DIVISION OF BARIATRICS & MINIMALLY INVASIVE SURGERY

Patient Name: _______________________________ Surgeon: _________________________________

LAPAROSCOPIC GASTRIC BYPASS PATHWAY

Surgery Date: ____________

Bariatric Division Contacts:
Office: 410-601-4486
Office Fax: 410-601-9014
Email: bariatric@lifebridgehealth.org
Emergency Contact: 410-601-6000 ask for Bariatric On-Call Physician
Please visit our web site for more educational information http://www.lifebridgehealth.org

Support Group Meetings

Visit our web site at www.lifebridgehealth.org/bariatricsurgery for seminars & Strive to Succeed Meeting information.
Place: Zamoiski Auditorium
Parking: Belvedere Garage
Note: Attendance at 1 seminar is required before surgery.

Revised 04/01/10
Initial Appt/ Testing

- Weight loss: _____ lbs
- _____ months weight loss documentation

Your testing will include the following:

**NURSE TO CHECK / PATIENT TO ENTER DATE WHEN DONE**

- PCP letter
  - Date: ______
- Psychological Evaluation
  - Date/Time: ________________
  - Location: ________________
- Abdominal ultrasound
  - Date/Time: ________________
  - Location: ________________
- Chest X-Ray
  - Date/Time: ________________
  - Location: ________________
- Upper GI (Barium Swallow)
  - Date/Time: ________________
  - Location: ________________
- EGD
  - Date/Time: ________________
  - Location: ________________
- EKG and Cardiac Evaluation
  - Date/Time: ________________
  - Location: ________________
- Sleep Study
  - Date/Time: ________________
  - Location: ________________
- Pulmonary Consult
  - Date/Time: ________________
  - Location: ________________
- LABS/Urinalysis
  - Date: ________________
- Dietitian consult
  - Date/Time: ________________
  - Location: ________________
- Other ________________
  - Date: ________________

Testing results will be reviewed at each appointment and surgery specifics explained as needed. Family/support persons are encouraged to attend.

**Note:**

- NO aspirin or non steroidal within 14 days of surgery.
- NO diet pills or herbal supplements within 10 days.
- NO birth control or hormone replacement should not be taken 1 month prior to surgery. You should use other precautions to avoid pregnancy.

Refer to “Medications to Avoid” list

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Nutritional Information

**Begin Weight Loss before Surgery**

Follow the eating pattern and start some form of exercise.

- 4-5 servings protein
- 2 servings vegetables
- 2 servings fruit
- 2 servings starch
- 3 servings fat

All foods low-fat, low-sugar, high fiber

See Nutrition for detailed information.

You must attend the pre-surgery Nutrition Education Class and begin lifestyle changes 8 weeks before your surgery date.

Please return the post-test from class within 2 weeks of attending Nutrition Class. Fax # 410-601-9014

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**Pre-operative Appointment**

(1 week prior to surgery)

Date: ____________ Time: __________

All pre-operative testing should be completed before this appointment.

Anesthesia appointment MUST be within 7 days of your surgery (commonly done the day of the pre-op appt). Report to Admitting Office (located off Main Lobby of Hospital) to pre-register. You will then go to the PASS office (4th floor of hospital) for the anesthesia appt. TEL: 410 601-9729 to schedule your PASS appt.

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**Day Before Surgery:**

Bowel prep: MAY OR MAYNOT BE ORDERED @ PRE-OP VISIT

Magnesium Sulfate (Lemon flavor only). This may be purchase at the pharmacy or grocery store. Take 1 bottle of the Magnesium Sulfate starting at 12 Noon. You may have clear liquids the day before surgery. NO red, cherry, grape or dark colored drinks.

These instructions will be reviewed with you by the nurse at your pre-op visit.

Nothing to EAT OR DRINK after Midnight
Surgery & Hospital

**Nothing to EAT or DRINK after Midnight**

Ask your surgeon about what medication should be taken morning of surgery i.e. BP/heart meds (take with a sip of water)

If you use CPAP for sleep apnea, please bring your facial mask and machine with you.

OR time 3-5 hours
Recovery Room 1-2 hours
Nursing Unit: 5th floor
All Bariatric patients are assigned to a private room.

**1-2 Weeks After Surgery**

Call the office for an appt with surgeon as directed at discharge.

**Activity after discharge:**
Walk as tolerated.
Increase activity slowly
No heavy lifting or housework
Climb stairs slowly

**Exercises that are allowed once you are feeling up to it post-surgery:**
- Brisk walking
- Stationary bike
- Elliptical machine (without using arms)

**Do not** do any exercise involving your upper body or lifting weights until cleared by the surgeon.

No driving for 1-2 weeks
You may shower, no bathing or swimming

Steri-strips will generally come off by themselves or you should remove them prior to your 1st clinic visit.

You may experience diarrhea for several days after surgery. If diarrhea persists after 1 week notify the nurse at 410-601-8604.

Medications should be taken in crushed or liquid form for 3 weeks after surgery.

Continue to follow the nutrition packet guide.

Do not eat anything that is not on the grocery list in the nutrition packet until you are 4 weeks out of surgery and have attended the transition class.

**3-4 + weeks After Surgery**

You must attend the Transition Class. Sign up for this with the Dietitian.

You will be encouraged to start an exercise program.

Following surgery, you will need to see the surgeon in the office at 1 week, 1 month, 6 months, 1 year, 18 months, 2 years, and annually thereafter. It is extremely important to adhere to these appointments as your body is adjusting during this time and close follow-up is necessary.

