

# Bariatric Surgery Preop Class

Welcome!

# Patient Reported Outcomes (PROMS)

- ❖ Email will be sent to you preoperatively, 12 months post-surgery, and annually thereafter.
- ❖ Captures data that patients care about
- ❖ Helps provide feedback to providers and patients

**MBSAQIP<sup>®</sup>**

**METABOLIC AND BARIATRIC  
SURGERY ACCREDITATION AND QUALITY  
IMPROVEMENT PROGRAM**

# Pre-Op Diet-Start: 14 days BEFORE to surgery

Two Options:

- 3-4 protein shakes a day OR
- 2-3 protein shakes a day with 1 small meal of lean protein and a non-starchy vegetable.



OR



# Pre-Op Diet

**\*\*Please see trifold\*\***

- Days 13-14 Liquids ONLY, no meals  
(Protein shakes, water, Broth, Sugar Free Jello,  
Sugar Free Popsicles)

**Eating two days before surgery can  
postpone your surgery date**

# Protein Shake Examples:

## Protein Drink Powder

Mix 1 serving of powder with 1 cup (8 oz.) water OR

Mix 1 serving of powder 4 oz. of water + 4 oz. of milk (fat-free milk, 30 calorie almond milk, light soy)



UNFLAVORED



## Ready to Drink



**Substitutions  
MUST be  
approved by  
dietitian**

## Other Drinks

### Guidelines for Beverages:

- ✓ Avoid carbonation
- ✓ 5 calories or less per 8 ounces
- ✓ Decaffeinated only for 6 weeks after surgery
  
- Examples of beverages that are allowed:
  - ✓ Coffee (no sugar)
  - ✓ Tea (no sugar)
  - ✓ Gatorade Zero®, Powerade Zero™
  - ✓ Flavor drops added to water



## Pre-Op Vitamins

- Take 1 multivitamin and 2 Citracal petites daily (take the multivitamin and Citracal 2 hours apart)
- Start taking 2 Vitamin C tablets (500 mg each) once a day, one week prior to surgery

\*\*\*See Vitamin Timeline Sheet\*\*\*



# 1-2 DAYS BEFORE SURGERY

## To obtain your reporting time for surgery

- Call **254-724-2003** or **1-800-725-8463** between 4:30 p.m. and 6:00 p.m. two business days before surgery
- If surgery scheduled for Monday, call Thursday
- If surgery scheduled for Tuesday, call Friday

## You will receive a telephone call from the anesthesia staff one business day before surgery

Please discuss with anesthesia what medications you normally would take in the morning and they will inform you if you should take them the morning of surgery

## The night before surgery

- Wash your abdomen with Hibiclens at any time the evening before surgery
- Stop all intake of protein shakes at 10 pm

## Morning of surgery

- **Wash abdomen with Hibiclens**
- **Emend:** Take 1 hour prior to your surgery **reporting** time to minimize post-operative nausea (**please call office if this med needs a prior authorization ASAP**)
- Drink Ensure PRE SURGERY if you were given one. If you do not have an Ensure, drink a G2 gatorade





# Your Surgery and Hospital Stay

Report to the Grobowsky Surgical Center

Do not shave anywhere the day of surgery

Remove all jewelry, this includes ALL body piercings

Things to bring with you to the hospital

- Comfortable clothes
- Your CPAP/BIPAP machine(you must bring your own)
- FMLA Paperwork can be left with your nurse.

Family & Visitors

- Average surgical time is 1-2 hours
- Your surgeon will let you know at your preop appointment if you are staying overnight

# Special Instructions for Medications

- Your surgeon will go over your medications at your pre-op visit.

