<table>
<thead>
<tr>
<th>Before Surgery Day</th>
<th>Day of Surgery</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What to Do</strong></td>
<td><strong>What to Bring to the Hospital</strong></td>
</tr>
<tr>
<td>Before your test review, get a “proof of CPAP compliance” from your sleep medicine or primary care provider (PCP).</td>
<td>Your Guide to Your Weight Loss Surgery binder.</td>
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<tr>
<td>Bring your “Guide to Your Weight Loss Surgery” binder to every clinic visit and to the hospital on the day of surgery.</td>
<td>Your current medicine list and home medicine bottles for review. Remember that you cannot take these medicines while you are in the hospital.</td>
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<tr>
<td>Starting 6 weeks before surgery, eat a low-carb diet. Starting 2 weeks before surgery, eat a Very Low Calorie Diet. Take vitamins as you were taught by the bariatric dietitian.</td>
<td>Your own CPAP machine, if you use one.</td>
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<tr>
<td>Before surgery, buy the vitamins that you will start taking 2 weeks after surgery.</td>
<td>One 8-ounce bottle of apple juice. You will drink this after you park at the hospital.</td>
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<tr>
<td>If you live more than 2 hours away from UWMC, arrange for a place to stay in the Seattle area for 5 days after surgery.</td>
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<tr>
<td>Schedule a clinic visit with your PCP for 1 week after surgery.</td>
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<tr>
<td>Arrange 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>
<td><strong>At the Hospital</strong></td>
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<tr>
<td>Follow your pre-surgery shower and shaving instructions: Take your 5 “pre-op” showers starting 2 days before surgery: morning and evening, morning and evening, and morning.</td>
<td><strong>Before surgery:</strong></td>
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<tr>
<td>Review “Preparing for Surgery” and “Bariatric Surgery Education Packet” in your Guide to Your Weight Loss Surgery binder.</td>
<td>Right after you park at the hospital, drink one 8-ounce bottle of apple juice. After that, do not eat or drink anything for the 2 hours before your surgery.</td>
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<tr>
<td><strong>Night before surgery:</strong></td>
<td>Use the bathroom before moving to the operating room.</td>
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<tr>
<td>Drink one 8-ounce bottle of apple juice before midnight. After that, you may have only clear liquids.</td>
<td><strong>After surgery:</strong></td>
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<tr>
<td></td>
<td>Use your incentive spirometer 10 times every hour while you are awake. Take 10 deep breaths each time.</td>
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<td></td>
<td>Wear compression devices (leg wraps) on your legs while in bed until discharge. This will help with blood flow.</td>
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<tr>
<td></td>
<td>Get out of bed with help.</td>
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<td></td>
<td>Take part in Physical/Occupational Therapy (PT/OT) evaluations.</td>
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<td>If you use a CPAP machine, use it while sleeping and napping.</td>
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<td></td>
<td>You will be on IV fluids, but you may take sips of water or watered down juice from a 1-ounce cup to take the medicines you are given. You may not order from the kitchen.</td>
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</table>

1-ounce 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 PT/OT, walk stairs as needed.
- Walk in hall with help 5 times:
  - 1
  - 2
  - 3
  - 4
  - 5
- Start doing your Home Exercise Program 2 times a day:
  - 1
  - 2
- Bathe (with help, if needed).
- Start bariatric liquid diet:
  - Sip liquids slowly from a 1-ounce cup for 15 minutes.
  - Your goal is to slowly sip four 1-ounce cups over 1 hour.
  - Start tracking your liquid intake on your worksheet.
- Keep using your incentive spirometer.

Preparing for Discharge

To Do Before Discharge

- If needed, order adaptive equipment such as a walker or cane.
- If needed, talk with social worker about discharge issues such as home healthcare and transportation.
- Pick up discharge medicines from the pharmacy.
- Confirm follow-up clinic visit in 1 week with PCP.
- Confirm follow-up clinic visit in 2 weeks. Plan for blood draw 30 minutes before your appointment.

To Learn Before Discharge

- Lovenox (with pharmacist): How to give an injection, side effects, and interactions.
- How to care for gastrosomy tube (if present).
- Discharge medicines: When and why to take – you may swallow the pills whole, or crush as needed.
- How to manage diabetes medicines (if needed).
- Warning signs to report and who to call.
- Diet: Sugar-free liquids, advancing to blended diet at discharge (continue until 2-week clinic visit).
- Incentive spirometry, deep breathing, coughing (continue at home for 1 week).
- Incision care (continue through recovery).
- PT/OT exercises and activity restrictions (continue at home).

Goals to Meet Before Discharge

- Not vomit after sipping liquids.
- Able to manage your pain and nausea by taking medicines by mouth. Always take pain medicine exactly as prescribed.
- Show you can take care of your incision and gastrostomy tube (if present).
- 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 and climb stairs safely.
- Give yourself Lovenox 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.
### Medical Terms

**Bariatric liquid diet:** On this diet, you can have only clear and full liquids that are low in sugar or sugar-free, such as water, tea, Jell-O, milk, broth, and sugar-free pudding.

**Blended (pureed) diet:** On this diet, you can eat only foods that are the consistency of a smooth liquid that you can easily pour. Do **not** eat any chunks of solid food, even small pieces. Please see your “Guide to Weight Loss Surgery” binder for full details on this diet.

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

**Gastrostomy tube:** A drainage tube that is inserted into your abdomen and placed into your stomach. Most patients do not have a gastrostomy tube.

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

### 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.

To learn more, please read *Guide to Your Weight Loss Surgery*, the manual you received in clinic.