



Thank you for your enquiry. We would be more than happy to help you arrange your surgery. In the meantime, please find some information about our "GASTRIC SLEEVE SURGERY PACKAGE" below.

HOW MUCH DOES THE GASTRIC SLEEVE PACKAGE COST?

Our gastric sleeve package costs €3500/£3150 or 3950 USD. This price includes the sleeve operation, all tests, transfers, 3/4 nights in hospital (depending on your arrival time), 1 night in 4* hotel, free Botox and teeth whitening, your post op medication package and the cost of your flights (up to €300/£260). If travelling with a partner or companion they will stay with you, free of charge, during your hospital stay and will receive 3 meals a day and B & B in the hotel.

YOUR HOTEL, HOSPITAL STAY AND ALL TRANSFERS ARE INCLUDED IN OUR PRICES.

GET SLIM would like to welcome our patients again with another private jet offer. We are one of the largest and longest standing companies offering obesity and plastic surgeries so it is now very easy to achieve your new look by having your obesity surgery done with a service that is beyond excellence. This offer is ALL INCLUSIVE - PLUS MANY OTHER FREE SERVICES.

DEPARTURE (from Stansted to Izmir): planned for 12th August (exact date tba)

RETURN (from Izmir to Stansted): planned for 18th August (exact date tba)

The services included in this private jet package price of £3650 are;

- Private Jet experience
- 20kg luggage allowance
- 1-piece hand luggage
- Sleeve Surgery
- Transfers
- Personal guidance and assistance service starting from London Stansted Airport with our English-speaking Team Members
- English speaking carers in the hospital 24/7
- COVID -19 Tests for return to the UK
- 3/4 nights Hotel Accommodation
- 3 nights hospital stay
- All prescribed medication and multivitamins and protein shakes
- A trip to the World-famous Virgin Mary's house
- Teeth Whitening
- One area Botox
- One year aftercare package from hospital and lifetime online support from GSIT
- A £650 non-refundable deposit is required to secure your booking.

1 companion can accompany you at an additional cost of £850 (with a £650 non-refundable deposit.)

All deposit payments must be paid by credit card in GBP (credit card link will be sent to you for online payment).

DO I NEED TO BUY ANY ADDITIONAL MEDICATION?

Yes, there is a post op pack (medicine pack) supplied to you prior to your discharge from the hospital. This consists of stomach protectors, blood thinning injections, vitamins and other medical supplies needed. Prior to discharge one of our GSIT team will go through all the medications with you. The standard post op package is included in the package price.

WHICH HOSPITALS DO YOU USE?

We use one of two modern, private hospitals for our surgery, one is located in KUSADASI and the other in IZMIR. The operation is performed via keyhole surgery by one of our highly skilled and experienced bariatric surgeons. We also offer a unique service in that we provide ENGLISH speaking carers to look after you whilst in the hospital 24hrs a day. There is a member of our GSIT team who is also available to translate between any non-English speaking hospital staff although many of our doctors speak English.

PLEASE NOTE: IF YOU GO DIRECT TO THE HOSPITAL WITHOUT BOOKING THROUGH GSIT YOU WILL NOT RECEIVE ANY OF OUR SERVICES WHICH INCLUDES 24HR ENGLISH SPEAKING CARERS, TRANSLATIONS WHEN NEEDED, LIFETIME ONLINE SUPPORT AND MANY MORE.

CAN I BRING SOMEONE WITH ME?

Yes, you can bring a partner or companion with you at no extra cost. They will also share all transfers, have a bed in your hospital room and be given 3 meals a day. (You can bring a companion on the private jet for £850. The deposit required is an additional £650 to bring a companion with you.)

AM I LIKELY TO HAVE COMMUNICATION PROBLEMS BOOKING WITH A COMPANY BASED IN TURKEY?

No, we are a BRITISH owned company registered in Turkey and we deal with patients from all over the world so you should not experience any communication problems as we employ ENGLISH speaking staff. Our staff are available 24hrs a day to help and assist you in the hospital.

IS IT NECESSARY TO DO ANY SPECIAL DIET BEFORE SURGERY?

You are not required to undergo a liver shrinking diet or follow any other special diet prior to surgery as our surgeons are so experienced, they can operate with inflated livers. They also have equipment that enables them to assist with fatty livers during surgery.

WILL I HAVE ANY TESTS BEFORE I HAVE SURGERY?

