

PACIFIC LAPAROSCOPY

SURGERY FOR MORBID OBESITY
ADVANCED LAPAROSCOPIC AND ENDOCRINE SURGERY

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Patient Copy

Patient Name: _____ Date of Surgery: _____

Arrival time: _____

Preoperative Instructions for medications

14Days prior to surgery, No aspirin or pills containing aspirin, cholesterol “statin” meds or Methotrexate. Stop all anti-inflammatory medications

3 Days prior to surgery- start K-dur (potassium) 3 times daily
Stop all oral hypoglycemic meds (metformin, etc.) and NSAIDs (Advil, etc.)

1 Day before surgery:

Drink clear liquids only (broth, jello, tea, popsicles, sodas, clear juices).

Drink at least 10 glasses of water during the day up to midnight.

Do not eat anything solid.

- Gas-X (Simethicone) 125 mg tablets, one tablet 4 times/day (8 am, 12 noon, 6 pm, bedtime)
- At 2 pm take one 10 mg tablet of Compazine (anti-nausea) (prochlorperazine, phenothiazine)
- At 4pm start drinking Colyte, 8oz. every 10 minutes
- At 8pm and again at 10pm take Neomycin 1 gram.

(8am-gasex, Kdur, 12noon-gasex, 2pm-Compazine, K-dur, 4pm-Colyte, 6pm-gasex, 8pm Neomycin, 10pm-Neomycin, gas-x, Kdur)

MIDNIGHT:

NOTHING to eat or drink after midnight except medicines.

Medications:

- ◆ Start Potassium (K-Dur) **THREE** days prior to surgery - take 1 pill three times/day
- ◆ Unless your anesthesiologist or surgeon specifies otherwise, take your usual morning medications with a sip of water. Review your medications with the PacLap medical team at you pre-op appointment.
- ◆ If you take insulin, one-half of your usual morning dose is customarily recommended.
- ◆ The pills remaining from your preoperative prescription are for use when you return home after surgery.
 - Prilosec 20mg (omeprazole) to prevent acid buildup and NAUSEA, 1 tab daily for three months after surgery.
 - Compazine (Prochlorperazine, phenothiazine), 1 tab every 6 hours prn NAUSEA
- ◆ Multivitamins (prenatal) probiotics& Calcium citrates are to be restarted slowly as soon as your nausea fades, one at a time building up. Iron can be added probably 3-4 weeks post-op.