



ULTIMATE BARIATRICS

PREOP ESG SURGERY GUIDE

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www.UltimateBariatrics.com

Hours of Operation

Monday-Thursday 8:00AM-5:00PM
Friday 8:00AM-12:00PM

Addresses:

Fort Worth

2501 Parkview Dr. Ste 560
Fort Worth, TX 76102

Flower Mound

4370 Medical Arts Drive Ste 105
Flower Mound, TX 75028

Irving

6121 N. Hwy 161, Ste 225
Irving, TX 75063
UTSW Building

Phone Number 817-850-1100

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Practice Information

Hospital Information

Baylor Medical Center of Trophy Club

2850 E. Hwy 114 Trophy Club, TX 76262

Pre-Admission Phone: 817-837-4652

Baylor Scott & White Grapevine

1650 W College Street Grapevine, TX 76051

Phone: 817-481-1588

Carrollton Regional Medical Center

4343 N. Josey Ln. Carrollton, TX 75010

Phone: 972-492-1010

Irving Specialists Surgical Center, LLC

6121 N. State Hwy 161, Ste 100 Irving, TX 75038

Phone: 972-777-0310

Medical City Fort Worth (Plaza)

900 8TH Ave. Fort Worth, TX 76104

Pre-Admission Phone: 1-866-562-3938

Texas Health Presbyterian Flower Mound

4400 Long Prairie Rd Flower Mound, TX 75028

Phone: 469-322-7000

Surgery Pre-Op Information

Obtaining Pre-Op and Post-Op Medications prior to surgery

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By the Friday prior to surgery, all medications will be called out to the pharmacy that you provided at the time of your pre op appointment. Be sure to pick up all medications PRIOR to surgery.

Before Surgery

Take Emend (Aprepitant) for nausea- take 3 hours prior to surgery. If your pharmacy does not have Emend available, you can ask for this once you get to the surgery center the day of surgery.

As Needed After Surgery

Levsin for spasms

Will vary based on your doctor:

Norco or **Tramadol** for pain

Promethazine (Phenergan) and/or **Ondansetron (Zofran)** for nausea

After Surgery

40 mg Omeprazole (Prilosec) for ulcers: Start day after surgery and take for full 3-month prescription. Make sure you are taking your Proton Pump Inhibitor (PPI) for **3 months** post op to help prevent gastric ulcers.

If you are already on a PPI, you can maintain taking your current prescription instead of Omeprazole if you would like. **Examples:**

Pantoprazole (Protonix)
Lansoprazole (Prevacid)
Esomeprazole (Nexium)
Dexlansoprazole (Dexilant)

Do not take Omeprazole in addition to another PPI if you are currently taking over the counter 20 mg Omeprazole, you have the option to either take 2 per day or switch to the prescription strength.

Medication Instructions

What if I am Diabetic?

- Check your blood sugars before each meal (at least 3 times a day) during pre-op diet.
- If blood sugars are dropping too low contact your prescribing doctor (primary care doctor or endocrinologist) for possible medication adjustment.

What if I have high blood pressure?

Monitor your blood pressure daily when on pre op diet and work with your primary care physician on adjusting the medication.

What do I need to STOP?

- **Stop ACE Inhibitors 48 hrs prior to surgery** (Quinapril, Lisinopril, Enalapril, Benazepril, Accupril, Lotensin, Ramipril, Zestril, Prinivil, Lotrel, Trandolapril, Perindopril and Zofenopril).
- **Angiotensin Receptor Blockers ARB's- 48 hrs prior** Azilsartan (Edarbi), Candesartan (Atacand), Eprosartan, Irbesartan (Avapro), Losartan (Cozaar), Olmesartan (Benicar), Telmisartan (Micardis), Valsartan (Diovan)
- **Stop NSAIDS 10 days prior** to surgery.
 - **NO NSAIDS ALLOWED AFTER SURGERY-THIS IS LIFELONG!** Examples: Motrin, Aspirin, Advil, Ibuprofen, Aleve, Celebrex, Naprosyn, Mobic. May use Tylenol (Acetaminophen) instead.
- **Stop Amphetamines at least 7 days prior** to surgery (Phentermine, Adipex, Adderall, Dexedrine, Focalin, Focalin, Metadate, Methylin, and Ritalin).
- **Stop all vitamins at least 7 days prior** to surgery.

