



MASSACHUSETTS  
GENERAL HOSPITAL  
WEIGHT CENTER

# COUNTDOWN TO SURGERY

**MGH Weight Center**

50 Staniford Street, Suite 430

Boston, MA 02114

Phone: 617-726-4400

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**Date:**

\_\_\_\_\_

**Surgical Procedure:**

- GASTRIC BYPASS
- SLEEVE GASTRECTOMY
- OTHER:

\_\_\_\_\_

**Surgeon:**

\_\_\_\_\_

| TIME FRAME                    | <input type="checkbox"/> TASK  |
|-------------------------------|--|
| <b>6 WEEKS BEFORE SURGERY</b> | <input type="checkbox"/> STOP ALL NICOTINE – INCLUDING SMOKABLES, CHEW, PATCHES, ETC...  |
| <b>1 MONTH BEFORE SURGERY</b> | <input type="checkbox"/> PHONE CALL WITH PRE-ADMISSION TESTING<br><input type="checkbox"/> BLOOD WORK<br><input type="checkbox"/> UPPER GI TEST, IF INDICATED<br><input type="checkbox"/> STOP HORMONE REPLACEMENT (IE ORAL BIRTH CONTROL PILLS) & USE ANOTHER METHOD OF BIRTH CONTROL IF SEXUALLY ACTIVE  |
| <b>2 WEEKS BEFORE SURGERY</b> | <input type="checkbox"/> START SHRINK THE LIVER DIET – NO “LAST SUPPERS”<br><input type="checkbox"/> AVOID CAFFEINE, ALCOHOL AND CARBONATED BEVERAGES<br><input type="checkbox"/> BECOME PHYSICALLY ACTIVE   |
| <b>1 WEEK BEFORE SURGERY</b>  | <input type="checkbox"/> AVOID ASPIRIN AND ASPIRIN CONTAINING PRODUCTS (UNLESS OTHERWISE DISCUSSED)  |
| <b>2 DAYS BEFORE SURGERY</b>  | <input type="checkbox"/> CALL FROM WEIGHT CENTER WITH TIME OF SURGERY<br><input type="checkbox"/> HIBICLENS/ANTIMICROBIAL SOAP WASH TO ABDOMEN   |
| <b>1 DAY BEFORE SURGERY</b>   | <input type="checkbox"/> FULL LIQUID DIET UNTIL MIDNIGHT... THEN SWITCH TO CLEAR LIQUIDS<br><input type="checkbox"/> HIBICLENS/ANTIMICROBIAL SOAP WASH TO ABDOMEN  |
| <b>DAY OF SURGERY</b>         | <input type="checkbox"/> CLEAR LIQUID DIET UNTIL 2-3 HOURS PRIOR TO SURGERY... THEN<br><input type="checkbox"/> NOTHING TO EAT OR DRINK; NO GUM, MINTS, CANDY, ETC...<br><input type="checkbox"/> HIBICLENS/ANTIMICROBIAL SOAP WASH TO ABDOMEN<br><input type="checkbox"/> BRING CPAP/BIPAP MACHINE TO THE HOSPITAL<br><input type="checkbox"/> DO NOT BRING ANYTHING OF SIGNIFICANT VALUE TO THE HOSPITAL |