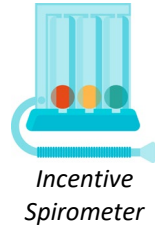


Laparoscopic Gastric Bypass and Sleeve Gastrectomy CareMap

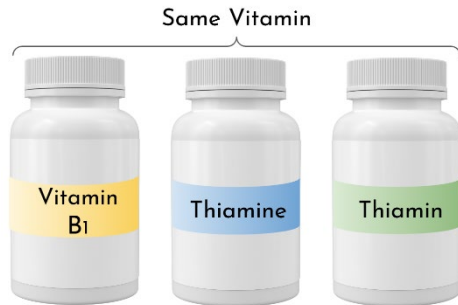
Before Surgery Day	Day of Surgery	Day 1 After Surgery
<p>What to Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start the Liver Shrinking Diet and supplements as instructed 3-6 weeks prior to surgery. Begin thiamine (vitamin B1) 100 mg daily while on this diet. <input type="checkbox"/> Before surgery, buy the vitamins that you will start during the soft foods diet. <input type="checkbox"/> If you live more than 2 hours away from UWMC, arrange for a place to stay in the Seattle area for 1-2 days after surgery. <input type="checkbox"/> Schedule a clinic visit with your primary care provider for 1-2 days after surgery. <input type="checkbox"/> Arrange and confirm who will take you home from the hospital after surgery. <p>Day Before Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do NOT eat any solid food. <input type="checkbox"/> Stay on liquid diet for 36 hours before surgery. You may drink up to 2 of the recommended protein shakes as meals. Sugar-free Jello or other clear, hydrating liquids are OK. <input type="checkbox"/> Before midnight, drink 1 of the bottles of juice your provider gave you. <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. <input type="checkbox"/> Review preoperative education paperwork that the clinic gave you. 	<p>At Home</p> <ul style="list-style-type: none"> <input type="checkbox"/> Starting 2 hours before surgery, do not drink anything. <p>What to Bring to the Hospital</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your CPAP machine, if you use one. <input type="checkbox"/> One bottle of apple juice. (You will drink this when you get to the hospital.) <p>At the Hospital Before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Right after you park at the hospital, drink 1 of the bottles of juice your provider gave you. After that, do not drink anything for the 2 hours before your surgery. <input type="checkbox"/> If you are a sleeve patient, use the bathroom before moving to the operating room. <p>After surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use your incentive spirometer 10 times every hour while you are awake. Take 10 deep breaths each time. <input type="checkbox"/> Get out of bed with help. <input type="checkbox"/> Do Physical/Occupational Therapy (PT/OT) evaluations as needed. <input type="checkbox"/> Use your CPAP machine while sleeping and napping, if used at home. <input type="checkbox"/> 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 not order from the kitchen. 	<ul style="list-style-type: none"> <input type="checkbox"/> Get out of bed in the morning with help. <input type="checkbox"/> Sit up for all meals. <input type="checkbox"/> Work with PT/OT, walk stairs as needed. <input type="checkbox"/> Practice moving from bed to chair with help. <input type="checkbox"/> Walk in hall with help 5 times: 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> <input type="checkbox"/> Begin doing your Home Exercise Program 2 times a day: 1 <input type="checkbox"/> 2 <input type="checkbox"/> <input type="checkbox"/> Bathe (with help, if needed). <input type="checkbox"/> Sip hydrating liquids slowly from a 1-ounce cup every 15 minutes. <input type="checkbox"/> Start bariatric liquid diet: Sip liquids slowly from a 1-ounce cup. Your goal is to slowly sip four 1-ounce cups over 30 minutes. <p>Day 1 After Surgery</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start tracking your liquid intake on the worksheet. <input type="checkbox"/> Keep using your incentive spirometer.



