



Gastric Bypass: Biliopancreatic Diversion with Duodenal Switch

DAY OF SURGERY

Day: _____ Date: _____

THINGS TO EXPECT TODAY

- You will be transferred from the Post-Anesthesia Care Unit (PACU) to a room on one of the surgical units.
- Your nurse will take your vital signs (blood pressure, pulse, respiration and temperature) frequently and check the dressing over your incision.
- You will not be allowed to eat or drink today.
- You may receive Intravenous pain medication (Patient Controlled Analgesia – PCA) or intramuscular injections.
- You may have a Sequential Compression Device (SCD) on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs while you are in bed. SCDs are like loose blood pressure cuffs that massage your legs.
- You may have a Foley catheter to drain urine from your bladder.
- You will have 1 or 2 surgical drains called Jackson Pratts (JP) draining from your abdomen.

Things To Do Today

Read the section “While in the Hospital.” It will explain what to expect during your hospital stay.

- Use the incentive spirometer 10 times every hour while awake. In addition, do the coughing and deep breathing exercise every 2 hours while awake.
- Turn from side to side while you are in bed, and move your legs and feet frequently. You must get out of bed and ambulate at least once. The nursing staff will assist you.
- Take your pain medication to make sure you are comfortable to increase your activity. Do the coughing and deep breathing exercises. The nurse will ask you to rate your pain using the pain scale.

If you need anything, please ask.



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DAY 1 AFTER SURGERY

Day: _____ Date: _____

THINGS TO EXPECT TODAY

- You will have a blood test done in the morning.
- Your Foley catheter will be removed today, if you have one.
- You will be helped to get out of bed and you should increase your activity.
- You will start ice chips today.
- You will be seen by a nutritionist for diet instructions today or tomorrow.
- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.
- You will continue to wear the SCD's while in bed.

Things To Do Today

Review the section "While in the Hospital."

Days:

- Use the incentive spirometer 10 times every hour while awake. How high did you raise the ball? ____ Do coughing and deep breathing exercises every 2 hours.
- Get out of bed and ambulate (walk) in the hallway at least three times with the nursing staff's help. When sitting out of bed, change your position frequently. Try to sit in the chair for 2 hours. You can walk to the bathroom.
- Take your pain medication as needed to enable you to increase your activity. Remember, the nurse will ask you to rate your pain before and after taking your pain medication.
- You will be discharged the day after tomorrow. Speak with your nurse or social worker if you have any concerns or questions.

Evening/Nights

- Sit in the chair for dinner. Take a short walk in the hallway. Have a family member or friend walk with you.
- Use your incentive spirometer 10 times every hour. Do the coughing and deep breathing exercises every 2 hours while awake.
- Prepare for discharge the day after tomorrow. Who will accompany you?
Name _____ Phone # _____
- Speak with your nurse or social worker if you have any questions.



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DAY 2 AFTER SURGERY

Day: _____ Date: _____

THINGS TO EXPECT TODAY

- You will start a clear liquid diet for breakfast.
- Your PCA will be discontinued and you will receive crushed pain medications by mouth.

Things To Do Today

Read the “Going Home” section in your information packet. Make sure you read the section on “When to Call the Doctor”.

Write down any questions so you can remember to ask them.

Day:

- Use the incentive spirometer 10 times every hour while awake. How high did you raise the ball? ____ Do coughing and deep breathing exercises every 2 hours.
- Continue to get out of bed and ambulate in the hallway. When sitting out of bed, change your position frequently. Try to sit in the chair for 2 hours.
- Take your pain medication as needed to enable you to increase your activity. Remember the nurse will ask you to rate your pain before and after taking it.
- You will be discharged tomorrow. Speak with your nurse or social worker if you have any concerns or questions.

Evening/Night

- Take your evening walk. Perhaps you can walk to the solarium for a change of scenery.
- If possible, have family members or friends take some of your belongings home today.
- Discharge time is 10 a.m. Confirm transportation home. Ask for your prescriptions.

If you need anything, please ask.



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DAY 3 - DAY OF DISCHARGE

Day: _____ Date: _____

THINGS TO EXPECT TODAY

- You will start a puree diet today.
- Review and sign your discharge plan.
- Your drain will be removed.
- You will be given any needed prescriptions.
- Review the special diet instructions you were given and take the information home.

Things To Do Today

- Shower or wash up.
- Sit in the chair and have breakfast.
- Look at your incision so that you can report any changes to the surgeon.
- Make sure you have any needed prescriptions.
- Find out when you need to return for a follow-up visit.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Discharge time is 10 a.m.