



## Discharge Instructions for Duodenal Switch and Distal Gastric Bypass Surgeries

Now that you are ready to go home here is some information you will need to care for yourself.

### What medications must I take and how do I take them?

So that the medicines can be absorbed and used by your body, you must:

- Crush all non-chewable tablets and open all capsules. Mix powder with food.
- Chew any chewable tablet completely then wash them down with liquid.
- You may take liquid forms of your medicines, when available. Shake the bottle well before you pour the medicine dose.

MEDICINE/SUPPLEMENT	DOSE	COMMENTS
<b>Antacid</b>	As prescribed.	Open the capsule <b>OR</b> crush the pill into liquid or pureed food, even if the directions tell you not to do this.  Examples of antacids are: Prilosec <sup>®</sup> (omeprazole), Prevacid <sup>®</sup> (lansoprazole), Dexilant <sup>®</sup> (dexlansoprazole), Nexium <sup>®</sup> (esomeprazole), Protonix <sup>®</sup> (pantoprazole), AcipHex <sup>®</sup> (rabeprazole).  Over-the-counter brands of these antacids, if available, are also acceptable.
<b>Hydrocodone/ Acetaminophen Elixir</b>	Take 1 - 2 teaspoons of the 7.5mg/325mg (in 15ml) elixir every 4 to 6 hours as needed for moderate pain.	Once your discomfort lessens, stop the prescription pain medication. Instead, take over-the-counter acetaminophen (e.g. Extra-Strength Tylenol <sup>®</sup> ) every six hours as needed. Take 2 tablespoons of liquid (equal to 1000mg) or two tablets (crushed).
<b>Actigall<sup>®</sup></b> (ursodiol)	Take one 300mg tablet twice a day for six months.	<b><i>If you still have your gallbladder and <u>do not</u> have gallstones</i></b> , we will start you on Actigall <sup>®</sup> at your first follow-up appointment.
<b>High ADEK multivitamin with minerals</b>	Take 1 chewable Bariatric Advantage High ADEK Multivitamin (with minerals) three times per day.	Check your diet booklet for other brands of high ADEK multivitamins with minerals

MEDICINE/SUPPLEMENT	DOSE	COMMENTS
Eliquis	Take one 2.5 mg pill twice a day for one month after surgery.	Your surgeon will decide if you are to take either of these medications.
<u>OR</u> Lovenox	Your surgeon will determine the amount which is based on your weight. Take for one month after surgery.	

### Medicines to avoid!

#### Distal Gastric Bypass Patients:

Do not take aspirin or aspirin-containing products for one month unless your surgeon tells you differently. After one month, if you need to take a daily aspirin, you will also need to take a daily antacid to protect your stomach.

Do not take non-steroidal anti-inflammatories such as ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>, etc.) and naproxen (Naprosyn<sup>®</sup>, Aleve<sup>®</sup>, etc.). They may cause ulcers in your pouch. Check with us if you are not sure which medicines you can take.

If you need to take any of these medicines, even once, call the Weight Loss Surgery Center. You may need a medication to protect your stomach, or a different prescription.

#### Duodenal Switch Patients:

Do not take aspirin or aspirin-containing products for one week after surgery.

Do not take non-steroidal anti-inflammatories such as ibuprofen (Advil<sup>®</sup>, Motrin<sup>®</sup>, etc.) and naproxen (Naprosyn<sup>®</sup>, Aleve<sup>®</sup>, etc.) for one month after surgery.

### How do I care for my incisions?

Remove the bandage 3 days after surgery if it is still on.

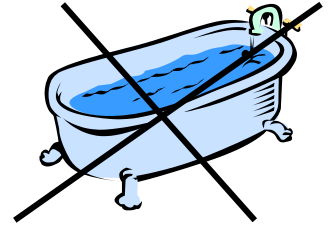
If you have Steri-strips<sup>®</sup> [strips of tape over the incisions (cuts)] leave them in place; they will curl and fall off. If they are still in place 2 weeks after your surgery, gently peel them off. You can do this in the shower.

If you have glue on your incisions, leave it in place. As the ends start to curl, you can peel the glue off. If the glue is still in place 2 weeks after your surgery, gently peel it off your incisions. You can do this in the shower.

