

BARIATRIC REVISION PATIENT INSTRUCTIONS

MY PROCEDURE INFORMATION:

Procedure Date: _____

Procedure Time: _____

Arrival Time: _____

My Doctor: Christopher McGowan, MD

WAKEMED CARY

1900 Kildaire Farm Rd, Cary, NC 27518

PLEASE OBTAIN THE FOLLOWING MEDICATIONS (PRESCRIPTIONS PROVIDED)

- Prilosec (omeprazole) 40mg - 1 month supply with 3 refills
- Sucralfate 1g tablet – 40 tablets with 1 refill
- Zofran (ondansetron) 8mg – 30 pills with 1 refill
- Emend (aprepitant) 80mg – 2 pills with 1 refill
- Hycet (acetaminophen/hydrocodone) 7.5/325/15mL – 180 mL with no refills
- Gabapentin 300mg – 1 pill
- Tylenol (acetaminophen) –2 extra strength (500mg) pills, available over-the-counter
- Compare prices at GoodRx.com, particularly for Emend, which can be expensive depending on insurance

TWO WEEKS PRIOR TO YOUR PROCEDURE

- STOP:** Anti-inflammatory drugs (NSAIDS) such as ibuprofen, Advil, Motrin, Aleve, Aspirin
- Tylenol may be used freely, including the day of procedure.

THE NIGHT BEFORE YOUR PROCEDURE

- Eat a light dinner **BEFORE 6PM.**
- AT 7PM: DRINK 20 OZ GATORADE OR PEDIALYTE.** This will provide electrolytes and energy for your weight loss procedure.
- You should have **NOTHING TO EAT OR DRINK** after the Gatorade or Pedialyte. That is a full **12 HOURS** without food or drink before your procedure.

PROCEDURE DAY

- 3 HOURS before your procedure, take:**
 - **1 DOSE OF EMEND (80mg)**. This will reduce post-procedure nausea.
 - **1 DOSE OF GABAPENTIN (300mg)**. This will reduce post-procedure pain.
 - **2 EXTRA STRENGTH TYLENOL (ACETAMINOPHEN)**
- Please take any morning blood pressure or heart medications with small sips of water. Otherwise, you are to have absolutely NOTHING TO EAT OR DRINK the day of your procedure.
- If you are on insulin or oral diabetes medications, please consult with your physician to discuss adjusting these medications. Typically, we recommend NOT taking your diabetes medications the morning of the procedure, as you will be fasting.
- Please arrive 2 HOURS prior to your procedure time. Check in at Day Surgery.
- A licensed driver (18 and older) MUST accompany you and remain during your visit.
- Plan on spending a minimum of 4 total hours at the hospital. Do not bring jewelry or valuables.

AFTER YOUR PROCEDURE

- You will be observed for approximately 1-2 hours after your procedure. You will then be discharged home.
- You may resume normal activity as soon as you feel ready.
- Plan to take a minimum of 2-3 days off work after the procedure.
- Avoid NSAIDs (ibuprofen/Advil/Aleve/Aspirin) for 4 weeks after your procedure.
- Take Zofran (ondansetron) 8mg every 6 hours for the first 24 hours**, even if you are not nauseated. After the first 24 hours, you may use it as needed for nausea every 6 hours.
- Take Prilosec (omeprazole) 40mg every day for 6 WEEKS**. You should OPEN THE CAPSULE and take the contents. This will help with absorption.
- Take 1 sucralfate tablet four times daily**. Dissolve the tablet in enough water to make a slurry, then drink.
- Take Emend 80mg on the morning after your procedure**. This will help treat any nausea.
- You may take Hycet (acetaminophen/hydrocodone) 15 mLs (1 Tablespoon) every 6 hours as needed for pain.
- CONTACT US if you are unable to maintain sufficient fluid intake, if you are feeling dehydrated, if you have severe abdominal pain, fever, or any sign of bleeding.

