



PRE-OP INSTRUCTIONS (Dr. Gee)

Medications:

- ✓ Follow the instructions given to you by the Pre-op Nurse/Anesthesiologist
- ✓ Stop oral contraceptives or estrogens at least 6 weeks before surgery and do not restart until 4 weeks after surgery.
- ✓ If you take Aspirin, you may continue one baby aspirin (81 mg) thru the day of surgery.
- ✓ If you take Coumadin, Eliquis, Plavix or any other blood thinner, check with the provider who manages/prescribes the blood thinner, or check with your surgeon about when to stop these.
- ✓ If you take insulin, please check with the provider who manages your diabetes. We usually recommend taking 1/2 insulin dose the night before and 1/2 insulin dose the morning of surgery.

Behaviors:

- ✓ Stop smoking at least 6 weeks before surgery – you should never smoke after surgery or you may develop ulcers.
- ✓ Stop drinking alcoholic beverages before surgery and be careful about alcohol consumption after surgery as alcohol addiction is not uncommon.
- ✓ It is important not to become pregnant until about 18 months following surgery. You should be careful as you lose weight you may become more fertile and may need to use birth control, even if you did not need to before.
- ✓ Avoid caffeine and carbonated beverages.

Diet:

- ✓ Follow pre-op Shrink the Liver diet as instructed by Weight Center dietician.
- ✓ The day prior to surgery begin a **FULL LIQUID DIET** (any liquid taken through a straw) this includes protein shakes, NO SOLID FOOD. Be sure to drink plenty of fluid during the day up until 12am.
- ✓ The day of surgery (after midnight) begin a **CLEAR LIQUID DIET** (any liquid you can see through) water, cranberry juice, apple juice, grape juice, Gatorade, Powerade, black tea, black coffee (**NO** milk, cream, non-dairy creamer, soy milk, or almond milk; may use sugar or a sugar substitute) from 12am continuing until 2 - 3 hrs prior to your procedure arrival time.

DO NOT eat or drink anything except meds required within 2 – 3 hours of procedure. No gum or hard candy.

Showering:

- ✓ Carefully wash your upper abdomen and clean out your navel (belly button) with antibacterial soap. The soap can be purchased at any local drug store.

Arrival at the Hospital:

- ✓ Come to the 3rd floor of the Wang building to check in at the CPC.
- ✓ The Surgical Scheduler at the MGH Weight Center will call you 2 days before surgery to confirm the Date and Time of your procedure.
- ✓ Do not bring jewelry or medications except inhalers if you have them.
- ✓ Bring your CPAP/BiPAP machine with you to the hospital (if you use one).