Medications

(The day prior and day of surgery)

The Hospital or Surgery Center will instruct you on what medications to take the day before and the day of surgery

- Your medications need to be taken one pill at a time with warm liquids and wait a few minutes between pills.
- If medication is larger than an Aspirin or Tylenol, then cut it in half.
- If you take any medications with **XR, XL or CR (extended release)**, these medications cannot be cut in half. If they are larger than an Aspirin or Tylenol, work with your primary doctor to have them changed as directed.

Surgery Instructions for the day of surgery

- Take a shower, brush your teeth, and use deodorant. THAT IS IT.
- No makeup, no lotions, fingernail polish or artificial nails.
- Leave your jewelry and valuables at home.
- Bring your driver's license and insurance cards.
- Once in the pre-op area, you will get an IV and an injection in your abdomen to prevent blood clots.
- The length of surgery (including anesthesia) is approx. 60 minutes.
- You will be in the recovery room for approx. 90 minutes.

Surgery Instructions | Day of Surgery

Post Op Information

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Call the office if your pain medication is not working or you have vomiting/dry heaves in the first 10 days after surgery.

Pain: Rate your pain on scale of 1-10.

- If your pain is at a 5 take your pain medications as needed.
- **Gas** pain is very common.
- You can have discomfort in shoulders, neck, chest or back and can be intense.
- Usually noticeable within first 48 hours after surgery.
- Nausea and shoulder discomfort are very common for 3-6wks .

Bleeding: Apply ice and pressure for small trickle.

- Call office and apply ice and pressure for anything more.

Follow our diet advancement and vitamin guidelines.

Walk – Lying around will increase your risk of Pneumonia and Blood clots. Keep moving and **WALK**.

Sexual Activity: Sexual activity is as tolerated.

Driving: You will need to be off pain medications for at least 24 hours.

Returning to work

- You should not return until after 1-week post-op check.
 - Sedentary job- 7-10 days
 - Physical job- 2+ weeks
 - No heavy lifting, pushing, pulling, or twisting for 4 weeks, includes anything greater than 15 pounds.
- FMLA or Short-Term Disability is **\$25 per form/company**
 - Get us the paperwork ASAP!
 - Every company has their own paperwork required for you to be off depending on your benefits with your employer. Call you HR department and state you need the appropriate paperwork to take off for surgery and tell them how long you will be taking off and what date your surgery will be.
- Payment needs to be collected prior to forms being sent out.

Sequential Compression Device (SCD) Leg Compression Machine

Method of DVT prevention that improves blood flow in the legs. Sleeves are worn around lower legs that inflate with air to help increase circulation and help prevent blood clots.

- Recommended by our doctors in addition to walking, not in place of walking.
- SCD machine will be offered at the time of your pre-op appointment with the dietitian and a decision will need to be made at that time. Some insurances will cover the cost; we can let you know at your pre-op appointment if yours might be covered.
- Unfortunately, we cannot guarantee coverage at the time of your pre-op appointment. If your insurance might cover then no payment due at pre-op. However, in the event your insurance does not cover once billed, you will receive a bill for \$200 from Blue Ridge Medical Solutions around 1-3 months post-surgery.
 - \$200 due at pre-op if:
 - You are cash pay for your surgery.
 - We know your insurance does not cover.

Helpful Tips and Reminders

Helpful over the counter medications

Helpful Over the Counter Meds if Needed

Gas/ Bloating:

- Gas X chewable or strips
- Mylicon drops
- WALK!

Constipation:

- Increase fluids
- Milk of magnesia
- Miralax
- Walk!

Diarrhea:

- Only treat if it persists over 48 hours
- Pepto Bismol
- Avoid Imodium, call office if no relief with Pepto

Sinus congestion:

- Zyrtec, Allegra, Claritin, Mucinex

Drink Fluids

Take small sips all day long; get 64 oz of fluid daily. If your urine is not a pale -lemonade color, you need more fluid!

NO CARBONATION FOREVER!

Avoid high calorie drinks

- The only drink you should have that is over 10 calories is a protein shake (and those are considered meals!)
- Drinking sugary, high calorie drinks can cause diarrhea and most importantly will slow down your weight loss

Get protein

- By getting all the protein you need you will help your body start healing and prevent losing muscle mass. This will be important for the rest of your life. Adequate protein intake will also help limit hair loss while you are actively losing weight.

