

## Pre-op Diet for Gastric Bypass Patients

Patient Name: \_\_\_\_\_ Surgery Date/Time \_\_\_\_\_

Two Days before Surgery: \_\_\_\_\_ Date: \_\_\_\_\_

Start a clear liquid, low sugar diet. The following liquids can be taken in any amount since they do not contain sugar:

- Sugar-free fruit flavored water (non-carbonated), decaf tea, and water.
- Also broth, sugar free Jell-O, and sugar free popsicles.
- Low carbohydrate protein drinks – 1 to 2 each day (see list from dietician)
- Consume these liquids in moderation as they contain larger amounts of sugar: Gatorade, or PowerAde, Regular Jell-O, popsicles or no sugar added fudgsicles, 1 cup skim (1%) milk, 8 ounces lite low carb yogurt.

**Attention Diabetics:** For those with Diabetes, we recommend consuming 15 grams of carbohydrates every 2 hours. Be sure to monitor your blood sugars and contact your doctor as necessary. If your blood sugar is greater than 150 mg/dl, spread out these beverages/foods over a 3 hour period. Beverages with 15 gm of carbs include:

- 1 regular popsicle
- 1 cup milk, skim or 1%
- 6 ounces light yogurt
- 1/3 cup regular Jell-O
- 1/2 cup regular Kool Aid
- 1 Tbsp. honey or sugar (can be used to sweeten a beverage)
- 1/2 cup orange, apple or grapefruit juice

The Day before Surgery: \_\_\_\_\_ Date: \_\_\_\_\_

- Clear liquids until end of day, same as above
- Drink one 10 oz. bottle of Magnesium Citrate between 1:00 & 4:00 p.m. (available over-the counter at your pharmacy – no prescription needed.)
- Nothing by mouth after midnight.

Day of Surgery: \_\_\_\_\_ Date: \_\_\_\_\_

- Plan to arrive 90 minutes in advance of your surgery time or as instructed per the admission nurses.

### Discharge:

- Laparoscopic patients are usually discharged sometime the day after surgery. *However, this is at your surgeon's discretion.*
- The nurses at the hospital will have some written discharge instructions for you to take home.
- You should have an appointment to see the surgeon 7-10 days after your surgery. If you do not already have that appointment, please call our office at **(913) 677-6319**. **If you have medical questions, contact your doctor's nurse at 913-677-6319.** She will return your call as soon as possible. If your problem requires immediate assistance, contact the receptionist and ask to have the nurse paged, or if it is an emergency, **call 911**. Our office hours are 9 to 5 Mon. through Thurs, and 9 to 4:30 on Friday. Telephones are answered 24 hours per day by our answering service and your messages outside normal office hours will be forwarded to the physician on call.