

GASTRIC BYPASS / SLEEVE Home Care Instructions

These instructions are to help you care for yourself when you go home.

<p>Call:</p>	<p>If you have any problems.</p> <ul style="list-style-type: none"> • <u>Call 336-387-8100</u> and ask for the surgeon on call • If you need immediate assistance come to the ER at Wesley Long. Tell the ER staff that you are a new post-op gastric bypass or gastric sleeve patient
<p>Signs and symptoms to report:</p>	<ul style="list-style-type: none"> • Severe vomiting or nausea <ul style="list-style-type: none"> ○ If you cannot handle clear liquids for longer than 1 day, <u>call your surgeon</u> • Abdominal pain which does not get better after taking your pain medication • Fever greater than 100.4° F and chills • Heart rate over 100 beats a minute • Trouble breathing • Chest pain • Redness, swelling, drainage, or foul odor at incision (surgical) sites • If your incisions open or pull apart • Swelling or pain in calf (lower leg) • Diarrhea (Loose bowel movements that happen often), frequent watery, uncontrolled bowel movements • Constipation, (no bowel movements for 3 days) if this happens: <ul style="list-style-type: none"> ○ Take Milk of Magnesia, 2 tablespoons by mouth, 3 times a day for 2 days if needed ○ Stop taking Milk of Magnesia once you have had a bowel movement ○ Call your doctor if constipation continues <p style="text-align: center;">Or</p> <ul style="list-style-type: none"> ○ Take Miralax (instead of Milk of Magnesia) following the label instructions ○ Stop taking Miralax once you have had a bowel movement ○ Call your doctor if constipation continues • Anything you think is “abnormal for you”
<p>Normal side effects after surgery:</p>	<ul style="list-style-type: none"> • Unable to sleep at night or unable to concentrate • Irritability • Being tearful (crying) or depressed <p>These are common complaints, possibly related to your anesthesia, stress of surgery and change in lifestyle, that usually go away a few weeks after surgery. If these</p>

	feelings continue, call your <u>medical doctor</u> .
Wound Care:	<p>You may have surgical glue, steri-strips, or staples over your incisions after surgery</p> <ul style="list-style-type: none"> • Surgical glue: Looks like a clear film over your incisions and will wear off a little at a time • Steri-strips : Adhesive strips of tape over your incisions. You may notice a yellowish color on the skin under the steri-strips. This is used to make the steri-strips stick better. Do not pull the steri-strips off – let them fall off • Staples: Staples may be removed before you leave the hospital <ul style="list-style-type: none"> ○ If you go home with staples, call Central Carolina Surgery at for an appointment with your surgeon’s nurse to have staples removed 10 days after surgery, (336) 387-8100 • Showering: You may shower two (2) days after your surgery unless your surgeon tells you differently <ul style="list-style-type: none"> ○ Wash gently around incisions with warm soapy water, rinse well, and gently pat dry ○ If you have a drain (tube from your incision), you may need someone to hold this while you shower ○ No tub baths until staples are removed and incisions are healed
Medications:	<ul style="list-style-type: none"> • Medications should be liquid or crushed if larger than the size of a dime • Extended release pills (medication that releases a little bit at a time through the day) should not be crushed • Depending on the size and number of medications you take, you may need to space (take a few throughout the day)/change the time you take your medications so that you do not over-fill your pouch (smaller stomach) • Make sure you follow-up with your primary care physician to make medication changes needed during rapid weight loss and life-style changes • If you have diabetes, follow up with the doctor that orders your diabetes medication(s) within one week after surgery and check your blood sugar regularly. • Do not drive while taking narcotics (pain medications) • Do not take acetaminophen (Tylenol) and Roxicet or Lortab Elixir at the same time since these pain medications contain acetaminophen
Diet: <u>First 2 Weeks</u>	<p>You will see the nutritionist about two (2) weeks after your surgery. The nutritionist will increase the types of foods you can eat if you are handling liquids well:</p> <ul style="list-style-type: none"> • If you have severe vomiting or nausea and cannot handle clear liquids lasting longer than 1 day, call your surgeon <p><u>Protein Shake</u></p> <ul style="list-style-type: none"> • Drink at least 2 ounces of shake 5-6 times per day • Each serving of protein shakes (usually 8 – 12 ounces) should have a minimum of: <ul style="list-style-type: none"> ○ 15 grams of protein ○ And no more than 5 grams of carbohydrate • Goal for protein each day: <ul style="list-style-type: none"> ○ Men = 80 grams per day

- Women = 60 grams per day
- Protein powder may be added to fluids such as non-fat milk or Lactaid milk or Soy milk (limit to 35 grams added protein powder per serving)

Hydration

- Slowly increase the amount of **water** and other clear liquids as tolerated (See Acceptable Fluids)
- Slowly increase the amount of **protein shake** as tolerated
- Sip fluids slowly and throughout the day
- May use sugar substitutes in small amounts (no more than 6 – 8 packets per day; i.e. Splenda)