Yes, you will see several doctors on arrival at the hospital before your procedure. The preoperative tests consist of the following

- BLOOD TESTS
- URINE ANALYSIS
- X RAYS
- ULTRASOUND
- ECG
- RESPIRATORY FUNCTION TEST
- ENDOSCOPY (You will be asleep during this procedure)

An ENEMA is NOT required.

You will also have consultations with an anaesthetist, cardiologist, chest specialist, internal medicine consultant, psychiatrist and your bariatric surgeon.

WHAT AFTERCARE WILL I RECEIVE ONCE I RETURN TO HOME?

Our aftercare package includes 2 years free check-ups if you travel back to Turkey giving you an opportunity to see a surgeon. But you will also have access to all our dietician information and any advice whilst at home. You can also send your blood tests to be assessed by your surgeon who will evaluate and advise at 1, 3, 6, 12 and 24 months after surgery. We also visit the UK, IRELAND and GERMANY with our surgeons on a regular basis (normal circumstances permitting) so you also have the opportunity to see your surgeon again during this time. We have an online support network which is available 7 days a week and you will be given an emergency telephone number in Turkey for a member of GSIT that you can call at any time.

WHAT IS THE APPROXIMATE RECOVERY TIME AFTER SURGERY?

As the surgery is keyhole most patients have a very fast recovery time after the initial 3 days in hospital and return to their normal daily routines and activities 4 to 5 days after surgery. You are able to fly home on the 4th day after surgery or if you prefer you can spend a night in a hotel which is included in the package price and then fly home on the 5th day.

WHO IS ELIGIBLE FOR THE SURGERY?

Please let us know the answers to the questions listed below and we will advise if you are eligible.

- Is your BMI over 30? If you do not know your BMI then let us know your height and weight and we can work it out for you.
- Do you have any on-going medical conditions such as Diabetes, High Blood Pressure or Heart problems?
- Have you ever had any previous surgeries?
- Do you take any kind of medication and if so what dosage?

HOW DO I BOOK?

Prior to booking your flights you must first ensure that your BMI is over 30 and that if you are taking any medications or had previous surgeries you have advised the GSIT team and sent ALL the information needed for approval by the surgeon. You then need to check your dates with the GSIT team for availability before booking. Once we have confirmed the date you need to arrange your own flights and once booked send the GSIT team a screenshot of your flight tickets, copies of yours and your companions (if you are bringing one) passport. We also need an email address and phone number that you can be contacted on and we will then book you in for your procedure and send you a booking confirmation.

There are NO waiting lists as we can do several surgeries a day.

The closest airport is IZMIR – ADNAN MENDERES AIRPORT. If travelling alone and would like a surgery buddy, we can also pair you off with other patients if dates coincide with each other.

WHICH AIRLINES FLY TO IZMIR?

Currently PEGASUS has cheap direct flights from London Stansted. EASYJET also has direct flights from Gatwick from April onwards. AER LINGUS, SUNWAY and SUN EXPRESS have flights from Dublin direct in the summer. And TURKISH AIRLINES have flights via Istanbul in the winter.

HOW DOES THE SLEEVE WORK?

The gastric sleeve works in three ways. Firstly, it is a restrictive procedure, meaning that it achieves weight loss by restricting the amount of food that can be eaten. Secondly, 80% - 85% of the stomach is removed along with the hunger hormone Ghrelin. This hormone stimulates appetite and hunger. The elimination of the Ghrelin hormone results in a significant reduction or loss of appetite.

Lastly, surgery combined with changed behaviour is a proven method of achieving long term weight loss for people who are obese. Obesity is closely linked with many health problems including Diabetes (high blood sugar levels), Hypertension (high blood pressure), Heart Disease, Hyperlipidaemia (high blood fats), Sleep Apnoea (disturbed sleep), Infertility, Social Isolation, and Depression. Studies have shown that some of these obesity associated health conditions have improved or gone away completely after surgery.

HOW FAST WILL I LOSE WEIGHT?

Each person is different and many different factors will determine how much weight or how fast weight is lost. However, most gastric sleeve patients lose up to 70% of their excess weight within the first year and up to 80% of it in 2 years. And as you start to lose weight you will begin to feel healthier and more energetic.

WHAT ARE THE RISKS OF BARIATRIC SURGERY?

While bariatric surgery can offer many benefits, all forms of surgery are major procedures that can pose serious risks.

Also as with any major procedure, bariatric surgery poses potential health risks.