## **Diabetic Medication:**

- Metformin/Glucophage: Stop 48 hours prior to surgery
- Monitored by your primary provider or endocrinologist after surgery

## **Birth Control, Premarin or any other hormone:**

- Stopped 4 weeks prior to surgery and not resumed until 4 weeks following surgery  
(if you have an IUD or implant this does not apply to you)
- The Bariatric Surgical team strongly recommends not getting pregnant within two years following surgery due to the risk of malnutrition

# Special Instructions for Medications

## Anticoagulants:

- Plavix, Lovaza and Coumadin: Stop 7 days prior to surgery
- Eliquis: Stop 48 hours (2 days) prior to surgery
- Xarelto: Stop 3 days prior to surgery

Supplements such as: Chamomile, Fish oil, Flaxseed oil, Ginger, Gingko, Ginseng, Green tea, Omega-3, Saw palmetto, Vitamin E and collagen need to be stopped 1 week before surgery due to the risk of bleeding

# Special Instructions for Medications

**No Aspirin, Advil, Ibuprofen, Motrin, Aleve, Celebrex\*, Mobic, Naprosyn,** or any medication for joint pain 5 days before surgery and do not restart. (You MAY continue taking an 81 mg aspirin after surgery as long as you are taking your Antacid.)

**NSAIDs can increase your risk for gastric ulcerations**

- **Diuretics: AKA WATER PILLS**
- Furosemide, Hydrochlorothiazide HCTZ- Stop 3 days before to surgery and do not restart without physician approval

# Medications

- Pain Management (Tylenol & Tramadol)

\*\*\*If you have a pain contract, we CANNOT prescribe extra pain medication.

- Nausea Management (Zofran, Scopolamine patch)

\*\*\*May cause blurred vision and make you feel lightheaded

- Acid Reflux (Prilosec or Protonix)

**You may break or crush pills, if necessary**

# POP QUIZ

**What are you expected to do the morning of surgery?**

- A. Shower with Hibiclens or Dial Soap**
- B. Take Emend (aprepitant) 1 hr before surgery report time**
- C. Drink a bottle of Ensure Pre-Surgery or Gatorade Zero 1 hr before REPORT time**
- D. All of the above**

**TRUE OR FALSE**

**I can stop taking my depression/anxiety medications after surgery because I will lose weight and will no longer be depressed.**

**What items do you need to get before surgery?**

- A. Blood pressure cuff**
- B. Post- op Medications**
- C. Protein Shakes**
- D. Vitamin C**
- E. All of the above**

# Post Op Care

- Early Ambulation: Walking from stretcher to chair in room
- Sitting up in chair
- Start Drinking water: Out of medicine cups (5-8 sips per ounce)
- IV fluids
- Incentive Spirometer

# Discharge Instructions

- 4-7 sites depending on surgery with surgical glue, you can shower after 24- 48 hours.
- Do not soak in a bathtub, hot tub or pool until you are cleared by the surgeon.
- Larger incision may be dimpled in (will go away) and hurt up to 6 weeks (Pulling, burning sensations are normal)
- Arrange before surgery to have someone take you home. You will not be discharged to your own car or to public transportation.



# Discharge Instructions

- You must have someone available to help you for two weeks after surgery
- Do not drive if you are taking prescribed pain medication
- Do not lift over 10 lbs. for the first 2 weeks after surgery
- Do not lift over 15 lbs. for 3-6 weeks after surgery
- Continue breathing exercising (IS) 2-4 weeks after surgery

# Pain

**CANNOT  
FUNCTION:  
TOO MUCH OPIOID  
MEDICINE**

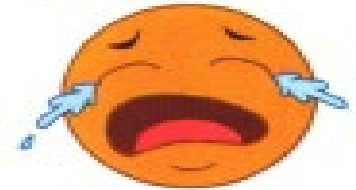
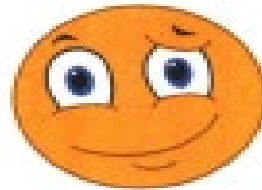
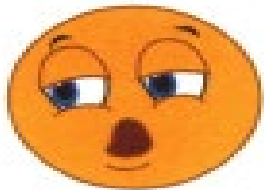
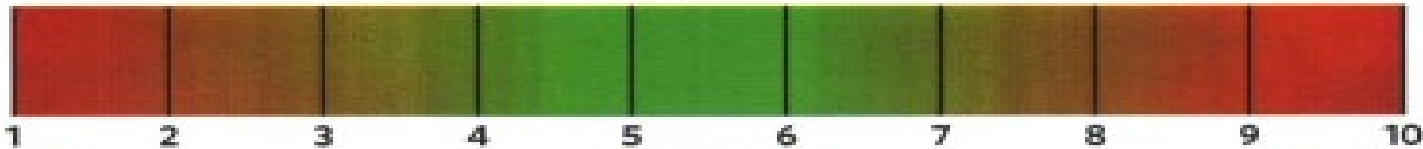
\*Pain Score Between 1-3