You will need to schedule an appointment with the dietitian at 1 month and 3 months, then as needed. Please call the office at 410-601-4486 to schedule these appointments.

You will be given by the Dietitian a new protein amount to eat daily and an eating out guide. The 60-70 grams of protein a day is not going to be enough after the first month post-surgery.

**Failure to comply with your follow-up appointments may result in:**
- irreversible neurological damage
- anemia
- osteoporosis
- malnutrition
- increased risk for infection
- hair loss (alopecia)
- failure to lose weight

Please attend the Strive to Succeed Meetings received at the initial consultation with the dietitian. Meeting schedules are available on www.sinaibariatricstore.com. Patients who attend support group meetings are more successful with long-term lifestyle changes.

**NO SMOKING CIGARETTES AND/OR CIGARS – SMOKING WILL LEAD TO STOMACH ULCERS AND OTHER COMPLICATIONS.**

**IF YOU NEED ASSISTANCE TO QUIT SMOKING CONTACT YOUR PCP FOR HELP.**
What is DUMPING?

Dumping syndrome occurs when high-sugar high-fat foods or too much food, moves from the newly created stomach pouch into the small intestine. It causes an unpleasant feeling: sweating, nausea, a runny nose, “butterflies” in your stomach, intestinal cramping, and a pounding pulse. The feeling will usually pass in 30-90 minutes, although you may have to lie down until it passes. It is a physical reminder for you to follow your nutritional guidelines, eat slowly, chew well, and consume small portions.

What about constipation?

Constipation after gastric bypass surgery is a common complaint. It is caused by decreased food and water intake and is often aggravated by weak abdominal muscles.

Follow these guidelines:
- Add fruit & or oatmeal to the diet
- Drink recommended amount of fluid
- See nutrition packet for suggestions.
- If you have not had a bowel movement in 3 days take Milk Of Magnesia as per bottle instructions. Once you have gone to the bathroom then take 1-2 stool softeners per day to prevent constipation returning.

Why do I have to exercise?

When you have Gastric Bypass Surgery, you lose weight because the amount of food energy (calories) you are able to eat is much less than your body needs to operate. It has to make up the difference by burning reserves or unused tissues. Your body will tend to burn any unused muscle before it begins to burn the fat it has saved up. If you do not exercise daily, your body will consume your unused muscle, and you will lose muscle mass and strength. Daily aerobic exercise will communicate to your body that you want to use your muscles and force it to burn the fat instead.

Can I drink Alcohol?

Gastric By-pass patients should avoid alcohol due to the inability to digest it as before. Alcohol in excess can cause severe health problems in a Gastric By-pass patient. However, one glass of wine at a special social event is acceptable, once the patient is out of surgery for 3 months and can drink 64 oz of fluids to compensate and thus prevent dehydration.

Why Am I Not Losing Weight?

Are you eating every 4 hours?
Are you exercising consistently?
Are you reading labels, low fat, low sugar, high fiber?
Are you keeping starches to 2 a day?
Are you eating foods you should not?
Are you eating out more than 1 time per week?

If all is being done and weight loss is still not occurring email the Dietitian and or call to make an appointment (410-601-4486)

How much weight will I lose?

Weight loss results will vary for each person. However, the overall treatment goal for gastric bypass is to get within 20% of your ideal body weight. Excess body weight is your pre-surgery weight minus your ideal body weight. Most patients lose 50-75% of their excess body weight and keep it off more than 5 years after surgery. Many people lose 100 pounds or more. Weight loss from your surgery will eliminate most or all of your severe obesity-related medical and lifestyle conditions. You will achieve the best results by adhering to the dietary recommendations and adopting a regular exercise program.

Will I lose my hair?

Many patients experience hair loss or thinning. This is a typical result of significant, rapid weight loss. Most of your hair loss will occur in the first 6 months after your surgery. Consistently taking your vitamins, fluids, increasing your protein will help during this time. See Dietitian for extra supplement advice. Most patients experience hair re-growth after the initial period of loss.

Is there any difficulty in taking medications?

Most pills or capsules are small enough to pass through the new stomach pouch. If you are having trouble, especially right after your surgery, you will need to contact your pharmacist or PCP before crushing or cutting your medications.

What about pregnancy?

Fertility is often improved in those whom have had difficulty conceiving in the past. However, pregnancy must be avoided for 12-18 months post operatively, until your weight has stabilized.

What can I do about extra skin and stretch marks?

Many patients opt for plastic surgery, it is recommended you wait until you reach your ideal body weight before any plastic surgery.

Clear fluids are your new best friend as well as your potential enemy.

You need to consume a minimum of 48 oz of fluid daily. All fluids should contain no more than 10 calories per serving. You need to guard against dehydration. Remember no fluids 30 minutes prior to your meal, no fluids with your meal and no fluids for thirty minutes after your meal. Fluids can take up space in your pouch, space you need to fill with protein. Fluid on top of a meal can also cause vomiting & stretching out of the pouch prematurely.

“Helpful Hints”

Four-Five meals a day

CHEW WELL. The food must be liquefied before swallowing.

Take small bites. Cut the food into toddler-size bites and eat with a baby spoon. Eat from a small plate.

Eat slowly. You should take approximately 20-30 minutes to eat each meal.

Pay attention to your feelings of fullness. If you feel full, stop eating - one extra bite could make you nauseated!