

Before Surgery

General Reminders

- The week before surgery you will go for pre-surgical testing at the hospital. You will be informed of the date and time by the hospital.
- Review your information packet and nutrition information.
- Equip yourself with some helpful kitchen utensils, food items and the supplements required after surgery.

Blender

Mini chopper

Strainer

Measuring cups

Ice cube trays (these can be used to freeze small portions of pureed foods for several days)

Sugar free pudding or mix

Sugar free jello or mix

Applesauce

Farina or cream of Wheat

Splenda

Skim Plus milk

Jarred baby food (some patients chose to buy this instead of pureeing foods at home)

As discussed during your pre-op nutrition consultation:

High protein (low carb / low sugar) drinks

Chewable multivitamin/mineral

Chewable calcium with Vitamin D

- Follow the pre-op diet 14 days prior to surgery and ONLY CLEAR liquids the day before.
- Make a follow-up appointment with the dietitian 2 – 4 weeks after your surgery date.
- DO NOT EAT OR DRINK anything after midnight the day before surgery.
- Shower the night before or the morning of surgery.

Medications

- STOP Plavix 3 weeks prior to surgery.
- STOP or AVOID the following medications, 12 days prior to surgery: Ibuprofen, Naproxen, Aspirin, and/or any medications containing Aspirin.
- DO NOT TAKE insulin and/or any diabetic medications the day of surgery.

- Consult with your physician – you may need to stop or adjust diabetic medications sooner due to pre-op diet instructions.
- Stop any hormone therapy 1 week prior to surgery.
- You SHOULD take medications for high blood pressure with a small sip of water the day of surgery.
- CONSULT with your physician regarding any medications that you take that are not mentioned here.

The Day Of Surgery

- Wear and bring comfortable loose fitting clothing to the hospital.
- DO NOT bring any valuables to the hospital; leave jewelry, cash and credit cards at home.
- Report to Ambulatory Surgery, room 4007 on the 4th floor at the specified time.
- Here, you will be admitted and final preparations before surgery will be completed.
- Before going into the Operating Room you will need to change into a hospital gown and remove all jewelry, including wedding rings, dentures, etc...
- Visitors can wait in the waiting area of the Main lobby, and after surgery the surgeon will speak with them.

For Lap Band Patients

Immediately after surgery you will be taken to the Recovery Room on the 4th floor, until the effects of the anesthesia wear off. Generally, from the Recovery Room, you will be transferred to a room on one of the surgical floors. You will be expected to be out of bed and walking a few hours after your surgery.

For Gastric Bypass Patients

Immediately after surgery you will be taken to the SICU on the 4th floor, where you will be closely monitored. You may be moved to a room on the surgical floor the next day. You will be expected to be out of bed and walking a few hours after your surgery.