Those risks associated with this surgical procedure can include:

- Excessive bleeding
- Infection
- Adverse reactions to anaesthesia
- Blood clots
- Lung or breathing problems
- Leaks in your gastrointestinal system
- Death (very rare)

ARE THERE ANY POSSIBLE PROBLEMS AFTER SURGERY?

Some people find it difficult to tolerate some foods and this can vary from person to person. The most common foods to initially cause problems may be dry meat, soft white bread, rice, stringy or fibrous vegetables, salad, sweet corn, nuts, dried fruit, pips and seeds. If you find you can't tolerate a certain food, try it again in a few weeks' time. There is a lot of adaptation in the first few months and you will manage it all in time.

- **VOMITING** - You should not expect to be sick after gastric sleeve surgery. If you are sick at any time it is likely you have either eaten too much, too quickly, not chewed the food enough or had a drink too near to the meal.
- **CONSTIPATION** – Although this is normal you should have at least 2 litres of water a day. Also try to choose more high fibre foods such as whole grain products, fruit and vegetables. Regular exercise will also help to alleviate constipation.
- **DIARRHOEA** – This can also be normal after surgery but you are able to take REFLOR sachets or IMMUDIUM to help. Also make sure you stay hydrated by drinking a minimum of 2 litres of water a day.
- **ALCOHOL** - It is not recommended that you drink alcohol for at least the first 6 weeks after your operation and remember that you will feel the effects of alcohol much more quickly than before. Please remember it is not recommended to drink fizzy drinks such as beer as this can cause discomfort or even worse could stretch your stomach.
- **VITAMINS** – Your surgeon will recommend that for 1 year after your surgery you take Multivitamins. You are also required to have regular blood tests at 1,3, 6, 12 and 24 months.
- **TIREDNESS** – This is normal in the first few weeks after surgery. Again, each person is different so you need to listen to your body.
- **SEXUAL INTERCOURSE** – It is recommended to wait at least 2 -3 weeks after surgery.
- **DRIVING** – Most patients are driving 4 days after surgery. Please ensure that you are able to do an emergency stop without discomfort or pain.

- PREGNANCY – It is recommended you wait 1 year before getting pregnant as your hormones will take time to settle down after surgery and it may affect your overall weight loss.

WHAT SHOULD I EXPECT AFTER THE SURGERY?

You should take it easy while you recover from your procedure. Taking good care of yourself while you heal ultimately leads to a faster and a better recovery. However, the recovery period does vary from patient to patient. Generally, though, you can expect to be up and moving around a few hours after your bariatric surgery. You may feel tender or experience some discomfort but these symptoms are quite normal and should subside quickly. Any discomfort can be managed with oral pain medication. Most patients find they can return to normal everyday activities within 4 - 5 days.

WHAT CAN I EAT DURING THE FIRST FEW WEEKS AFTER SURGERY?

The first two weeks after surgery you will be on a liquid diet. Then the following 2 weeks you will be on a puree diet. You should then aim to be eating 'normal' foods again approximately 1 month after your operation. You will be given full details of foods to be eaten and information from the dietician and GSIT team after surgery and prior to discharge. After 4-5 weeks you will be having 3 small meals a day with no more than 4-5 hours between each meal. The long-term aim is to have 3 tea plate sized meals a day, with nutritious healthy snacks such as fruit, yoghurt or raw nuts in between.

In the initial period after surgery, you will only be able to eat very small portions and will probably not feel hungry due to the changes in stomach hormone levels. It is common for your portion sizes to increase to a child's size or starter portion within a year of your surgery.

ARE THERE ANY OTHER PLACES I CAN FIND MORE INFORMATION?

You can get more information about the surgery from our website, Instagram and Facebook pages. We have two Facebook support groups: Get Slim in Turkey - Private Surgery Group (for weight loss patients) and Get Beautiful in Turkey - Private Surgery Group (for plastic surgery patients).

Please note that if you are travelling into Turkey you need to have a negative PCR test done no more than 72 hours prior to your flight. If you are travelling from the UK on your return you will need to have two tests - one on 2nd day after your return home and another on 8th day. Please find the link to book these below.

<https://quarantinehotels.ctmportal.co.uk/Quarantine/Home.aspx>

If you require any further information, please do not hesitate to get in contact with our GSIT TEAM.

We look forward to hearing from you.

Kind Regards,

The Getsliminturkey team

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