The incisions (cuts) may itch during healing; this is normal. **Do not scratch the area**

### Can I shower or bathe?

It is OK to shower with soap. Pat the incisions dry after showering. Do not take a bath or soak the incision in water for one month.



### How do I manage diarrhea?

- **Step one:** reduce your consumption of high fat foods and beverages.
- **Step two:** avoid milk and milk products.
- **Step three:** if diarrhea persists, try 2 TBSP's of Pepto Bismol<sup>®</sup> every hour as needed, up to a maximum of 16 TBSP's in an 8 hour period or 2 TBSP's of Kaopectate<sup>®</sup> after each loose bowel movement. Remember to consume plenty of fluids to replace those you have lost in order to prevent dehydration.
- **Step four:** If diarrhea persists, call the Weight Loss Surgery Center.

### What do I do if vomiting occurs?

If you vomit, you have probably eaten or drunk too quickly and/or too much or your pureed food may be too solid.

- Wait four hours and then try one ounce of a non-sugared liquid.
- If this liquid does not make you nauseous or vomit, then continue with liquids until the next day. Then you can try pureed foods again or just continue on liquids if you are not at the pureed food stage yet.
- If vomiting persists, call the Weight Loss Surgery Center.

### What kind of activity is allowed?

Do not drive until your pain is resolved and/or does not require medication. Pain can make it hard to move quickly. Stop any strenuous activity if it is uncomfortable during the first month. Walk as much as is comfortable for you. Your goal after surgery is to walk 30 minutes per day, 7 days per week with elevated heart rate. You can also use a stationary bike or an elliptical machine. Avoid heavy weights until you discuss this with your surgeon.

### Can I become pregnant?

**You MUST avoid getting pregnant until your weight is stable and you do not have any vitamin and mineral deficiencies.** There may be a higher risk of birth defects while you are losing weight.

Since rapid weight loss increases fertility, birth control must be used properly and all the time to avoid pregnancy, even if you were unable to get pregnant in the past.

## Diet Notes

**Starting the day of discharge and for the next week:**

**Full liquids.** Consume **one to two ounces** every **twenty minutes** while you are awake.

Drink **three** high protein shakes (25g of protein) per day, **one to two ounces** at a time.

**2<sup>nd</sup> and 3<sup>rd</sup> week after discharge:**

**. Pureed food with an emphasis on those high in protein**

Eat 1-2 ounces of pureed food, up to 4 ounces of fat free or light smooth yogurt or up to one-half cup of a pureed soup every 2-3 hours while you are awake.

Drink **two** high protein shakes (having at least 25g of protein) per day, no more than 4 ounces at one time.

**More about foods:**

Consume at least **80g** of protein per day.

**Eat slowly! Stop eating when you are comfortably satisfied.**

Do **not** spend more than **20 minutes** eating at one meal.

Do **not** eat foods that are high in **fat or carbohydrates.**

**More about liquids:**

Try to drink at least **40 ounces** of liquid per day.

**Wait at least 30 minutes after eating before you start drinking again.**

Drink slowly. Do not use a straw.

Do **not** drink **carbonated beverages, juice, coconut water or smoothies** after surgery.

Do **not** drink **alcoholic beverages** for **one month** after surgery.

### When do I follow-up after surgery?

You will meet with your Surgeon/Nurse Practitioner and Dietitian 2 to 3 weeks and 5-6 weeks after surgery. Subsequent follow-up visits with your Surgeon/Nurse Practitioner/Dietitian will be at 3 and 6 months after surgery, then every 6 months.

You should have received dates and times for your **first two follow-up visits** with your pre-operative instructions. If not, please call the Center to schedule them.

### When should I call the Weight Loss Surgery Center?

#### Call us if you have:

- Increasing redness, swelling, heat or pain at an incision
- Drainage from an incision
- Fever greater than 101°F
- Abdominal pain
- Frequent vomiting
- Nausea
- Shortness of breath
- Generally not feeling or doing well



### EMERGENCY TELEPHONE NUMBERS

Call **(212) 305-4000** with any problems.

After 5PM, call your surgeon:

Dr. Marc Bessler on (212) 305-9506,

Dr. Abraham Krikhely on (212) 305-9506

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your health care providers. For answers to your health related questions, talk to your health care providers for guidance before making a health care decision.

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