

## Pre-Operative Class for Bariatric Surgery

Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Procedure: \_\_\_\_\_ Surgeon: \_\_\_\_\_

Staff signature \_\_\_\_\_ Date \_\_\_\_\_

Bariatric Surgery requires life long follow up with a Bariatric surgeon and the medical team. I have received the Temple Health Bariatric Surgery Education Manual. I will keep my manual close by and refer to it often as I prepare for surgery.

At your Pre-Admission Testing Interview you will discuss your current medications. Aspirin, non-steroidal anti-inflammatory medications as well as plavix, and some over the counter vitamin supplements may increase bleeding. They should be discussed with your medical team and stopped 10 days before surgery.

Oral contraceptives, any hormone replacement device or medication, tamoxifen and other medications will increase the risk of blood clots. They should be discussed with your medical team and discontinued about 1 month before surgery.

Women should take precautions against pregnancy for at least one year after Bariatric surgery.

Smoking hurts every system of the body. After surgery, smokers have an increased risk of pneumonia and staple line leaks. I realize that I cannot smoke now or after bariatric surgery.

I will do my best with the 2 week liquid diet pre-op diet. I will take only a clear liquid diet the day before surgery. I will have nothing to eat or drink after midnight on the day of my surgery.

I understand that walking the afternoon or evening of surgery is very important to prevent the formation of blood clots in my legs. I have seen the incentive spirometer machine, and understand that using it 10 times a hour is important in the hospital and at home. I will bring my CPAP machine to the hospital on the day of surgery if I have been diagnosed with sleep apnea.

I understand that I must adhere to the post operative diet in my manual. I am prepared with the clear liquids and the vitamin supplements I will need when I am discharged from the hospital. I will bring my medications and supplements with me on my first post operative visit.

Signature: \_\_\_\_\_