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GASTRIC BYPASS DISCHARGE INSTRUCTIONS

1. Review your diet information and be sure you understand it before going home. Do not challenge the limitations that are set. Eat three meals per day. No skipping meals! Be aware of your fluid intake. You should drink 6-8 glasses of fluid daily. Drink between meals once you have been instructed to start a solid diet, **not with** meals. Snacking frequently, especially on high calorie foods, may result in little or no weight loss.

ALWAYS REMEMBER TO:

Sip fluids slowly.

Eat very slowly and chew everything thoroughly.

Put your spoon or fork down between bites of food.

Do not over eat. Do not attempt to eat everything on your plate.

As soon as you begin to feel full, stop eating.

Relax. Meals should last 20-30 minutes.

Eat protein foods first.

Eat a well balanced diet each day, although your intake is limited.

Avoid foods high in fat.

Avoid foods with more than 8-12 grams of sugar. More sugar may result in dumping.

2. **ACTIVITY** - You will have a few limitations in your activities initially. Do not lift more than 10-15 pounds for 4 weeks following your surgery. Do not strain to push or pull a heavy object.

3. **INCISION CARE** - Notify the Obesity Treatment Center at 603 663-7377 if you see redness or drainage from your wounds. If this occurs after business hours, call Dr. Catania's answering service at 603 627-1887.

4. **BATHING** - You may shower even though your Dermabond is still in place. Gently cleanse and pat dry. Do not take a bath or swim in a pool or hot-tub until you are seen in follow-up.

5. **BOWEL HABITS** - You will probably find that you will have fewer bowel movements after your surgery. This is due to the reduced amount of food you are eating. If you become constipated, you may take a gently laxative, such as baby food prunes, Fiber Choice chewable tablets, or Milk of Magnesia, or MiraLax. Loose stools are common initially after surgery.

6. **MEDICATIONS** - Remember to begin your Zantac when you get home. Please wait to start your multivitamins and Actigall until after your first post op visit.

7. **DRIVING** - Once you have been off narcotic pain medication for 24 hours, you may drive. You may ride in a car, taxi, bus, or train. You should not fly in an airplane until after your follow-up visit. If you are on a long trip, frequent rest periods are recommended. You may wish to walk for 5-10 minutes during a rest period.

8. **SEXUAL ACTIVITY** - Your doctor will let you know when you may resume sexual activity, and if there is to be a delay. Remember, oral contraceptives will no longer work and you must use a barrier method after bypass. You should not become pregnant for two years.
9. **EXERCISE** - It is very important that you stay active at home. Begin by walking 15 minutes per day and gradually increase your time until you are walking 15-35 minutes per day, 5-7 times weekly. Allow for rest periods so your body can recover from surgery. Remember to carry your water bottle when walking.
10. **RETURNING TO WORK** - This depends on the type of work you do. Your doctor will tell you when you may return to work. You may resume light housework immediately. Make this a gradual transition. Do a little at a time and take frequent rest breaks.
11. **MENSTRAL IRREGULARITY** - The stress of the operation commonly throws one cycle off. Early or late menses is common.
12. **IMMEDIATELY CALL THE OFFICE** – If you develop any of the following symptoms, please immediately call the Obesity Treatment Center (603-663-7377), after business hours call the answering service (603-627-1887) and ask to speak to the surgeon on call. Fever over 101.0 F, heart rate over 110 at rest, shortness of breath, worsening abdominal pain (you should feel better every day), persistent vomiting, calf pain.
13. **REALIZE MY SUCCESS** – Don't forget to log on to www.realizemysuccess.com to record your progress and get helpful information about the postoperative period.

Post Bypass Medications

Immediately After Surgery

- 1) Zantac elixir 10 ml twice daily for 1 month
- 2) Roxicet elixir 5-10 ml every 4 hours as needed for pain

Starting After Your Follow-up Visit

- 1) Actigall 300mg twice daily for 6 months (beginning 2 weeks after surgery)
- 2) Adult multivitamin (chewable) once daily for life (may substitute 2 children's chewable)
- 3) Vitamin B12 500 micrograms once daily for life
- 4) Citrical D 630mg twice daily for life (or other form of Calcium Citrate)
- 5) Iron sulfate 325mg once daily for menstruating women (start 6 wks post op)

Resume home medications (except NSAIDS/anticoagulants) unless otherwise directed at the time of discharge – you will need to remain in close contact with your primary care physician, as you need for medications (especially for diabetes and high blood pressure) will change rapidly after surgery.

Diabetic patients must take blood glucose readings several times daily for the first few weeks after surgery, as your need for diabetic medications will rapidly decrease and you do not want to develop hypoglycemia.

All pills must be crushed or capsules opened and medication mixed with yogurt or sugar free Jello.