

Inpatient Dietary Protocol for Proximal Gastric Bypass

**New Image Bariatric Surgical Associates
John L Coon, MD FACS**

In association with

Parkview Community Hospital Medical Center

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Introduction.

This protocol will vary from patient to patient, depending on how each patient progresses through the post op period. Thus, it is not an invariable timetable but simply a guide to what to expect if all goes well. Please **do not bring anything at all to eat or to drink into the hospital**. And do **not** have or allow your family and friends to bring food or drinks into the hospital for you. Instead, request all such items from the nursing staff. The allowed items are stocked at the nursing station for your consumption. And, in addition, **we insist that your visitors themselves do not eat or drink in your room**.

Day Before Surgery.

You should have only a full liquid diet this day **all day long**. Then, after midnight, you should stop eating or drinking anything except required medications with a sip of water.

Day of Surgery.

Do not have a drink of water in the morning when you wake up. Certainly not a cup of coffee, like so many people have when they first get up. And do not eat anything, not even "just a bite". The only permissible oral intake the morning of your surgery is your morning medications with a sip of water. After surgery you will be kept NPO (nothing by mouth).

Post Op Day #1.

The IV will provide all of the hydration that your body needs. You will typically, if everything is going well, get some ice chips to take orally. You will not get any other oral intake this first day after surgery. Excessive oral intake can actually put so much pressure on your pouch that it can "blow out", which is an **unmitigated disaster** and will require an emergency trip to the operating room.

Post Op Day #2.

Depending on your progress, we will probably start **Post Op Diet #1 (Gastric Bypass Liquids)** at this time. Once again, we want you to sip these liquids only as you tolerate them. The most we want you to take is one ounce (30 cc) every fifteen minutes. The nursing staff will give you a one ounce (30 cc) cup to help you measure the amount of your liquid intake. If you feel **bloated or nauseated, do not continue to take anything orally**. You do **not** need to force fluids. Taking too much fluid often causes vomiting, bloating, or abdominal pain. Some patients who have had a laparoscopic operation will be able to go home at this time. The criteria for going home are:

- Tolerating adequate oral intake
- Passing gas per rectum
- Being without fever for at least 24 hours
- Having a normal white blood count
- Being up and about without help
- Being comfortable on oral pain medications.

Post Op Day #3.

Additional patients will be ready to go home at this time. The criteria for going home are still:

- Tolerating adequate oral intake
- Passing gas per rectum
- Being without fever for at least 24 hours
- Having a normal white blood count
- Being up and about without help
- Being comfortable on oral pain medications.

If you are not quite ready to go home, then usually another day or two in the hospital will make all the difference.

Post Op Day #4.

Typically you will be able to tolerate more volume at this time. You can advance the intake to one ounce (30 cc) every five minutes. Once again, if **you feel bloated or nauseated, do not continue to take anything orally until the symptoms pass.** Do not force yourself to eat. Stop when you are feeling full and stay within the fluid limit. If your stomach pouch is not yet ready to accept this volume of liquids, forcing them will only cause vomiting, bloating, or abdominal pain. Either situation is not helpful to your continued progress and recovery. And on rare occasion taking too much oral intake can actually put so much pressure on your pouch that it will “blow out”, which is an **unmitigated disaster** and will require an emergency trip to the operating room.

Most patients will be ready to go or have gone home by this time. An occasional patient will need additional time in the hospital. Regardless of when you go home, your diet will be **Post Op Diet #1 (Gastric Bypass Liquids).** And you will get a copy of these diet instructions. We require that you stay on **Gastric Bypass Liquids** the first two weeks to reduce the chance of your pouch getting too full and bursting. As such, we insist that you do not eat any other foods until we officially advance your diet. At that time we will give you special written instructions regarding your next diet. There are (4) specific diets with the last one being regular foods with some special instruction on eating them. As such, we insist that **you do not eat any other foods until we officially advance your diet.** At that time we will give you special written instructions regarding your next diet. There are (4) specific diets with the last one being regular foods with special instructions on eating them.