Fluid Goal

- The **first goal** is to drink at least 8 ounces of protein shake/drink per day (or as directed by the nutritionist); some examples of protein shakes are Syntrax Nectar, Adkins Advantage, EAS Edge HP, and Unjury. ***See handout from pre-op Bariatric Education Class:
 - Slowly increase the amount of protein shake you drink as tolerated
 - You may find it easier to slowly sip shakes throughout the day
 - It is important to get your proteins in first
- **Your fluid goal is to drink 64 – 100 ounces of fluid daily**
 - It may take a few weeks to build up to this
- 32 oz (or more) should be clear liquids

And

- 32 oz (or more) should be full liquids (see below for examples)
- Liquids should not contain sugar, caffeine, or carbonation

Clear Liquids:

- Water or Sugar-free flavored water (i.e. Fruit H₂O, Propel)
- Decaffeinated coffee or tea (sugar-free)
- Crystal Lite, Wyler's Lite, Minute Maid Lite
- Sugar-free Jell-O
- Bouillon or broth
- Sugar-free Popsicle: *Less than **20** calories each; Limit **1** per day

Full Liquids:

Protein Shakes/Drinks + 2 choices per day of other full liquids

- Full liquids must be:
 - No More Than 12 grams of Carbs per serving
 - No More Than 3 grams of Fat per serving
- Strained low-fat cream soup
- Non-Fat milk
- Fat-free Lactaid Milk
- Sugar-free yogurt (Dannon Lite & Fit, Greek yogurt)

<p>Vitamins and Minerals</p>	<ul style="list-style-type: none"> • <u>Start 1 day after surgery unless otherwise directed by your surgeon</u> • 2 Chewable Multivitamin / Multiminerall Supplement with iron (i.e. Centrum for Adults) • Vitamin B-12, 350 – 500 micrograms sub-lingual (place tablet under the tongue) each day • Chewable Calcium Citrate with Vitamin D-3 (Example: 3 Chewable Calcium Plus 600 with Vitamin D-3) <ul style="list-style-type: none"> ○ Take 500 mg three (3) times a day for a total of 1500 mg each day ○ Do not take all 3 doses of calcium at one time as it may cause constipation, and you can only absorb 500 mg at a time ○ Do not mix multivitamins containing iron with calcium supplements; take 2 hours apart ○ Do not substitute Tums (calcium carbonate) for your calcium • Menstruating women and those at risk for anemia (a blood disease that causes weakness) may need extra iron <ul style="list-style-type: none"> ○ Talk with your doctor to see if you need more iron • If you need extra iron: Total daily Iron recommendation (including Vitamins) is 50 to 100 mg Iron/day • Do not stop taking or change any vitamins or minerals until you talk to your nutritionist or surgeon • Your nutritionist and/or surgeon must approve all vitamin and mineral supplements
<p>Activity and Exercise:</p>	<p>It is important to continue walking at home. Limit your physical activity as instructed by your doctor. During this time, use these guidelines:</p> <ul style="list-style-type: none"> • Do not lift anything greater than ten (10) pounds for at least two (2) weeks • Do not go back to work or drive until your surgeon says you can • You may have sex when you feel comfortable <ul style="list-style-type: none"> ○ It is VERY important for female patients to use a reliable birth control method; fertility often increases after surgery ○ Do not get pregnant for at least 18 months • Start exercising as soon as your doctor tells you that you can <ul style="list-style-type: none"> ○ Make sure your doctor approves any physical activity • Start with a simple walking program • Walk 5-15 minutes each day, 7 days per week. • Slowly increase until you are walking 30-45 minutes per day Consider joining our BELT program. (336)334-4643 or email belt@uncg.edu
<p>Special Instructions</p>	<p>Things to remember:</p> <ul style="list-style-type: none"> • Free counseling is available for you and your family through collaboration between Cone Health and UNCG. Please call (336) 832-1647 and leave a message • Use your CPAP when sleeping if this applies to you

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| | <ul style="list-style-type: none">• Wesley Long Hospital has a free Bariatric Surgery Support Group that meets monthly, the 3rd Thursday, 6 pm, Wesley Long Education Center Classrooms You can see classes online at www.conehealth.com/classes• It is very important to keep all follow up appointments with your surgeon, nutritionist, primary care physician, and behavioral health practitioner<ul style="list-style-type: none">○ After the first year, please follow up with your bariatric surgeon and nutritionist at least once a year in order to maintain best weight loss results |
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Central Carolina Surgery: 336-387-8100

Cone Health Nutrition and Diabetes Management Center: 336-832-3236

Bariatric Nurse Coordinator: 336-832-0117

*Reviewed and Endorsed
by Cone Health Patient Education Committee, Jan, 2014*