

*There are many things you can do to prepare for your operation.  
Please explore our website [www.MISHhospital.com](http://www.MISHhospital.com) to learn more.  
Look for Weight Loss Surgery on main menu*

- ❑ Watch the **Learn About Weight Loss Surgery and Obesity and Weight Loss Surgery Risks and Benefits** VIDEOS on our website. These are important introductory education videos that are part of our program.
- ❑ We encourage all patients to attend the **Rules Class Support Group** before surgery. Learn more about it and our schedule on our website.
- ❑ Keep learning. Explore our website: learn about obesity, weight loss surgery, risks, benefits, life after weight loss surgery, diet guides and much more. GO TO Main Menu [Weight loss surgery](#)
- ❑ Start preparing for your operation. An entire section on our website is dedicated to educating and preparing you for your operation. GO TO Main Menu [Weight loss surgery](#) → [Preparing for weight loss surgery](#). You can download the **Weight Loss Surgery Preparatory Guide**, your **Diet Guide** and everything else you will need to know to get started. And everything you will need later after your operation.
- ❑ **Stop smoking.** We request at a minimum two months before and after surgery. Please download the Quit Smoking aids from our website: Main Menu [Weight loss surgery](#) → [Preparing for weight loss surgery](#). Smoking increases risk for complications.
- ❑ We strongly recommend not to get pregnant for the 1<sup>st</sup> year after surgery – this is the active weight loss period. You may require an alternate **birth control** that is not hormonal, discuss with your OB/GYN .
- ❑ Stop replacement **hormones and birth control pills** for one month before and 1 month after surgery.
- ❑ *Metformin, Steroids, Coumadin* and other **anti-clotting agents** have to be stopped before surgery - please discuss with the surgeon if you are taking these meds.
- ❑ **Stop using NSAID's:** *Aspirin, Excedrin, Ecotrin, Bayer, Motrin, Ibuprofen, Aleve, Naprosyn, Advil, Nuprin, Rufen, Indomethicin, Relafen, Anaprox, Celebrex, Voltaren, Arthrotec, Dolobid, Lodine, Mobic, Daypro, Feldene, Vioxx, Clinopril, and Bextra* and Herbal medications such as *St. John's Wort, Gingko Biloba, and Garlic* for at least 1 – 2 weeks before your operation. We strongly recommend not using them after surgery – risk of ulcer formation.
- ❑ You will need **1 to 2 weeks** to recover after your operation - please make arrangements. If your employer requires disability paperwork, allow 1 week for completion after surgery. \$20.00 Fee
- ❑ Start shopping and experimenting with **protein supplements** that are low in sugar (*please refer to the diet guide for more information*).
- ❑ Start a diet high in protein, and low in carbohydrates and fat.
- ❑ Start taking a **multivitamin daily** – see *Vitamin Guide on our website*
- ❑ Avoid the "**last supper syndrome**" – **SALT** causes a lot of water retention and swelling of tissues.
- ❑ Pills may need to be **cut** after surgery - check with your prescribing doctors if your medications can be cut or if they are available in chewable, liquid or patch form as alternate methods of taking meds.
- ❑ **Increase exercise** - download a pedometer APP add an extra 1000 steps/day.
- ❑ Someone must **pick you up from the hospital** - please make arrangements.
- ❑ Your first two follow-up visit are at 7 days and 1 month after surgery – see *Follow-up schedule on our website*