

PATIENT PRE-OPERATIVE PREPARATION INSTRUCTIONS (DOC-04)
GASTRIC REDUCTION/DUODENAL SWITCH

Two days before surgery: Full liquid diet—Creamy soups, milkshakes, liquid protein shakes, ice cream, and pudding.

Day before surgery: clear liquid diet—coffee, tea, broth, Jell-O, clear sodas (no milk or orange juice) Please remember to drink a LOT of fluids today—NO alcohol. Please shower with attention to scrubbing all parts of your body and especially in any skin folds and shampooing your hair. Please drink plenty of water all day long to prevent dehydration.

Before 3 PM: Day before surgery drink one full bottle of magnesium citrate. This “beverage” may be purchased at any drug store without a prescription. It is known to be more delicious served cold. Once consumed it is advisable to stay within close proximity of bathroom facilities.

After midnight: **NOTHING** to eat or drink

Medications: to be discussed with your surgeon.

Day of surgery: Please shower again paying close attention to scrubbing all parts of your body, especially in any skin folds and shampooing your hair. If you have long hair please pull it back in a ponytail low on your neck. Please do not use any lotion or talc powders after showering.

You will be admitted 1 1/2 to 2 hours before your surgery time. Your family members can be with you until you actually go to the operating room. Your family can then wait in the waiting area outside the cafeteria or in your surgical pavilion room. Your surgeon will come and update them when your surgery is over.