

# Laparoscopic Gastric Bypass and Sleeve Gastrectomy CareMap

Before Surgery Day	Day of Surgery
<p><b>What to Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you use a CPAP: Before your test review, get a “proof of CPAP/ BiPAP compliance” from your sleep medicine or primary care provider (PCP).</li> <li><input type="checkbox"/> Bring your bariatric notebook to every clinic visit and to the hospital on the day of surgery.</li> <li><input type="checkbox"/> Starting 3 to 5 weeks before surgery: Eat a low carb, very low-calorie diet. Take vitamins as you were taught by the bariatric dietitian.</li> <li><input type="checkbox"/> If you live more than 2 hours away from UWMC, plan for a place to stay in the Seattle area for 5 days after surgery.</li> <li><input type="checkbox"/> Schedule a clinic visit with your PCP and chronic pain provider (if you have one) for 1 week after surgery.</li> <li><input type="checkbox"/> Confirm who will take you home from the hospital after surgery.</li> </ul> <p><b>Day Before Surgery</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> Review “Preparing for Surgery” and “Bariatric Surgery Education Packet” in your notebook.</li> </ul> <p><b>Night before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Drink one 8-ounce bottle of apple juice before midnight. After that, you may have only clear liquids (see the “Bariatric Hydrating Liquids” handout).</li> </ul>	<p><b>What to Bring to the Hospital</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Your bariatric notebook.</li> <li><input type="checkbox"/> Your current medicine list and home medicine bottles for review. Remember: You cannot take these medicines while in the hospital.</li> <li><input type="checkbox"/> Your own CPAP/BiPAP machine, if you use one.</li> <li><input type="checkbox"/> One 8-ounce bottle of apple juice.</li> </ul> <p><b>At the Hospital</b></p> <p><b>Before surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> Use the bathroom before moving to the operating room.</li> </ul> <p><b>After surgery:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use your incentive spirometer 10 times every hour while you are awake. Take 10 deep breaths each time.</li> <li><input type="checkbox"/> Wear <i>compression devices</i> (leg wraps) on your legs while in bed until discharge. This will help with blood flow.</li> <li><input type="checkbox"/> Get out of bed with help.</li> <li><input type="checkbox"/> Be assessed by Physical/Occupational Therapy (PT/OT), as needed.</li> <li><input type="checkbox"/> If you use a CPAP/BiPAP machine, use it while sleeping and napping.</li> <li><input type="checkbox"/> You will be on IV fluids, but you may sip water from a 1-ounce medicine cup. (Goal: Sip 1 ounce over 15 minutes.) You may <b>not</b> order from the kitchen.</li> </ul>



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

- 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: 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.
- 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	Week 2 After Surgery
<ul style="list-style-type: none"> <li><input type="checkbox"/> Bariatric blended liquid diet.</li> <li><input type="checkbox"/> Follow-up clinic visit with your PCP to review medicines and to check how you are feeling.</li> <li><input type="checkbox"/> Follow-up visit with your chronic pain provider, if you have one.</li> <li><input type="checkbox"/> Keep doing your Home Exercise Program 30 minutes a day, 5 days a week.</li> <li><input type="checkbox"/> Keep tracking your liquid intake on the worksheet or on your phone.</li> <li><input type="checkbox"/> Keep using your CPAP/BiPAP machine while sleeping and napping (if you have sleep apnea).</li> <li><input type="checkbox"/> Incentive spirometry, deep breathing, coughing</li> <li><input type="checkbox"/> Incision care</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue bariatric blended liquid diet until your surgeon says you may advance at your follow-up clinic visit.</b></li> <li><input type="checkbox"/> Bring your vitamins to your clinic visit.</li> <li><input type="checkbox"/> Bring your bariatric notebook to your clinic visit.</li> <li><input type="checkbox"/> Talk with surgeon and dietitian at your clinic visit.</li> </ul> <div style="text-align: center; margin-top: 10px;">  <p>Follow-up</p> </div>

## 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.

### Center for Weight Loss and Metabolic Surgery

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.