



Chicago Institute of Advanced Surgery

Pre-Operative Bariatric Surgery Instructions Checklist

6 Weeks Prior to Surgery:

- Complete clearance appointment with primary care physician & any other specialized doctors (cardiac, vascular, pulmonary, etc..) as discussed in your consultation
 - Discuss all medications (including any immunosuppressants and blood thinners) with your doctor (please refer to medication document)
 - Complete labs and EKG
 - Confirm with your physician that your medications can be crushed or taken in liquid or dissolvable form **(all medications must be taken crushed, liquid or in dissolvable form until your 6 week post-op appointment)**
 - Have your physician send the clearance history and physical to our office (Fax Number: 855-502-0993)

- Complete Psychological Clearance (must be with a psychologist or psychiatrist)

- Complete EGD

- Complete Sleep Study (*ONLY if you were told in consult)

- Complete GERD workup (*ONLY if you were told in consult)
 - Upper GI Series
 - Manometry (w/ Gastroenterologist)
 - EGD + BRAVO (w/ Gastroenterologist)

4 Weeks Prior to Surgery:

- Check on any clearances already completed to make sure we have received results.
- Confirm your FMLA paperwork has been submitted

2 Weeks Prior to Surgery:

- Make sure you have completed all clearances, labs, and tests.
Also, please f/u with our team to confirm we have received them
- Make sure you have a ride to and from the hospital
- Complete Pre-Surgical Appointment with our office
- If you were asked to stop nicotine (must stop all forms) for surgery, you will need to complete a nicotine blood lab test within 10 days of surgery.

1 Week Prior to Surgery:

- Begin Liquid Diet (for Bariatric patients ONLY)
- The hospital's pre-surgical team will confirm your arrival time and give you instructions usually the Friday before surgery. You may also call the hospital to confirm.
- Confirm with our office that you have an appointment 1 week and 6 weeks after surgery (this can be either via telehealth or in person)
- Schedule an appointment ONE month after surgery with your primary care physician

Day Of Surgery:

- Do not eat or drink anything after midnight before surgery
- If you are on regular medications that your doctor told you to take on the day of surgery (example: blood pressure medications), you should take these with a small sip of water only.
- Please do not take oral diabetes medications and speak with your primary care doctor as to how much insulin you need if you are on insulin.

Thank you again for allowing us to participate in your care and get well soon!

Best,

The Chicago Institute of Advanced Surgery



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