**CAN  
FUNCTION:  
WELL CONTROLLED  
PAIN**

\*Pain Score Between 4-6

**CANNOT  
FUNCTION:  
TOO MUCH  
PAIN**

\*Pain Score Between 7-10



# Pain

- 0 is NOT a realistic pain goal.
  - *Pain is expected. You will NOT be pain free*
  - Tolerable pain is a realistic goal: Being able to get up and move around.
  - Pain with movement is normal
- Gas Pains
  - Gas pains can be intense in the chest and shoulders.
  - Common and can be relieved by walking and sipping while sitting up.
  - To reduce gas avoid chewing gum and using straws
  - You can take Gas-X
- Additional things to consider for pain control
  - Abdominal Binder (or folded blanket/pillow)
  - Lidocaine patches (place around incisions)

# Post Op Issues

- **Nausea and vomiting**

- It is common to feel nauseous the first few weeks after bariatric surgery. You must push through the nausea to get adequate fluids in.
- Take Zofran immediately upon the onset of nausea symptoms.

- **Frothing**

- Mucous buildup which backs up into the esophagus
- Drink warm or hot liquids

# Post Op Issues

## Constipation

- Extremely common after surgery
- Begin taking Miralax daily starting at 48 hours after surgery.
- If Miralax is not helpful, you can take Milk of Magnesia caplets or Magnesium Citrate, after 4 days of no bowel movement.
- It is advised to try to have a bowel movement 1-3 days prior to surgery to minimize constipation after surgery.
- No fiber supplements (Benefiber, Metamucil, or Citrucel, etc.) until 2 months post-surgery (bulks stool)

## Diarrhea

- You can take Pepto-Bismol or Imodium as directed
- If diarrhea is severe or persistent, call our office

## POP QUIZ

**What can you do for pain?**

- A. Support abdomen with folded blanket, pillow, or abdominal binder**
- B. Lidocaine Patches**
- C. Take Tylenol every 6 hours**
- D. All of the above**

**What can you eat for the first 14 days?**

- A. Pureed and soft foods**
- B. Broth, sugar-free drinks, strained creamed soups (protein added)**
- C. Water only**

**What can you take for constipation?**

- A. 1 Capful of miralax mixed with sugar free liquids**
- B. One dose of Milk of Magnesia liquid or capsules every 6 hours for 24hrs**
- C. A bottle of Magnesium Citrate (entire bottle)**
- D. All of above**

As you continue to recover:



**Watch your pulse rate, temperature, and blood pressure carefully**

\*We ask that you borrow or purchase a blood pressure cuff so that you can check your blood pressure and heart rate daily the first few days after surgery.

# Reasons to Call Clinic

*Postoperative issues may present up to 6 weeks after surgery. Please know that we are here to help and can offer many of the services available in the ER/urgent care here in our clinic for the immediate postoperative period. Please reach out to your surgeon's office **FIRST** with any concerns you may have regarding postoperative issues.*

**Please contact the clinic if you begin having any of the following problems:**

- Fever of 100.5 F
- Heart rate greater than 110 BPM while resting
- Frequent vomiting
- Surgical wounds that are open, red, hot or that start leaking a large amount of drainage
- Bright red blood from rectum or are vomiting blood, call and stop taking Lovenox injections.
- Burning with urination, urinary frequency or dark/cloudy urine, please call our office and let us know. \*\*\*\*This can be symptoms of a urinary tract infection as well as dehydration.
- After clinic hours: Call 254-724-7037