By drinking something warm each morning, you will be helping your stomach get ready to take in its first meal and break up any phlegm that can accumulate overnight.

Pregnancy

Ultimate Bariatrics discourages pregnancy during the first 24 months after surgery (or until you reach your goal weight).

It can be dangerous for you and the baby if done sooner than 24 months. You will then start a Chewable Pre-Natal Vitamin.

Protein Supplements

Protein drinks will play a big role in your 2-week pre op diet and in your post op diet, you will need a clear liquid protein supplement (must be see through) and a full liquid protein supplement (can be creamy). These shakes can also replace one meal per day once your diet is completely advanced if you choose. It is very important that you choose a high-quality protein supplement to ensure good absorption.

Protein Supplement Guidelines:

20-30 grams of protein per drink

Anything over 30 grams is too much and will not be absorbed, this includes everything added into drinks (ex: milk, yogurt, peanut butter)

5 gram or less of total fat

10 grams or less total carbohydrates

5 grams or less of sugar

Whey protein isolate/ Soy protein isolate

This should be the first thing listed on the ingredient label, avoid all drinks that say protein collagen on ingredient label

Examples of FULL liquids:

Premier- FULL LIQUID premade protein drink

Fairlife- FULL LIQUID premade protein drink

Ensure Max Protein - FULL LIQUID premade protein drink

Jay Robb or Nectar- FULL LIQUID protein powder

Unjury- FULL LIQUID protein powder

www.unjury.com

Flavored protein powder = FULL LIQUID

Examples of CLEAR liquids:

Premier Protein Clear- CLEAR LIQUID premade protein supplement

Dymatize Iso100- CLEAR LIQUID premade protein supplement

Isopure - CLEAR LIQUID premade protein supplement

BiPro- CLEAR LIQUID protein supplement

www.BiProUSA.com

Unjury Chicken Soup- CLEAR LIQUID protein powder

www.unjury.com

Unflavored protein powder- CLEAR LIQUID protein powder

Examples: GenePro, Isopure, Unjury, Jay Robb, Nectar

** Options to mix your protein powders with (keep shakes under 250 calories):

Full liquids: Skim milk, soy milk, water, Crystal Light, Mio drops, Powerade Zero, Gatorade Zero, Vitamin Water Zero

Clear liquid: Powerade Zero, Gatorade Zero, Vitamin Water Zero, Crystal Light, Mio drops, Propel Zero – drink must be see through!

Pre-Op Diet

Start Pre-Op Diet 3 days before surgery

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- Full liquid protein supplement
 - Women = 60-80 grams protein day
 - Men = 80-100 grams protein per day
 - Must meet guidelines in protein supplement handout
- OPTIONAL: 2 cups of soup = 16 oz can or 2 cups homemade soup
 - Two cups in one sitting, or split into two one-cup servings
 - Can be hearty, BROTH BASED soup
 - ex: chicken noodle, beef/chicken and vegetable, minestrone, chicken tortilla
 - Hearty = means you can have the standard ingredients in soup, no toppings
 - If buying canned options, choose low fat and low sodium soup options (canned brand examples: Light Progresso, Campbell's Heart Healthy)
 - Avoid heavy cream soups
- OPTIONAL: 1-2 snacks per day
 - Sugar free Jell-O
 - Sugar free popsicles
 - Sugar free pudding
 - ½ cup (4oz) fat free Greek yogurt
 - ½ cup (4oz) fat free cottage cheese
- Water/hydrating fluids:
 - Women 64-80 oz/day
 - Men 80-100 oz/day
- Sugar-free, non-carbonated drinks allowed.
 - Can flavor water with Crystal Light or Mio liquid drops
 - Zero calorie sweeteners
 - Gatorade Zero, Powerade Zero, and Vitamin Water Zero
 - Un-sweet tea and coffee
- **6 weeks prior to surgery:** No nicotine, smoking, vaping or dipping
- **2 weeks prior to surgery:** No drinking alcohol, no drinking CARBONATION, herbal supplements (garlic, fish oil, ginkgo, herbal teas, melatonin, etc.)

