

**DISCHARGE INSTRUCTIONS FOR
GASTRIC BYPASS/ SLEEVE GASTRECTOMY PATIENTS
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DIET: You should stay on bariatric full liquid diet for two weeks, then advance your diet according to the dietitian's instructions as explained in the dietitians' handout given to you earlier. Try to drink 5 to 6 glasses of liquids a day in order to avoid dehydration. You should drink in small amounts, take small sips but drink frequently.

MEDICATIONS: Most people are able to tolerate their medications as they did before surgery. If the pills are too big, you can split them or even crush them; however, certain medications cannot be crushed or split. Please check with your pharmacist or your medical doctor. If you took a lot of pills you can take 3 or 4 pills at a time with a few sips of water, then wait for about half an hour or so and take the rest of the pills and space them out during the day.

ACTIVITY: You should walk as much as you can every day. That reduces the risk of blood clots and pneumonia. We recommend to walk at least once every 1 to 2 hours during the day when you are awake. You should increase your activity gradually as tolerated. Most other physical activities including sexual activities should be resumed as tolerated.

DRIVING: After laparoscopic gastric bypass surgery, patients should avoid driving for at least 2 weeks. If they are taking narcotic pain medication longer than that, they should avoid driving as long as they are on narcotic pain medication.

STAIRS: If possible, we recommend to avoid stairs for two weeks. If you have to use stairs, you should have someone help you go up and down the stairs to prevent you from falling down.

WOUND CARE: You have steri strips on your incisions. Showers are okay 48 hours after the operation. During the shower, the steristrips might fall off. If they fall off within the first one week, you should put a new Band-Aid on the incision after the shower. After one week if the Band-Aids fall off, you do not need to replace them. You also have a biological skin glue under the Steri-Strips and there is also a suture holding the skin together. The suture usually dissolves in 2 to 3 weeks.

ABDOMINAL BINDER: The abdominal binder is up to you. If you like it, you can wear it; if you don't like it, you don't have to wear it. Most people wear it for the first few weeks, especially when they are walking around because it supports their abdomen.

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BATHS: You should avoid taking baths, using a hot tub or pool for about 3 weeks or as long as any of the incisions have any drainage.

MEDICATIONS PRESCRIBED:

1. You will be sent home on liquid **pain medication**. Most people need it for the first 5 to 7 days. You can take it as needed. Please do not drive as long as you are taking this medication.
2. You will also have **nausea medication**. You should take it as needed. Most people need nausea medication **around 4 to 5 weeks after surgery** when they start advancing their diet.
3. You will also have a prescription for a **stool softener**. The first bowel movement happens around 3 to 4 days after surgery and the first 2 to 3 bowel movements are usually liquidy in nature. After that, many people get constipated for the next 5 to 10 weeks. During that period, you can take stool softener as needed. As your diet advances and you increase the amount of fiber and liquid in your diet, your bowel movements should go back to normal.
4. You should take OptiSource **multivitamin or Fusion multivitamin** one tablet four times a day or two tablets twice a day.
5. You should take **calcium citrate with Vitamin D** one tablet two times a day. You will need to take more calcium if you decide to switch to a non bariatric multivitamin.
6. You will need to take Magnesium oxide 400 mg once a day for 3 months
7. You will need to take Kcl 10 milli equivalents once a day for 3 months.
8. You will need to take Actigall (Ursodiol) twice a day for 6 months to prevent gall stone formation.
9. You will need to take prilosec 20 mg (or protonix 40 mg or Nexium 20 mg or Aciphex 20 mg) twice a day for one year to reduce the risk of ulcers in your new stomach pouch. If your insurance does not cover twice a day dosing for prilosec, you can take prilosec 20 mg in the evening and pepcid 20 mg in the morning for 12 months. After 12 months, you will need to stay on one of these medications once a day.
10. You will need to take carafate suspension 1 gram (10 cc) 2 x a day for 3 months to reduce the risk of ulcers in the stomach pouch.
11. Other medications _____
12. _____

You can stop by Bariatric Office, Great Lakes Home Health at 1700 Peach Street or Bayside Pharmacy to look at the different bariatric nutritional products available in the market. Many of those products are also available at other places and also available online.

You will need to be seen by Dr. Ali Dr Arreola Jackie Smith Janet Kelley in 3 to 5 weeks other_____.

Please call early to make an appointment.

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You should call back if you have

- fever more than 101,
- worsening abdominal pain,
- foul smelling drainage from the incision or drain,
- or breathing difficulty.

If you have diabetes, you should check your blood sugar 4 times a day. You should cut down your diabetes medication to half the dose you were taking before surgery and report your blood sugar control to your primary care physician within 1-2 weeks and have them advise you regarding the management of your diabetes.

If you take a diuretic (water pill), you should hold it till you see your PCP and discuss with them if it can be restarted, most likely at a lower dose.

You should have **blood work** done before your office appointment. Please get that blood work done **about one week** before the appointment.
