

## Welcome to Alberta Bariatric Clinics

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### South Edmonton

829 Saddleback Road  
Edmonton, AB T6J5R4  
P 587-523-6557  
F 587-523-6558

### West Edmonton

Glenwood Health Centre  
Suite 301, 16028 100A Ave  
Edmonton, AB T5P0M1  
P 780-705-1264  
F 587-521-1801

[info@abcweightmanagement.ca](mailto:info@abcweightmanagement.ca)

Thank you for choosing us to be your support team!

For your **initial assessment appointment**, please be aware of the following instructions. Feel free to call or email us if you have any questions.

If you wish to explore ABC Weight Management services before enrolling in our programs, the 30 minute information session is free of charge. Should you decide to work with our team on a permanent basis, please read below for some considerations for your initial assessment with the bariatric educator, nurse, exercise physiologist and the physician.

**1)** Be prepared to spend approximately one to one and a half hours for this appointment as we want to ensure your appointment is thorough and complete. This initial assessment is made between 9 and 5pm, but subsequent appointments can be made later upon availabilities. Due to the length of this appointment, please do not bring small children.

**2)** Depending on any examination or testing that may be required (ECG, spirometry, blood pressure etc), please wear clothing that is easy to remove. Restrictive clothing such as girdles or spanx are not recommended this will affect the accuracy of your measurements.

**3)** Please bring a complete list of medications with you, including dosages.

**4)** Please be aware that the initial assessment fee is \$200, due upon the completion of your appointment. At this time, our clinic only accepts cash or cheque. Receipts will be provided to you for insurance purposes.

If you have an appointment for your **Metabolic Rate Testing**:

- 1) Please refrain from eating or drinking (except water) four hours prior to your appointment
- 2) No exercise or caffeine consumption four hours prior to the appointment time
- 3) No nicotine 2 hours prior to the appointment time
- 4) No products containing Ma Heung

**How Does the Test Work?**

You will be seated in a chair and will be asked to place a nose clip on your nose, while breathing through the mouthpiece on the MedGem device. The test time varies on each individual, but the test takes between 7-10 minutes. The appointment time you will be booked for however, will be 30 minutes to ensure you have time to be rested before the test is taken.

We look forward to meeting with you.

Sincerely,

The ABC Weight Management Team