### Before Surgery Day

<table>
<thead>
<tr>
<th>What to Do</th>
<th>Day of Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What to Do</strong></td>
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<tr>
<td>□ If you use a CPAP: Before your test review, get a “proof of CPAP/BiPAP</td>
<td>□ Your bariatric notebook.</td>
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<td>compliance” from your sleep medicine or primary care provider (PCP).</td>
<td>□ Your current medicine list and home medicine bottles for review. Remember:</td>
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<tr>
<td>□ Bring your bariatric notebook to every clinic visit and to the hospital</td>
<td>You cannot take these medicines while you are in the hospital.</td>
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<td>on the day of surgery.</td>
<td>□ Your own CPAP/BiPAP machine, if you use one.</td>
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<td>□ Starting 3 to 5 weeks before surgery: Eat a low carb, very low-calorie</td>
<td>□ One 8-ounce bottle of apple juice.</td>
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<td>diet. Take vitamins as you were taught by the bariatric dietitian.</td>
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<tr>
<td>□ If you live more than 2 hours away from UWMC, plan for a place to stay</td>
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<tr>
<td>in the Seattle area for 5 days after surgery.</td>
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<tr>
<td>□ Schedule a clinic visit with your PCP and chronic pain provider (if</td>
<td></td>
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<tr>
<td>you have one) for 1 week after surgery.</td>
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<td>□ Plan and confirm who will take you home from the hospital after surgery.</td>
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<tr>
<td><strong>Day Before Surgery</strong></td>
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<tr>
<td>□ Follow your pre-surgery shower and shaving instructions:</td>
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<tr>
<td>Take your 5 “pre-op” showers starting 2 days before surgery:</td>
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<td>morning and evening, morning and evening, and morning.</td>
<td></td>
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<tr>
<td>□ Review “Preparing for Surgery” and “Bariatric Surgery Education Packet”</td>
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<td>in your bariatric notebook.</td>
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<tr>
<td><strong>Night before surgery:</strong></td>
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<tr>
<td>□ Drink one 8-ounce bottle of apple juice before midnight. After that,</td>
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<tr>
<td>you may have only clear liquids (see the “Bariatric Hydrating Liquids”</td>
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<td>handout).</td>
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</tbody>
</table>

### What to Bring to the Hospital

- Your bariatric notebook.
- Your current medicine list and home medicine bottles for review. Remember: You cannot take these medicines while you are in the hospital.
- Your own CPAP/BiPAP machine, if you use one.
- One 8-ounce bottle of apple juice.

### At the Hospital

**Before surgery:**

- You will be told to arrive at the hospital 2 to 3 hours before your surgery is set to begin. Right after you park at the hospital, drink one 8-ounce bottle of apple juice. After that, do not eat or drink anything more before your surgery.
- Use the bathroom before moving to the operating room.

**After surgery:**

- Use your incentive spirometer 10 times every hour while you are awake. Take 10 deep breaths each time.
- Wear compression devices (leg wraps) on your legs while in bed until discharge. This will help with blood flow.
- Get out of bed with help.
- Be assessed by Physical/Occupational Therapy (PT/OT), as needed.
- If you use a CPAP/BiPAP machine, use it while sleeping and napping.
- You will be on IV fluids, but you may take sips of water from a 1-ounce medicine cup. (Goal: Sip 1 ounce over 15 minutes.) You may not order from the kitchen.

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1-ounce medicine cup
### Day 1 After Surgery

- Keep wearing leg wraps while in bed. Do this until discharge.
- Get out of bed in morning with help.
- Practice moving from bed to chair with help.
- Sit up for all meals.
- Work with Occupational Therapy (OT).
- If needed, order adaptive equipment such as a walker or cane.
- **Walk in hall with help 5 times:**
  - ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
- Start doing your Home Exercise Program 2 times a day:
  - ☐ 1 ☐ 2
- Start bariatric liquids:
  - Sip liquids slowly from a 1-ounce medicine cup over 15 minutes.
  - Your goal is to slowly sip four 1-ounce medicine cups over 1 hour, with a daily goal of 48 ounces.
  - Start tracking your liquid intake on your worksheet.
- Keep using your incentive spirometer.

### Preparing for Discharge

#### To Do Before Discharge

- Pick up your discharge medicines from the pharmacy.
- Confirm follow-up clinic visit in 1 week with PCP and chronic pain provider (if you have one).
- Confirm follow-up bariatric clinic visit in about 2 weeks.

#### To Learn Before Discharge

- Enoxaparin: Pharmacist will teach you how to give an injection, side effects, and interactions.
- Discharge medicines: When and why to take – you may swallow the pills whole, or crush as needed.
- How to manage diabetes medicines (if needed).
- Warnings signs to report and who to call.
- Diet: Slowly advance to bariatric liquid diet. Stay on this diet until your bariatric clinic visit, about 2 weeks after discharge.
- How to track your hydrating liquids: Slowly sip 8 oz. over 1 hour with a daily goal of 64 oz.
- Incentive spirometry, deep breathing, coughing (continue at home for 1 week).
- Incision care (continue through recovery).
- OT activities of daily living and activity restrictions (continue at home).

#### Goals to Meet Before Discharge

- Manage your pain and nausea by taking medicines by mouth. Pain medicine should only be taken for moderate to severe pain that is not controlled with Tylenol.
- Show you can take care of your incisions.
- State signs to report to your doctor, such as vomiting that does not go away, severe constipation, severe abdominal pain, abnormal bleeding, or signs of infection.
- Be able to walk by yourself safely.
- Give yourself Enoxaparin injections.
- Schedule a support person for at least part of each day for the first 1 to 2 weeks. You will need help with meals, shopping, chores, personal care, driving, and child or pet care.
### Week 1 After Surgery
- Bariatric blended liquid diet.
- Follow-up clinic visit with your PCP to review medicines and to check how you are feeling.
- Follow-up visit with your chronic pain provider, if you have one.
- Keep doing your Home Exercise Program 30 minutes a day, 5 days a week.
- Keep tracking your liquid intake on the worksheet or on your phone.
- Keep using your CPAP/BiPAP machine while sleeping and napping (if you have sleep apnea).
- Incentive spirometry, deep breathing, coughing
- Incision care

### Week 2 After Surgery
- Continue bariatric blended liquid diet until approved to advance by surgeon at your clinic visit.
- Bring your vitamins to your clinic visit.
- Bring your bariatric notebook to your clinic visit.
- Follow up with surgeon and dietitian at your clinic visit.

### Terms

**Bariatric hydrating liquids:** Drink *only* liquids that are low in sugar or sugar-free, such as Crystal Light, MIO, water, decaf tea, and Jell-O.

**Bariatric blended liquid diet:** On this diet, slowly sip foods that are blended to a consistency of a smooth liquid that you can easily pour. Do *not* eat any chunks of solid food, even small pieces. Please see your bariatric notebook for full details on this diet.

**Continuous or bilevel positive airway pressure (CPAP/BiPAP):** A device that keeps the airway open for people who have *sleep apnea*.

**Incentive spirometer:** A device you breathe into to help your lungs expand. Doing this helps prevent pneumonia.

*To learn more, please read your bariatric notebook, the manual you received in clinic.*

### Questions or Concerns?
Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**Weight Loss Management Center:**

Weekdays from 8 a.m. to 5 p.m., call 206.598.2274

After hours and on weekends and holidays, call 206.598.6190 and ask for the surgeon or resident on call to be paged.