Gastric Bypass Pre-Surgery Sheet

1 month before surgery

- Stop taking oral contraceptives/birth control pills (if applicable)

2 weeks before surgery

- Begin very low calorie, very low fat liquid protein diet

Week of surgery

- Pre-surgery history and physical to be completed by primary care physician
- Pre-admission testing to be completed at Good Samaritan Hospital
    - Take all medications with you to this appointment
    - They will provide guidance on what medications to take/not take morning of surgery
    - Complete registration paperwork for surgery
    - Complete any additional testing
    - Pre-op education for incentive spirometer (breathing apparatus)
    - Meet with anesthesiologist

Night before surgery

- Nothing to eat or drink after midnight

Morning of surgery

- Bring CPAP/BiPAP machine to hospital with you and take to operating room with you
- Arrive to Good Samaritan Hospital's Surgicare Department (East elevators, 7th floor)
    - You'll change into gown
    - IV started
    - Antibiotics given through IV
    - Heparin shot in belly tissue (blood thinner to help prevent blood clots)
    - SCD/compression boots on lower legs (squeeze legs to keep blood moving to prevent blood clots)
- Transport to Pre-op Holding Area
    - Meet operating room nursing staff and anesthesia staff
        - Everyone will ask you the same questions (what are you having done, any allergies, any dentures/jewelry/personal belongings, who is with you, etc.)
    - You will get some relaxation medication in your IV
- Operating Room/Surgery
    - You will move yourself over to the operating table
    - Anesthesia will hook you up to monitors (blood pressure, EKG, temperature, etc.)
    - You will then receive general anesthesia (asleep)
    - Breathing tube placed in your airway
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    - Foley catheter inserted (stays in for about 24 hours – removed late morning/early afternoon day after surgery)
    - Surgery lasts 1 ½ hours, in operating room for 2 ½ hours due to time it takes to position you, put you to sleep, do surgery, wake you up, etc.
- Recovery Room/After surgery
    - Oxygen tubes in nose (nasal cannula)
    - CPAP/BiPAP mask/machine setup (if applicable)
    - Pain medication through IV – PCA morphine (patient controlled analgesia – push the button to deliver morphine into IV)

Night of surgery

- You will be sitting up in bed or in bedside chair – helps to prevent blood clots
- You will be able to sip on water and suck on ice chips
- Very important to deep breathe and cough – helps to prevent pneumonia
- Use incentive spirometer (10 times every awake hour) – helps to prevent pneumonia

Day after surgery (post-op day #1) – 12th floor

- You will be walking the halls at least 3 times/day
- Very important to deep breathe, cough, and use incentive spirometer as above
- You will begin clear liquids; sip 4 ounces over 30 minutes
- Heparin injections will continue 3-4 times/day throughout hospitalization
- Blood sugars will be checked and regulated with insulin, if needed
- Late morning or early afternoon your foley catheter will be removed
- Late morning or early afternoon your morphine PCA will be stopped and you will start taking liquid percocet/roxicet for pain medication
- Vital signs will be checked regularly throughout the day – any problems such as temperature >101, rapid heart rate, rapid breathing, uncontrolled pain, uncontrolled nausea, vomiting, shortness of breath, chest pain, severe anxiousness – and Dr. Kerlakian will order tests, he is very aggressive with testing to be sure you are not developing a complication

Discharge home from hospital

- 2-3 days after surgery
- Stable vital signs
- Call office with any/all concerns/questions
- Prescription for pain medication
- Prescription for nausea medication – most patient's have some degree of nausea which can last for about 6 weeks
- Incisional drainage is very common – it will be clear, yellow, blood tinged, it may be a small amount or it may be a very large amount, IF this occurs, call us and we'll teach you how to take care of it
- Follow-up visit in office 2 weeks after surgery