmed during your appointment or with the bariatric nurse during your nurse assessment.



NURSE ASSESSMENT

During your nurse assessment, our team will review your medical history and discuss and arrange pre-operative testing.

The bariatric nurse will also assist you with booking a surgical date if this hasn't been done yet and support you with superannuation claims if required. Our program values thorough investigations and assessment in line with best practice guidelines.



DIETITIAN ASSESSMENT

Following your consultation with Dr Whiting, you will see our dietitian who will cover the dietary aspects of weight loss surgery.

The dietitian will provide dietetic support for the 12 months following your surgery - this is included in Dr Whiting's fee.



PSYCHOLOGY ASSESSMENT

Dr Whiting will send you for a psychological assessment as standard practice.

A follow up with a psychologist after your surgery will be determined in conjunction with the patient, Dr Whiting, and the psychologist.



PRE-OPERATIVE APPOINTMENT WITH DR WHITING

This appointment with Dr Whiting occurs one to two weeks prior to your surgery.

He will go through the consent process and give you paperwork to read and sign. Dr Whiting will also outline the process for your hospital admission, so you know what to expect on the day.



SURGERY

Your surgery will be performed at the Mater Private Hospital Townsville.

You will remain in hospital for one to three days before being discharged.



RECOVERY

In most cases patients will usually take two weeks off work.

If you have a physical job, you may wish to consider an additional week off work. Dr Whiting can discuss this further with you during your pre-operative appointments.



POST-OPERATIVE APPOINTMENTS AND ONGOING FOLLOW UP

You will receive a phone call from our bariatric nurse within seven days of being discharged home.

You will see the dietitian at two to three weeks post-surgery and Dr Whiting at four weeks post-operation. You will continue to see Dr Whiting and our team long-term to ensure you are reaching your goals.



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DR SCOTT WHITING

“My personal goal is to ensure the people of North Queensland have access to world class surgical procedures, delivered by highly trained specialists.”

I am a general surgeon with sub specialty training in Upper GI and Bariatric surgery. I completed my local training in Townsville, Mackay and Brisbane before pursuing extensive sub specialty training in new Zealand and the United Kingdom.

I specialise in laparoscopic (keyhole) oesophageal and gastric cancers, revision weight loss surgery and hiatal hernia/anti reflux procedures.

LEARN MORE ABOUT DR SCOTT WHITING

