

## Bariatric Surgery Check List:

### Day Before Surgery

- Be active or walk as you would usually
- Relax with online tool [www.kp.org/surgerypodcast](http://www.kp.org/surgerypodcast)
- Shower, wash hair. Do not shave, do not use lotions, oils, perfumes
- Use the pre-op skin wipes to clean skin front and back, neck to toes
- Place the Scopolamine patch on the bony part behind your ear

### Day of Surgery

- DO NOT eat solid food 8 hours before scheduled arrival time.
- You may drink clear liquids up to 2 hours before your scheduled arrival time. Clear liquids include water, clear apple juice, plain tea WITHOUT milk or milk substitute, black coffee WITHOUT milk or milk substitute). No orange juice.
- Don't eat mints or candy, or chew gum.
- Drink the carbohydrate drink in your kit 2 hours before your scheduled arrival time.
- If you have had bariatric surgery (sleeve gastrectomy or gastric bypass) DO NOT drink the carbohydrate drink prior to surgery.
- Take the Aprepitant (Emend) and any other approved medications with sips of water.
- Kaiser Richmond Ambulatory Surgery Unit is in the Hospital building, Second Floor.
- Assure reliable transportation, if you use ride share an individual 18yrs an older must ride with you, in addition to the driver.
- At Home
- Take pain medication as prescribed:
  - **Gabapentin** take every 8 hours as prescribed for first 3 days
  - **Extra strength Tylenol** 1000 mg every 8 hours **with** Gabapentin (possible schedule 7am / 3 pm/ 11 pm) for first 3 days, then as needed.
  - **Carafate** tablets dissolve in 20 ml of water 4 times per day. 1 hour before meals, at bedtime. Take as prescribed even if you do not have pain. This medication promotes healing.

- **Famotidine** (Pepcid)- Take 1 tablet twice per day, even if you do not have heartburn symptoms.
- **Ondansetron** (Zofran)- dissolve tablet in mouth as needed for nausea
- **SLEEVE ONLY**: Take Ibuprofen 600 mg every 6 hours for pain with Tylenol
- Ease pain with: [www.kp.org/easepainpodcast](http://www.kp.org/easepainpodcast)
- You may shower after surgery (no baths, pools or hot tubs for 1 month after surgery)
- Brush teeth 2-3 times each day
- Use your app to track medications and vitamins
- Meal Plan, refer to your binder as well
  - Stage 1 Modified Clear Liquids
    - Starts the day of surgery ends 2 days after surgery
      - stage 1 clear liquids and 1 protein shake per day (appropriate shakes in binder)
  - Stage 2 Modified Full Liquids
    - Starts 3 days after surgery, you may advance yourself unless your surgeon provided alternate instructions
  - Stage 3: Modified Soft Foods
    - Starts 2-3 weeks after surgery, your surgeon will advance you at your follow up appointment.
  - Exercise as tolerated, walking

We recommend that you purchase a medical alert bracelet.

- “NO BLIND NG TUBE”
- “NO NSAIDS” – gastric bypass only

We recommend that you attend support group during your first month postop.

### **BARIATRIC SURGERY MEDICATIONS**

<b>MEDICATION</b>	<b>INDICATION</b>	<b>DIRECTIONS</b>	<b>SIDE EFFECTS</b>
Scopolamine	Nausea	Unwrap and place behind ear at bedtime the night before surgery. Leave in place for 72 hours	Blurry vision
Aprepitant (Emend)	Nausea	Take with carbohydrate drink. Take 2 hours before arrival time	May decrease the effectiveness of hormonal birth control. Use additional birth control for 1 month after taking this medication.
Ondansetron (Zofran)	Nausea	Dissolve tablet in mouth as needed	Constipation
Gabapentin	Pain	Take as scheduled every 8 hours for 3 days. Then as needed. Possible schedule (7 am/3pm/11 pm)	Dizziness and drowsiness
Extra Strength Tylenol	Pain	Take every 8 hours	Rare
Sucralfate (Carafate)	Healing, Reduces risk of gastritis	Dissolve tablet in 20 ml of water and take 4 times per day for 2 weeks. Take even if your stomach does not hurt. Take before meals and at bedtime.	Very rare
Famotidine (Pepcid)	Reduce acid, heartburn	Take 1 tablet, two times per day. Stop when surgeon instructs	Very rare
Ibuprofen (Motrin) <b>Sleeve Gastrectomy Only</b>	Pain	Take with Tylenol for 3 days then as needed for pain.	GI upset and gastritis.

## RNY GASTRIC BYPASS AND SLEEVE GASTRECTOMY SUPPLEMENTS

Follow up labs at 6 months post, 12 months post, annually

SUPPLEMENT	DOSE	GUIDELINES
MULTIVITAMIN WITH MINERALS WITH 18mg IRON Prevents Copper, Zinc, Vitamin A and K deficiency	TWICE DAILY	<b>GOOD:</b> ANY BRAND LABELED "COMPARES TO CENTRUM ADULTS" MUST <b>CONTAIN FOLIC ACID</b> <b>AVOID:</b> GUMMIES, KIDS, PRENATAL, MEN, WOMEN, SENIOR
CALCIUM CITRATE WITH VITAMIN D <b>Look at the serving size</b>	500mg THREE TIMES A DAY TOTAL DOSE 1500mg	<b>GOOD:</b> BARIATRIC ADVANTAGE CHEWY BITES, CITRACAL, <b>AVOID:</b> CALCIUM CARBONATE (TUMS, CALTRATE) <b>NOT</b> ABSORBED
IRON FERROUS GLUCONATE OR FERROUS FUMARATE	60mg ONCE DAILY SUGGESTED: TAKE AT BEDTIME	<b>GOOD:</b> TAKE WITH VITAMIN C 500MG TO HELP ABSORPTION <b>AVOID:</b> TAKING WITH IN TWO HOURS OF CALCIUM, COFFEE, TEA
B12	AT LEAST 500mcg <u>SUBLINGUALLY</u> ONCE DAILY	<b>GOOD:</b> TRADER JOES, KIRKLAND <b>AVOID:</b> INJECTIONS AND SWALLOWING ORALLY
B1 (THIAMINE)	50mg ONCE DAILY	CAN BE PURCHASED AS B1, THIAMINE, B50, B100, B-COMPLEX
VITAMIN D3	2000 IU ONCE DAILY	TOTAL DOSE IS 4000 IU MULTIVITAMIN =800 CALCIUM = 1500 VITAMIN D= 2000

### POTENTIAL SCHEDULE:

BREAKFAST	LUNCH	3PM	DINNER	BEDTIME
CALCIUM CITRATE, VITAMIN D	CALCIUM CITRATE	MULTIVITAMIN, B12 B1	CALCIUM CITRATE	MULTIVITAMIN, IRON WITH VITAMIN C

### Make a Schedule

Use this page to plan for all the activities you'll need to schedule every day after your bariatric surgery. Write each item in a time slot you think would work for you and your lifestyle.

Remember to schedule: 3 meals 4-6 hours apart, water at least 1 hour after each meal, all vitamins and medications listed on the previous two pages, walking time and sleep. Once you've created your schedule, you may want to program it into your phone, or use a reminder app.

MIDNIGHT	
1 AM	
2 AM	
3 AM	
4 AM	
5 AM	
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
NOON	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	