Pre-Op Education for Bariatric Surgery

NewYork-Presbyterian
Weill Cornell Medical Center
Center for Advanced Digestive Care
Pre-Op Education

Designed to prepare patients and families for surgery and decrease stress

- Helps patients and family to prepare for bariatric surgery
- Helps patients understand their surgical procedure
- Reviews the pre-operative evaluation requirements, admission process and hospitalization details
- Familiarizes patients and families with the care team and their roles

YOUR PHYSICIAN’S INSTRUCTIONS TAKE PRIORITY OVER MATERIAL PRESENTED HERE
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Your Health Care Team

- Surgeon
- Physician Assistant
- Nurse Practitioner
- Medical Secretaries
- Unit Nurses
- Nursing Assistants
- Surgical Fellows and Residents
- Medical Students
- Social Workers
- Dietitians
- Medical Consultants
- Others - Housekeeping, Lab Tech, Food Service Workers
Preparing for Your Surgery
Pre-Op Testing

- **Pre-testing Location:**
  
  Greenberg 3 West
  
  - No appointment necessary
  - Walk-in basis ONLY

- Your surgeon’s office will order the required testing and any additional tests PRIOR to surgery

- **Tests must be completed within 30 days of surgery**
IMPORTANT

- Medical clearance is required PRIOR to surgery

- Your primary care physician must complete a medical history and physical examination within 30 days of your surgery
Pre-Operative Medications

These are **general recommendations**. If you have any questions, please discuss with your doctor.

**STOP** Ibuprofen (Motrin, Advil), NSAIDS (Aleve, Relafen): **7 days prior** to surgery

**STOP** Gout medications (indomethacin, colchicine): **7 days prior** to surgery

**STOP** Glucosamine +/- Chondroitin: **7 days prior** to surgery

**STOP** Vitamin E, Ginseng, St. John’s Wort, Garlic supplements: **7 days prior** to surgery

**STOP** Glucophage / Metformin: **2 days prior** to surgery

**DISCUSS with surgeon when and if to stop:** Aspirin, Coumadin, Pradaxa, Plavix, & other medications that affect clotting

**DO NOT TAKE DAY OF SURGERY:** Diuretics (also known as water pills). For example:

- Lasix / furosemide
- Hydrochlorothiazide (HCTZ)
- Aldactone / spironolactone
- Diovan
Pre-Operative Medications

- Blood pressure medications (anti-hypertensives) and heart medications **SHOULD** be taken the day of surgery with a sip of water.

- Insulin doses should be adjusted prior to surgery while on clear liquids, and also on the morning of surgery.
  
  - Please consult your endocrinologist or Primary Care Physician for appropriate dosing instructions.
Pre-Op Shopping

- Review your “Dietary guidelines” packet along with suggested menus for when you get home from the Hospital.

- Review your “Pre-op shopping list” and make sure you have the items listed before you go to the Hospital so that they will be available when you get home.

Some important items on this list are:

- Food processor/blender
- Pill crusher
- Protein shakes
- Chewable multivitamins
- Calcium with vitamin D
Two Days Before Surgery

- No solid foods after midnight two days before surgery
  
  **Example:** If surgery is scheduled for Monday, on Friday at midnight, you will begin your CLEAR LIQUID DIET, and continue with clear liquids all day Saturday and Sunday.

- Drink plenty of clear liquids to prevent dehydration, for example:
  - Water
  - Seltzer or clear diet soda (e.g. lemon/lime)
  - Fruit juices without pulp diluted with water (e.g. apple juice, white grape juice)
  - Clear broth or any flavor bouillon
  - Gatorade/G2, low sugar: Powerade, Kool-Aid, or Crystal Light (no red drinks)
  - Diet /sugar free Jello (no red Jello, no Jello pudding)
  - Diet/ sugar free popsicles, ices, or sorbet (again, no red ices)
  - Tea or black coffee (no milk, cream, or non-dairy creamers. Sweetener is ok)

- **AVOID RED COLORED LIQUIDS**
Preparing to Go to the Hospital
What to Bring to the Hospital

**Important Paperwork**

- Medical Insurance information
  - On day of admission & for pre-operative testing as well

- A **LIST** of all your current medications, including dosage and frequency:
  - Prescriptions and over-the-counter medications
  - Vitamins
  - Herbal supplements

- List of all Allergies (medications, latex, food, etc.)