DAY 1-3: FOLLOW A CLEAR LIQUID DIET

- Drink 64 oz (8 cups) of clear fluids each day**. Start slowly sipping on clear liquids. You will only be able to drink a very small amount at a time! Try to drink at least 1 oz every 15 minutes during the day.
- Examples: water, low-sugar sports drinks, decaf tea, chicken broth, Jell-o, sugar-free popsicles
- Avoid beverages containing carbonation, caffeine, sugar, and alcohol**. Carbonation may cause abdominal discomfort. Caffeine may irritate the stomach. Caffeine and alcohol can contribute to dehydration.
- Practice sipping beverages slowly**. Drinking too quickly, gulping, or drinking too soon may cause discomfort.

- When you return home after your procedure, it may seem difficult to get fluids in at first. Aim for 4-8 ounces of fluid over an hour.

DAY 3 TO 21: FULL LIQUID DIET (3 WEEKS)

- Continue to drink plenty of clear liquids and water (goal: 64 ounces per day)
- Slowly add full liquids, starting with small sips
- Examples of full liquids:
 - Any clear liquids
 - Skim milk or low-calorie soy milk
 - Protein shakes (we recommend Premier Protein)
 - Meal replacement shakes
 - Vegetable soup without chunks of vegetables (strained)
 - Low fat yogurt or cottage cheese
 - Weak or decaf coffee
- Start taking a chewable multivitamin
- Aim for 60-80 GRAMS of protein per day
- Sample Full Liquid Meal Plan
 - 7:00am: 8 oz fluid such as decaffeinated coffee or water
 - 8:00am: 2 tbsp semi-liquid such as fat free plain Greek yogurt
 - 8:30am: 8 oz fluid such as sugar-free fruit flavored beverage
 - 9:00am: 2 tbsp semi-liquid such as sugar-free pudding
 - 10:00am: 8-12 oz protein supplement / shake
 - 12:00pm: 2 tbsp semi-liquid such as sugar-free gelatin
 - 1:00pm: 8 oz fluid such as water with lemon
 - 2:00pm: 8-12 oz protein supplement / shake
 - 4:00pm: 8 oz fluid such as decaffeinated sugar-free iced tea
 - 6:00pm: 2 tbsp fat-free cottage cheese
 - 8:00pm: 8-12 oz protein supplement made with 1% or skim milk

WEEK 4: PUREED FOOD DIET

- If you are tolerating full liquids without difficulty, you may advance to pureed foods.
- Continue to drink 64 ounces of liquid** each day. Drink fluids (sipped) between meals. **Avoid fluids during meals and wait 30 minutes after eating** to resume drinking fluids.
- Continue a daily multivitamin and aim for 60g-80 of protein each day.
- Eat protein foods first**, followed by vegetables, fruits, then grains.

Examples of PUREED FOODS		
Food	Choose	Avoid
Protein	<p>2 Tbsp (1oz) provides 6-7 grams of protein</p> <p>Blended: Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna fish in water</p> <p>1 Egg (scrambled), egg substitute</p> <p>2 Tbsp (1oz) provides 3-4 grams protein</p> <p>Cottage and Ricotta Cheese (fat-free, skim milk or 1%)</p> <p>Greek yogurt (fat-free, plain, without seeds or chunks)</p> <p>Tofu (soft)</p> <p>Cheese, fat-free or low fat (1 slice or 1 oz)</p> <p>Milk, 1% or skim (8 oz provides 8 grams of protein)</p>	<p>High fat meats</p> <p>Proteins cooked in oil, fat and butter</p> <p>Peanut butter and other Nut butters</p> <p>Cheese or yogurt made from whole milk</p> <p>Whole or 2% Milk</p>
<p>Produce</p> <p><i>Tip:</i> <i>Add Protein Powder</i></p>	<p>Vegetables</p> <p>Soft, tender varieties, <i>cooked and blended or mashed with a fork</i></p> <p>Fruits</p> <p>Mashed banana, No sugar added applesauce, blended canned peaches or pears in 100% juice, blended fresh fruit without seeds or skins and baby food fruit</p>	<p>Raw Salad;</p> <p>Tough varieties with fibrous stalks;</p> <p>seeds, skins or hulls;</p> <p>Cooked in butter or oil</p> <p>Fruit in heavy or light syrup</p>
<p>Grains and Starches</p> <p><i>Tip:</i> <i>Add Protein Powder</i></p>	<p>Hot cereal (oatmeal, grits, cream of wheat)</p> <p>Mashed white or sweet potatoes</p> <p>Blended/mashed beans (refried beans, hummus)</p>	<p>Pasta and noodles</p> <p>Rice</p> <p>Bread and bread products</p> <p>All additional starchy foods not listed in the choose category</p> <p>Grains prepared with added butter or oil</p>
<p>Soups</p> <p><i>Tip:</i> <i>Add Protein Powder</i></p>	<p>Broth, bouillon</p> <p>Blended: Vegetable soup, Reduced fat cream soup, Bean soup or Egg drop soup</p>	<p>Rich, high fat cream soups or soups with chunks or noodles</p>
<p>Beverages</p>	<p>Water</p> <p>Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light®, Mio®, Propel Zero®, Fruit 2O®, Vitamin Water Zero®, True Lemon/Lime/Orange®</p>	<p>All soda / carbonated drinks</p> <p>Caffeinated coffee/ tea</p> <p>Chocolate milk</p> <p>2% or whole milk</p>