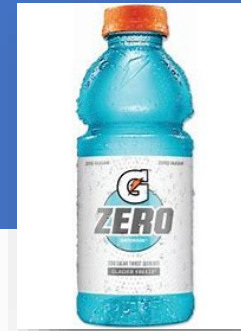


# POST-OP NUTRITION

## Stage One: Post Op Days 1-2

Clear Liquids: 30-60 ounces per day

- Sugar Free-Non-Carbonated Drinks (Gatorade Zero, Decaf Unsweet Tea, Vitamin Water Zero, Decaf Coffee)
- Broths (Chicken, Beef, Vegetable)
- Sugar Free Popsicles
- Sugar Free Jello (When able to tolerate fluids well)



**Protein intake: 60-80g/day**  
**Water intake: 48-64 oz/day**

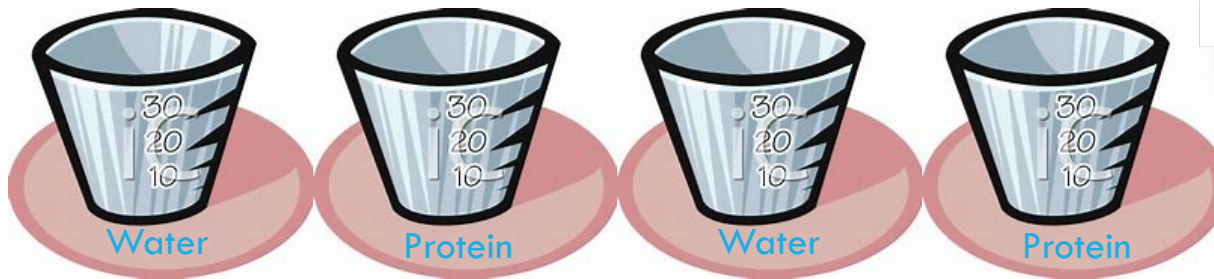
## Stage Two: Post Op Day 3-Day 14

Full Liquids + Stage 1: 48-64 ounces per day AND  
60-90 (2-3 Shakes) Grams of protein per day

- Sugar free pudding with one scoop of protein
- Strained Cream soups with one scoop of protein
- Non-Fat plain or vanilla Greek yogurt
- Nonfat Milk or Milk Alternatives (Almond, Soy, Rice)



## EXAMPLES ON DRINKING:

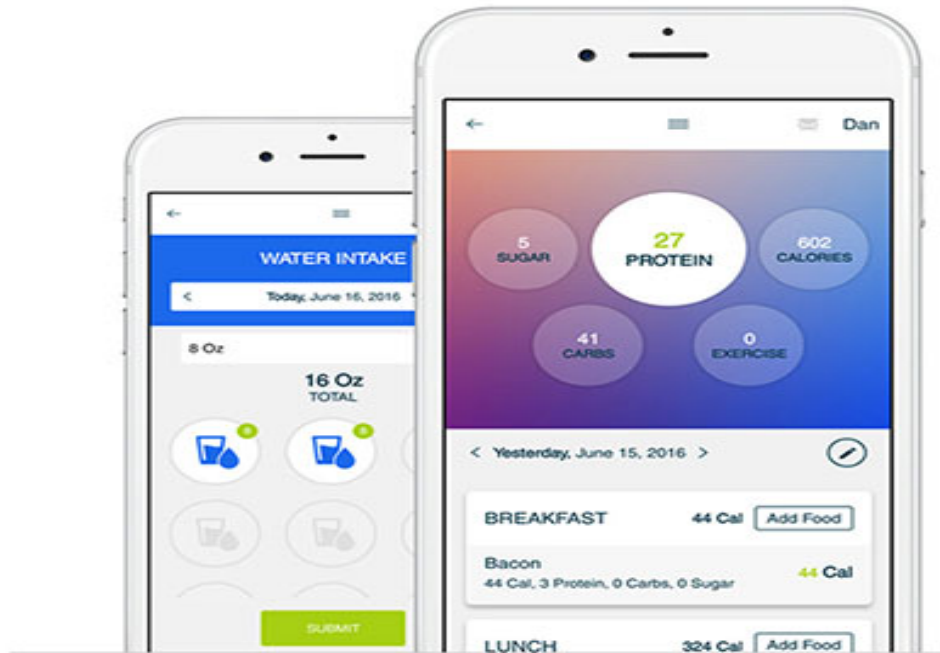


You will be given a fluid tracker at your pre-op visit with your surgeon to log your fluid intake while you are awake. The goal is to constantly be sipping on fluids throughout the day while you are awake.

