

Pre-op Instructions Gastric Bypass / Sleeve Gastrectomy / Lap-Band

10 Days Before Your Surgery

- Stop taking any aspirin, Motrin, ibuprofen, naproxen, Advil or other arthritis or pain medicines
- Follow your 800 calorie, 10-day diet strictly
- Participate in moderate exercise each day before your surgery
- Follow the preoperative instructions provided by the pre-op nurse

On the Morning of Your Surgery

Go to the Outpatient Surgery desk on the 2nd floor of building 200 (a volunteer can show you where to go, if you need assistance).

What to Bring

- If you use a special machine for sleep apnea, please bring it to use immediately after surgery
- Bring your medications (in the medicine bottles provided by the pharmacy)
- Be sure to bring all your insurance and medical information
- Bring a pillow, or blanket to help splint your abdomen for the car ride home. If you forget, just have your ride home bring one for your discharge from the hospital

There are also a variety of personal items you can bring from home that will make your stay more comfortable, including:

- Comb or brush
- Bathrobe
- Slippers
- Toothbrush and toothpaste
- Loose-fitting clothes
- Books and magazines
- Lip balm
- Deodorant

Do not bring valuables such as jewelry, cash, or similar personal items.

Body Piercings

Please remove all body piercings before you come in for surgery. Modern surgical techniques rely heavily on the use of electricity. The metal in your piercings can create a hazard for the surgical team, and lead to burns around your piercing.