Miscellaneous	Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar- free/low fat ice cream and sherbet, light or low fat mayonnaise	All others
----------------------	--	------------

- To make a simple puree: cut food into small pieces and place in a blender or food processor. Add liquid (water, apple juice, chicken broth) to cover the blades. Blend to an apple sauce consistency. Strain out any lumps, seeds, or pieces of food.

WEEK 5: SOFT FOOD DIET

- If you are tolerating pureed foods, you may now advance to soft (non-pureed) foods
- Chew your food thoroughly.** Start with smaller bites. Cut food into tiny pieces. Chew each bite approximately 20 times or until liquid.
- Eat slowly, and stop if you feel any discomfort
- Eat protein foods first**, followed by vegetables, fruits, then grains.
- Continue to drink 64 oz fluid** each day (including protein drinks) sipped between meals. Avoid fluids during meals and wait 30 minutes after meals to resume drinking fluids.
- All foods must be soft or cooked to a soft consistency. Chew all foods well. Try new foods one at a time to make sure you can tolerate it.
- See next page for sample soft foods.

Examples of SOFT FOODS		
Food	Choose	Avoid
Protein	<p>1 oz provides 6-7 grams of protein</p> <p>Ground or finely chopped:</p> <p>Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Tuna in water Lean deli meats Egg and egg substitute</p> <p>2 Tbsp provides 3-4 grams protein</p> <p>Cottage/Ricotta Cheese (fat-free, skim milk, 1%) Greek yogurt (fat-free, plain, light or 100 calorie) Tofu (soft) Cheese, fat-free or low fat (1 slice or 1 oz) Milk, 1% or skim (8 oz provides 8 grams of protein)</p>	<p>High fat meats Tough, dry meats Proteins cooked in oil, fat and butter Peanut butter and other nut butters Cheese or yogurt made from whole milk Whole or 2% Milk</p>
Produce	<p>Vegetables: Tender varieties, cooked until soft</p> <p>Fruits: Melon, Banana, No Sugar Added Applesauce, canned peaches and pears in 100% juice and other soft fruit without seeds, skins or hulls</p>	<p>Raw salad; tough vegetables. Seeds, skins or hulls (peas, corn); Cooked in butter or oil Fruit in heavy or light syrup</p>
Grains and Starches	<p>Hot cereal (oatmeal, grits, cream of wheat) Mashed white or sweet potatoes Beans, hummus Toast, crackers without seeds, hard pretzels Rice, pasta and noodles (wait until week 7,8)</p>	<p>Soft bread, Bagels All additional starchy foods not listed in the choose category Grains prepared with added butter or oil</p>
Soups	<p>Broth, bouillon, reduced fat cream soups Egg drop soup</p>	<p>Rich, high fat cream soups</p>
Beverages	<p>Water Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light®, Mio®, Propel Zero®, Fruit 2O®, Vitamin Water Zero®, True Lemon/Lime/Orange®</p>	<p>All soda and carbonated drinks Caffeinated coffee/ tea Chocolate milk 2% or whole milk</p>

Miscellaneous	Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free/low fat ice cream and sherbet, light or low fat mayonnaise	All others
----------------------	---	------------

Sample Soft Diet Plan:

- 7:00 am 8 oz fluid such as decaffeinated coffee
- 8:00 am 2 oz protein food such as an omelet (1 scrambled egg with 1 slice light cheese and 1-2 tbsp cooked vegetables)
- 9:00am 8 oz fluid such as water with an orange wedge
- 10:00am 8-12 ounces protein supplement
- 1:00pm 1-2 oz protein food such as tuna with low fat mayonnaise
- 2 saltine crackers
- 2-4 oz canned/ diced pears in 100% Juice
- 2:00 pm 8 oz fluid such as water with lemon
- 3:30pm 8-12 oz protein supplement
- 5:00pm 8 oz fluid such as decaffeinated sugar-free iced tea
- 6:00pm 1 ½ -2 oz protein food such as chopped chicken breast (moist, tender)
- 2 tbsp cooked green beans
- 1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy
- 7:30pm 8 oz fluid such as a sugar-free flavored water
- 8:00pm 1/2 cup melon

WEEK 6+ (MAINTENANCE): LOW FAT, LOW CARBOHYDRATE DIET

- At this point, you will transition to the final stage of your diet
- You will work with your dietician to craft the ideal diet for you
- Continue a daily multivitamin and aim for 60g-80g of protein intake each day
- Continue to drink 64 ounces of water each day, avoiding fluids during meals and within 30 minutes after meals.
- Begin to add raw vegetables such as lettuce and carrots but continue to avoid foods with tough skins and large seeds.
- Take your time at meals and chew very well to help increase your tolerance to these foods.
- Drink a glass of water 30 minutes before each meal. Refrain from drinking during meals.
- Eat lean proteins, such as grilled chicken breast or salmon, steamed tilapia, or lean steak

REGULAR DIET: Suggested Daily Intake Based on Food Groups					
Food Group	Food Choices	Serving Size	Number of Servings	Grams Protein	Grams Carb
Meat, Poultry, Fish, Eggs	Examples: lean beef, pork, ham, veal, chicken, turkey, fish, tuna fish, crab, shrimp, lobster, scallops, mussels, Canadian bacon, eggs, egg whites, firm tofu	1 oz ¼ cup	6-7	36-49	0
Vegetables	Examples: carrots, green beans, tomatoes, spinach and other greens, zucchini, yellow squash, beets, onions, peppers, broccoli, cauliflower, asparagus, cabbage, eggplant	½ cup	2-3	4-6	10-15
Fruits	Examples: apples, applesauce, plums, pears, peaches, nectarines, grapes, tangerines, cherries, berries, bananas	½ cup	2-3	0	30-45
Grain, Starchy Vegetables	Examples: rice, potatoes, sweet potatoes, noodles, pasta, bread, crackers, pretzels, cereals, peas, corn, beans, chick peas, lentils, soybeans	½ cup	3-4	6-12	45-60
Dairy	Examples: skim/1% milk, Light yogurt, Greek style yogurt, cottage/ricotta cheese, low fat/fat free cheese, low fat soy milk	8 oz ½ cup	2-3	10-25	10-25
Fats/Oils	Butter, margarine, mayonnaise, salad dressing	1 Tbsp	1-2	0	0
Total				56-92	95-145

Sample Regular Diet Plan:

- **Before Breakfast:** 8 oz water
- **Breakfast:** 1 egg scrambled with 1 slice of fat free cheese
½ slice whole grain toast
½ banana
- **30 mins after breakfast:** 8-16 oz sugar-free flavored beverage
- **Mid-morning snack:** ½ cup slice apple + 1 ounce low-fat string cheese
- **30 mins after snack:** 16 oz water or other approved beverage, sipped throughout the morning
- **Lunch:** ½ cup tuna in water, 1 Tbsp low fat mayo, on 1 slice whole grain bread
3 slices fresh tomato and ½ cup lettuce
½ cup fresh canteloupe
- **30 mins after lunch:** 8 oz decaf sugar-free iced tea
- **Mid-Afternoon Snack:** ½ cup plain, low-fat Greek yogurt with ½ cup berries
- **30 mins after snack:** 16 oz water or other approved beverage, sipped through the afternoon
- **Dinner:** 2-4 oz baked fish
½ cup steamed broccoli with lemon

- **Evening Snack:** ½ cup baked sweet potato with 1tsp low fat margarine/butter
8 oz skim or 1% milk or soy milk