## Repeat

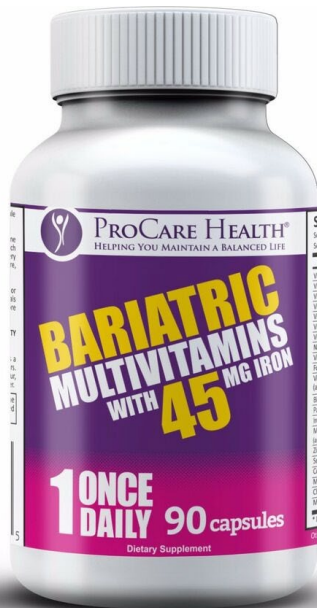
## Set alarms to help remind you to drink!

# BARITASTIC APP



# AFTER SURGERY BARIATRIC MULTIVITAMINS

These start 2 weeks after surgery! Vitamins levels are checked at least once per year.



OR



1 tablet twice daily  
(NO chewables, gummies, liquid, men's, women's or silver)



1 tablet once daily  
(B complex must contain  
at least 12 mg thiamin or vitamin B1)



AND

1 microlozenge once daily  
(Sublingual B12: 500 mcg size)

# Calcium Citrate Supplementation

- **If you are taking Coumadin or if you have stage 4 or 5 chronic kidney disease or are on dialysis, consult with your dietitian or physician before choosing supplements**
- **Calcium citrate supplements containing vitamin D3**
  - ✓ Take in divided doses of no more than 500-600 mg calcium per dose.
  - ✓ Space at least 4 hours apart and at least 2 hours apart from multivitamin or any supplement containing iron.
  - ✓ Take with meals to help prevent oxalate kidney stones.
- **DO NOT TAKE YOUR MULTIVITAMIN AND CALCIUM TOGETHER**
- The iron in the multivitamin interferes with calcium absorption.

# Calcium Citrate Supplementation



3 caplets twice daily

OR



1 Tablet po on twice daily

## POP QUIZ

**What do you continue for 2 weeks after surgery?**

- A. Vitamin D**
- B. Vitamin C, 500mg daily**
- C. Calcium**

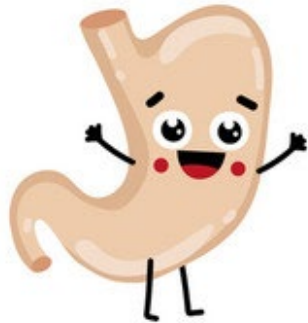
**When do you start bariatric multivitamins and calcium?**

- A. Immediately after surgery**
- B. 6 weeks after surgery**
- C. After my 2 week post-op visit with my surgeon and dietitian**

**Who should I contact FIRST for any concerns?**

- A. My primary care doctor/Provider**
- B. The Emergency Department**
- C. Facebook or social media groups**
- D. The BSWH Bariatric Clinic/surgeon (254-724-2397) or MyChart**

# CONGRATULATIONS ON YOUR BARIATRIC SURGERY!



**If you are attending virtually, you will receive your pre-surgery drink, body wash and handouts at your preop visit with your surgeon.**

**Please be prepared to complete labs and/or an EKG at this visit as well.**

Thank you for the opportunity to care for you.

After your discharge, you may receive a survey by email or in the mail.

We would really appreciate your feedback about the care provided while you were in our hospital.

This is also one way we recognize our team so please tell us who impressed you with their kindness while you were here.

With gratitude,

Your Care Team





# QR Code: Social Media and Bariatric Patient Manual



Please have your  
manual printed  
out for every  
appointment.