

**DISCHARGE INSTRUCTIONS FOR  
GASTRIC BYPASS/ SLEEVE GASTRECTOMY PATIENTS  
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**DIET:** You should stay on bariatric full liquid diet for two weeks, then advance your diet according to the dietitian's instructions as explained in the dietitians' handout given to you earlier. Try to drink at least 40 oz (5 glasses of 8 oz each) of liquids a day in order to avoid dehydration.

You should drink in small amounts, take small sips but drink frequently. All liquids including water, soup, broth, protein shakes etc. can be added to make 40 oz.

**MEDICATIONS:** Most patients are able to tolerate their medications as they did before surgery. If the pills are too big, you can split them or even crush them; however, certain medications cannot be crushed or split. Please check with your pharmacist or your medical doctor. If you took a lot of pills you can take 3 or 4 pills at a time with a few sips of water, then wait for about half an hour or so and take the rest of the pills and space them out during the day.

**ACTIVITY:** You should walk as much as you can every day. That reduces the risk of blood clots and pneumonia. We recommend to walk at least once every 1 to 2 hours during the day when you are awake. You should increase your activity gradually as tolerated. Most other physical activities including sexual activities should be resumed as tolerated. Please start using a pedometer and try to walk more every day than the day before.

**DRIVING:** After laparoscopic gastric bypass surgery and laparoscopic sleeve gastrectomy, patients should avoid driving for at least 2 weeks. If they are taking narcotic pain medication longer than that, they should avoid driving as long as they are on narcotic pain medication.

**STAIRS:** If possible, we recommend to avoid stairs for one to two weeks. If you have to use stairs, you should have someone help you go up and down the stairs to prevent you from falling down.

**WOUND CARE:** You have steri strips on your incisions. Showers are okay 48 hours after the operation. During the shower, the steri strips might fall off. If they fall off within the first one week, you should put a new Band-Aid on the incision after the shower. After one week if the Band-Aids fall off, you do not need to replace them. You also have a biological skin glue under the Steri-Strips and there is also a suture holding the skin together. The suture usually dissolves in 2 to 3 weeks.

**ABDOMINAL BINDER:** The abdominal binder is up to you. If you like it, you can

wear it; if you don't like it, you don't have to wear it. Most people wear it for the first few weeks, especially when they are walking around because it supports their abdomen and reduces the level of pain in the abdominal area.

**BATHS:** You should avoid taking baths, using a hot tub or pool for about 3 weeks or as long as any of the incisions have any drainage.

**MEDICATIONS PRESCRIBED:**

1. You will be sent home on liquid **pain medication**. Most people need it for the first 5 to 7 days. You can take it as needed. **Please do not drive as long as you are taking this medication.**
2. You will also have **nausea medication**. You should take it as needed. Most people need nausea medication **around 4 to 5 weeks after surgery** as they start advancing their diet.
3. You will also have a prescription for a **stool softener**. The first bowel movement happens around 3 to 4 days after surgery and the first 2 to 3 bowel movements are usually liquidy in nature. After that, many people get constipated for the next 3 to 6 months. During that period, you can take stool softener as needed. As your diet advances and you increase the amount of fiber and liquid in your diet, your bowel movements should go back to normal.
4. After gastric bypass and sleeve gastrectomy, you should take OptiSource **multivitamin or Fusion multivitamin** one tablet four times a day or two tablets twice a day.
5. After gastric bypass you should take additional calcium supplement as **calcium citrate with Vitamin D** one tablet daily. **You will need to take more calcium if you decide to switch to a non bariatric multivitamin.**
6.  You may need to take Magnesium oxide 400 mg once a day for 3 months
7.  You may need to take Kcl 10 milli equivalents once a day for 3 months.
8.  You may need to take Actigall (Ursodiol) twice a day for 6 months to prevent gall stone formation.
9.  After gastric bypass surgery, you may need to take prilosec 20 mg (or protonix 40 mg or Nexium 20 mg or Aciphex 20 mg) twice a day for one year to reduce the risk of ulcers in your new stomach pouch. If your insurance does not cover twice a day dosing for Prilosec/protonix, you can take Prilosec/protonix in the evening and Pepcid 20 mg in the morning for 12 months. After 12 months, you may need to stay on one of these medications once a day. After sleeve gastrectomy the above medications are usually recommended for 3 months and then as needed for treatment of GERD.
10.  You may need to take carafate suspension 1 gram (10 cc) 2 x a day for 3 months to reduce the risk of ulcers in the stomach pouch.
11. Other medications \_\_\_\_\_
12. \_\_\_\_\_

