

Go to www.MISHhospital.com → Main Menu → [Weight loss surgery](#) → [Preparing for weight loss surgery](#) for ALL the referenced information below.

10 DAY LIQUID DIET

The purpose of this liquid diet is to alter your liver. Please follow the “10 Day Liquid Diet” instruction sheet available on our website. **Attention Diabetics!** You must reduce amounts of diabetic medication/Insulin during this diet. *Be sure to monitor your blood sugars frequently during this time and adjust appropriately. If your blood sugar is <200 do not treat, if >200 use a lot less medication than normally. Tight control can cause your sugars to drop too low while on this diet. Call if you have questions or speak with your doctor.*

ONE WEEK BEFORE SURGERY

- ❑ Things to do:
 - Re-Read your **Diet Guide**
 - Obtain **protein shakes** for the 10 day liquid diet (*these **MUST** be sugar free – see about protein shakes guide*).
 - Obtain **protein shakes** for after surgery (*these can have 5 to 15 gms of sugar per serving*)
 - Obtain a good **Multivitamin with Minerals** (*please see the VITAMIN Guide on our website*)
 - Obtain **Fiber** (*please see your diet guide on website*)
 - Obtain **Blue** or **Purple** food coloring dye
 - If performing bowel prep (ALL bypass patients) *see Bowel prep instruction sheet on website for shopping list*
 - Obtain **Hibiclens** liquid soap (*see website for details*).
- ❑ Stop all **NSAID's**: *Aspirin, Excedrin, Ecotrin, Bayer, Motrin, Ibuprofen, Aleve, Naprosyn, Naproxen, Advil, Nuprin, Rufen, Indomethicin, Relafen, Arthrotec, Diclofenec, Anaprox, Torodol, Celebrex, Sulindac, Etodolac, Meloxicam, Voltaren, Arthrotec, Dolobid, Lodine, Mobic, Daypro, Feldene, Vioxx, Tolectin, Nabumetone, Clinoril, and Bextra and Herbal medications such as St. John's Wort, Gingko Biloba, and Garlic - for alternatives speak with your surgeon. These should also be stopped after surgery.*
- ❑ Blood thinners / Anti-Clotting drugs should be stopped before surgery, if not talk to surgeon **immediately**.
- ❑ Birth control pills or replacement hormones should be stopped for 1 month before and after surgery.

NIGHT BEFORE SURGERY

- ❑ Nothing to eat or drink after midnight (**NPO**) (*no coffee or tea the morning of your surgery!*).
- ❑ Bring all your **medications** with you to the hospital.
- ❑ Bring your **CPAP or Bi-PAP mask** and tubing with you – we will provide the machine
- ❑ Take two showers using **Hibiclens**: One before going to bed and one morning of surgery.
- ❑ Bring your personal hygiene items (hair brush, tooth brush, toothpaste, shampoo, etc.).

DAY OF SURGERY

- ❑ Take the second **Hibiclens** shower the morning of surgery
- ❑ **If diabetic**, check your blood sugar - if less than 200 - take nothing.
- ❑ Take - **blood pressure, heart, asthma**, and any other medications as directed (*with very small sip of water*).
- ❑ Arrive one to two hours before your scheduled surgery time – you will be informed of specific time.
- ❑ Do not bring any valuable belongings - have someone take your purse or wallet after registering.
- ❑ **REMINDER** - Bring all of your **medications & CPAP mask/tubing** with you to the hospital.
- ❑ Your stay will be one to two nights – *plan for two nights to play it safe*
- ❑ Someone **must** pick you up from the hospital, please make arrangements (No Taxi).
- ❑ Schedule your first two follow up appointments with the front desk – 7days post-op and 3 weeks post-op