Weight Loss Surgery Medicines

Preparing your medicines before your surgery

This handout will help you know which of your medicines need to be changed to a liquid or chewable form so that you can keep taking them after your surgery.

Talk with your pharmacist and healthcare provider about changing these medicines at least 3 to 4 weeks before your surgery.

Why do I need to change my medicines?

Right after your surgery, you will be on a liquid diet. Then you will be on a blended diet for a while. During this time, all of your regular medicines must be in liquid form, or be easily chewed or crushed, so that you can keep taking them.

You must take care of changing your medicines as needed before your day of surgery. Follow these instructions to avoid problems during your recovery:

At Least 3 to 4 Weeks Before Your Surgery

• Review all of your regular medicines with your pharmacist and primary care provider at least 3 to 4 weeks before your surgery. Tell them you are having weight loss surgery and that your medicines must either be in liquid form, or be easily chewed or crushed.

• Some medicines do not come in liquid form, or cannot be crushed or chewed. If this is true for medicines you take, work with your pharmacist and provider to find replacement medicines.

About 1 Week Before Your Surgery

A pharmacist at University of Washington Medical Center (UWMC) will call you about 1 week before your surgery to review your medicines.

• Please have your updated medicine list ready for this call.
• Tell the pharmacist which medicines you have gotten in liquid, chewable, or crushable form.

• If you have not heard from the UWMC pharmacist by the day before your surgery, please call 206.598.6089.

Medicines After Surgery

• Your surgeon will prescribe new medicines for you to take at home after surgery. If you plan to fill these prescriptions at the UWMC pharmacy, you will need to pay for them at the time of discharge. Please bring either cash or a credit card to pay for these medicines on the day of your discharge.

• Your primary care provider will need to write prescriptions for your regular medicines.

• You will need a pill crusher to crush large pills. You can buy a pill crusher at any drugstore.

• You will need to take calcium with vitamin D and a multivitamin with iron every day after your surgery. Taking these will help ensure that your body is getting enough of these important nutrients. Drugstores and specialty stores carry a wide range of chewable and liquid supplements. Your bariatric care provider will tell you how much of these supplements to take.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Weekdays, 8 a.m. to 5 p.m., call the clinic nurse at 206.598.2274.

After hours and on holidays and weekends, call 206.598.6190 and ask for the Bariatric Care Provider or Surgery Resident on call.

UWMC Pharmacist: 206.598.6089