- A Photo ID, such as a driver’s license or passport

- List of telephone numbers for your contacts
Advance Directives

What They Are:

- Documents that plan in advance your wishes about treatment if you become unable – for a short or long period – to decide for yourself
- If you do not have an advanced directive, you can complete the necessary paperwork the morning of surgery

Types:

- Health Care Agent / Proxy – A person appointed by you who will protect your treatment wishes
- Living Will – A document with written instructions given by you about your specific treatment desires
What to Bring: Packing

**Do Bring**
- Personal toiletries (toothbrush, comb, soap etc.)
- Slip-on slippers (non-skid sole)
- Socks
- Loose roomy underwear
- Loose roomy outfit to wear home
- Comfortable shoes to wear home
- Soft sports bra
- Cell phone (if desired)
- Roomy bathrobe (only if preferred - we recommend using our gowns)
- Books, magazines, crossword puzzles
- If you use a CPAP Machine, please bring only your mask
- Reading glasses

**Do Not Bring**
- Money
- Jewelry or other valuables
- Your medications from home
- Electrical appliances (i.e., hairdryers, other plug-in items)

For a complete list, please refer to the *New York-Presbyterian Preparing for Your Stay Guide*
What to Consider

- Visiting Hours: Open
- Parking Validation available for day of discharge
- Private Duty Nursing: Call (212)746-4091
- Private Room: Call Admitting Department (212)746-4250
- Guest Facility at Helmsley Medical Tower: Call (212)472-8400
The Day Before Surgery

- 3 West (or Pre-op Surgery) will call you between 4 and 7 pm the day before surgery to give you arrival time and location.

- For Monday surgeries, you will be called on Friday.

- 3 West/Pre-op Surgery telephone: (212) 746-5299.
The Day of Surgery
The Day of Surgery

At your scheduled time, report to:
NYP/Weill Cornell Medical Center
525 East 68th Street
Greenberg 3 West
Same Day Surgery Center

- Personal belongings will be collected on 3W and then taken to your room once it is assigned
- Family may stay with you until you go to Operating Room (OR)
- A Family Waiting Room is on the same floor as the OR
- The Liaison Nurse will provide updates to families during the surgery
- The surgeon will speak to your family after surgery
While we always do our best to be on time, unexpected delays in the operating room schedule may occur.

Your patience is greatly appreciated.
What to Expect After Surgery
What to Expect After Surgery

- Immediately after surgery, you will not be allowed to eat or drink anything by mouth (NPO).
- Liquids will be introduced to your diet as you recover.
- Large pills will be crushed in order for you to take them safely.
- You will be given an incentive spirometer to encourage deep breathing after anesthesia.
What to Expect After Surgery

- Expect to get out of bed with assistance within 6 hours after surgery
- Slowly increasing activity (as your pain allows) is important for your recovery
- Your vital signs will be checked multiple times after surgery to ensure that you are recovering safely
- You will also be seen daily by members of the bariatric surgery team
- Your attending surgeon will approve all care provided
Pain Management

- Following surgery, you may have a PCA (Patient Controlled Analgesia) machine that delivers pain medication into your veins.

  You will be able to control when the medication is delivered, but you will not be able to give yourself more than is safely allowed.

- Notify your care team if you are not getting adequate pain relief.
Feel Empowered
Feel Empowered

- All personnel should identify themselves. If they do not, ASK.

- All personnel should wash their hands with soap or Purell upon entering your room. If they do not, ASK.

- Before any testing and administration of medications, staff will confirm your identity. If they do not, ASK.
Discharge
In Most Cases, You are Ready for Discharge When:

- Your vital signs are stable, including blood pressure, heart rate, and temperature
- Your pain is controlled with oral pain medication
- You are able to drink adequate amounts of liquids without difficulty
- You are passing gas or have a bowel movement
- You are able to get in and out of bed with minimal assistance

Your doctor will make the final decision regarding when you are ready for discharge.
Questions to Consider:

- Who will take me home from the hospital?
- How will I get my prescriptions filled?
- Do I have my chewable vitamins, protein shakes, and pill crusher at home?

Appointments to Make
- Call your doctor’s office the day after you get home to schedule your 3-week follow up appointments with BOTH the surgeon and nutritionist.

Continue bariatric surgery follow up visits with your surgeon and nutritionist at the 3 month, 6 month, and one year mark and once every year thereafter.
Home Instructions

- You must crush large medications with a pill crusher
- Peel the small tapes (“Steri-strips”) off of your incisions after 2-3 weeks
- No baths, no swimming
- No heavy lifting (10 pound limit)
- No gym workouts – only walking until cleared by your surgeon
- No driving until you are off of prescription pain medications
- Climbing stairs is allowed
- If you are allowed to shower, **pat** surgical area dry, do not wipe or rub area
Home Instructions

Contact your surgeon’s office if you experience **any** of the following symptoms:

- Fever > 101.5°F
- Severe Nausea / Vomiting
- Inadequate Pain Control
- Diarrhea with Abdominal Cramps
- Constipation
- Redness/Drainage from your Incision
If You Have Any Questions or Concerns Once You Return Home, Call Your Surgeons Office: (212)746-5294

Remember
Please follow specific instructions from your surgeon’s office; your doctor’s instructions supersede any material presented in these slides.