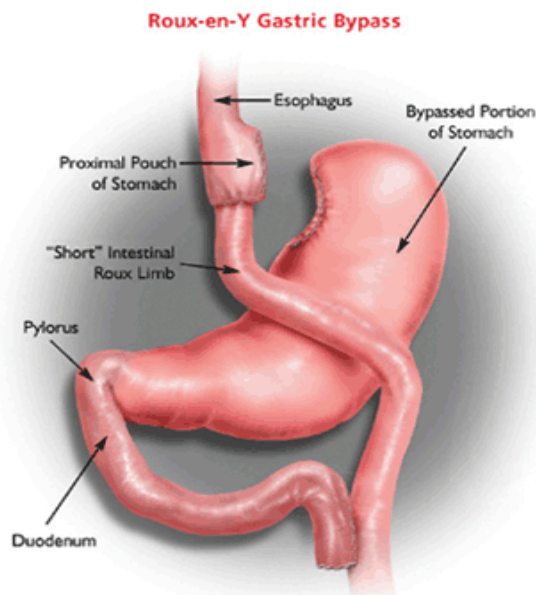


Roux-En-Y Gastric Bypass

PATIENT/FAMILY INFORMATION SHEET

What Is Roux-En-Y Gastric Bypass?

Bariatric surgery is weight loss surgery. Roux-En-Y Gastric Bypass is a type of bariatric surgery that creates a small stomach pouch by separating and stapling an area that holds no more than 1-2 ounces of solid food or liquid at one time. A section of the small intestine is then cut and reattached to the pouch to allow food to bypass the rest of the stomach and the first part of the intestines. The other end of the small intestine is reconnected to the intestinal tract. The gastric bypass is designed to reduce the quantity of food which patients can consume at one time; it also reduces the amount of fats, sugar and calories as well as certain nutrients which can be absorbed from this reduced food intake.



source: www.obesitysurgerycenter.org

What should I expect before surgery?

Your surgeon will ask you to be evaluated by other health care providers before you have surgery in order to obtain medical clearance. Also, this information may be required by most health insurance providers in order to obtain preapproval for the procedure. Your evaluation may involve:

- A complete physical exam
- Respiratory function tests and examination of gastrointestinal tract
- Blood test and other tests to make sure you are healthy enough to have surgery.
- Nutrition education about new eating habits and food choices.
- Visit with your physician to make sure other medical problems you have, such as diabetes, high blood pressure are under control.
- Visit with a mental health provider to make sure you are emotionally ready for surgery. You must be able to make changes in your lifestyle after surgery.
- During the week before surgery, you may be asked to stop taking certain medications.

What should I expect after surgery?

- In the hospital you will be given medication for pain as needed and you will be assisted out of bed as soon as tolerated.
- you will be started on a clear liquid diet and progress to a full liquid diet once at home.
- You will probably go home 2-3 days after your surgery when you can tolerate clear liquid diet .
- You will be given dietary instruction before leaving the hospital as well as other information for new post op bariatric surgery patients.

What Do I Need To Do For Follow - Up?

Schedule a follow up with your surgeon 2 weeks after surgery and follow up with your primary physician within the first month. You can expect the following:

- A full liquid protein rich diet for at least two weeks.
- A specific progression of your diet, proceeding to pureed and soft foods, and finally to regular foods per surgeon's guidelines.
- Very small meals because of the reduction in the size of your stomach. In the first 6 months after surgery, eating too much or too fast may cause vomiting or abdominal pain, as well as other unpleasant physical symptoms.
- Adequate fluid intake in order to avoid dehydration and constipation

Dumping syndrome can occur when food travels too quickly from the stomach through the small intestines. Foods and drinks that contain sugar, such as soda and candy may cause dumping syndrome. Symptoms may include vomiting, nausea, flushing, weakness, sweating, abdominal pain, diarrhea, or fast heart rate.

You may be able to return to your normal activities in 4-6 weeks. Your surgeon will inform you when it is safe to do so. Typically about 6 months after surgery, patients follow a maintenance diet. This diet is comprised of healthy foods in small portions.

What Do I Need to Report to My Surgeon?

Contact your surgeon if you experience any of the following:

- Severe abdominal pain
- Tenderness, redness or drainage at the incision site
- Temperature over 101F
- Questions or concerns about your surgery

Participation in the Greenwich Hospital Bariatric Support Group is an important pathway to successful adjustment to your new lifestyle. A schedule will be given to you upon discharge.

Source: Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program

www.MBSAQIP.org

If you have any questions about Bariatric Surgery at Greenwich Hospital, please call the Greenwich Hospital Bariatric Program Coordinator at 1-203-863-3646 or Katrina.melei@greenwichhospital.org

For more Patient Fact Sheets, see the GreenwichHospital web site at www.greenwichhospital.org and

Click on Patients & Visitors, then click on Patient Education