Preparing for Discharge	Week 1 After Surgery	Week 2 After Surgery
<p>To Do Before Discharge</p> <ul style="list-style-type: none"> <input type="checkbox"/> If needed, make a plan for things you may need after discharge (for example, transportation, home healthcare, or equipment like a cane or walker). Social workers are available to help you with this. <input type="checkbox"/> Pick up discharge medicines from pharmacy. <input type="checkbox"/> Confirm follow-up clinic visit with primary care provider in 1-2 weeks. <p>To Learn Before Discharge</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lovenox: If you need this medication, a pharmacist will teach you about giving an injection, side effects, and interactions. <input type="checkbox"/> Discharge medicines: When and why to take, how to open capsules, take elixir. <input type="checkbox"/> How to manage diabetes medicines (if needed). <input type="checkbox"/> Warning signs to report and who to call. <input type="checkbox"/> Nutrition and diet education: sugar-free liquids, advancing to smooth protein liquid meals. See “Bariatric Liquid Diet” in your purple folder (continue until 2-week clinic visit). <input type="checkbox"/> Incentive spirometry, deep breathing, coughing (continue for 1 week) <input type="checkbox"/> Incision care (continue through recovery) <input type="checkbox"/> PT/OT exercises and activity restrictions, if needed (continue at home) <p>Goals to Meet Before Discharge</p> <ul style="list-style-type: none"> <input type="checkbox"/> No vomiting after sipping liquids. <input type="checkbox"/> Be able to manage your pain and nausea by taking medicines by mouth (take pain medicine exactly as prescribed). <input type="checkbox"/> Show you can take care of your incision. <input type="checkbox"/> 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. <input type="checkbox"/> Be able to walk by yourself and climb stairs safely. <input type="checkbox"/> Schedule support person for at least part of each day the first 1 to 2 weeks to help with meals, shopping, chores, personal care, driving, and child or pet care 	<ul style="list-style-type: none"> <input type="checkbox"/> Follow-up clinic visit with your primary care provider to review medicines and to check how you are feeling. <input type="checkbox"/> Keep doing your Home Exercise Program 30 minutes a day, 5 days a week. <input type="checkbox"/> Keep tracking your liquid intake on the worksheet. <input type="checkbox"/> Keep tracking your protein intake on the “Bariatric Diet Tracking Liquids” handout 	<ul style="list-style-type: none"> <input type="checkbox"/> Follow up with surgeon. <input type="checkbox"/> Continue Bariatric Liquid and Hydrating Liquids. <input type="checkbox"/> Do NOT move on to the next diet texture or amounts until your bariatric provider tells you to. <input type="checkbox"/> Attend the Telemedicine Nutrition Group visit to learn how to transition to the next diet. <input type="checkbox"/> Have all your vitamins ready to review in the group session. <input type="checkbox"/> You will receive a thiamine injection at your post-op visit 2 weeks after surgery.

Medical Terms

- **Hydrating Liquids:** Clear liquids that can easily be seen through, are low in sugar or sugar-free such as water, broth, or sugar-free Jello. Avoid any type of caffeine or alcohol. To learn more, please see the handout, “Bariatric Hydrating Liquids” (provided before surgery).
- **Bariatric Liquid Diet:** This diet only includes blended foods that are the consistency of a smooth liquid that you can easily pour. It does **not** include any chunks of solid food, even small pieces. To learn more, please see the handout “Bariatric Liquid Diet” (provided before surgery).
- **Continuous Positive Airway Pressure (CPAP):** 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.
- **Thiamine (Vitamin B1):** When you shop for this vitamin, it might be labeled as “Vitamin B,” “Thiamine,” or “Thiamin.” These are just different names for the same vitamin. See example below.



To learn more, please read Guide to Your Weight-Loss Surgery at University of Washington Medical Center, 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. UWMC clinic staff are also available to help.

Center for Weight Loss and Metabolic Surgery:

206.598.2274 (weekdays 8 a.m. to 5 p.m.)

After hours and on weekends and holidays, call 206.598.6190 and ask for the surgeon or resident on call to be paged.