Post-Op Diet Week One

Clear Liquids

DO NOT PROGRESS YOUR DIET ON YOUR OWN- no matter how great you feel

Only Fluids/Foods Allowed:

- Water and other hydrating fluids- work towards goal of: women 64-80 oz/d, men 80-100 oz/d
 - Remember to start early in the day and sip on water all day long to help reach your daily water goal.
 - Crystal light, Mio drops, Powerade Zero, Gatorade Zero, Vitamin Water Zero
- Clear liquid protein supplements
 - Premier Protein Clear- CLEAR LIQUID premade protein supplement
 - Dymatize Iso100- CLEAR LIQUID premade protein supplement
 - Isopure - CLEAR LIQUID premade protein supplement
 - BiPro- CLEAR LIQUID protein supplement www.BiProUSA.com
 - Unjury Chicken Soup- CLEAR LIQUID protein powder www.unjury.com
 - Unflavored protein powder- CLEAR LIQUID protein powder
 - Examples: GenePro, Isopure, Unjury, Jay Robb, Nectar
- Broth
- Sugar-free Jell-O and Popsicles
- Other liquids: sugar-free tea or coffee, other non-carbonated sugar free beverages less than 10 calories per serving

**** Take your time and drink slowly since these foods will be easier to get down than solid foods. We do not want to go too fast or overeat and cause complications. Stick to only foods on this sheet until you talk with a surgeon or dietitian to progress your diet. DO NOT PROGRESS YOUR DIET ON YOUR OWN!**

Post-Op Diet Week Two

Full Liquids

Food Category	Allowed	Avoid
Beverages	Water, tea/coffee, non- carbonated, sugar free beverages, Crystal Light, Powerade Zero, Gatorade Zero, Vitamin Water Zero	All carbonated or high sugar drinks including juices, sparkling water, beer, club soda, tonic water, sports drinks, and drinks with more than 10 calories
Grains, cereals, starches	NONE	ALL
Dairy	1% or skim milk, non-flavored soy/almond/rice/lactose free milk, no sugar added yogurt, no sugar added 0% Greek yogurt	Whole milk, 2% milk, full fat or sugary yogurt, ice cream
Fruits	No sugar added applesauce, no sugar added fruit smoothies (no berries) with protein powder	Fruit juices, cocktails, drinks, berries, raw or dried fruits
Veggies	Low sodium veggie juice	Raw and cooked veggies
Protein	Full liquid protein supplements*	Meats, poultry, fish, seafood, beans, nuts
Soups	Strained/blended low fat creamy soups, low sodium broth, bouillon	Unstrained / non blended soups
Dessert	Sugar free: Jell-O, pudding, popsicles, all sugar substitutes	Sugar, honey, corn syrup, molasses, syrups
Misc.	Salt, seasoning, sugar free flavorings, extracts, herbs	All others

Resume full liquid (creamy) protein drinks.

If intolerable, clear liquid protein drink is preferred versus having no protein drinks.

Follow this diet for week two after surgery. Stay on this diet until your 2-week nutrition appointment with your dietitian. Remember to only add one food to your diet at a time to know how your tolerance is for each food. Be sure to take your time by taking small slow bites as to not eat too fast or overeat which can cause discomfort or complications.

Post-Op ESG

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- You may experience muscle pain in the incisions as a result of your surgery. Many patients find relief using an abdominal binder or girdle that will hold the incision close to the body. Cold packs on incisions that are sore are fine as well.
- It is normal to have flavor changes and lack of appetite. You must still drink small sips of fluid throughout the day!
- Women strive for a minimum of 64 ounces of hydrating fluids daily, and men strive for 80 ounces daily.
- Make sure you are meeting your protein goal daily. This goal was set by your dietitian prior to surgery. Follow up with your dietitian for diet advancement at post op week two.
- Make sure you are taking your bariatric multi vitamin regimen starting once you talk to your dietitian at your two-week appointment.
- These are LIFELONG and are there to help you stay healthy as vitamin deficiencies are a concern after surgery and taking a bariatric multivitamin will help limit deficiencies.
- DO NOT TAKE A GUMMY MULTI VITAMIN OR FLINTSTONES!
- Micronutrient lab work will be ordered for you by the dietitian at your post op week two visit. Labs drawn at 6 weeks post op: CBC, CMP, lipid panel, total iron, % saturation, and iron binding capacity, Vitamin A, Vitamin B1 (whole blood), Vitamin B12/Folate, Vitamin D 1,25 Dihydroxy, Zinc and Copper.

All emergencies please call the office and the doctor on call will direct you to an ER facility.

817-850-1100