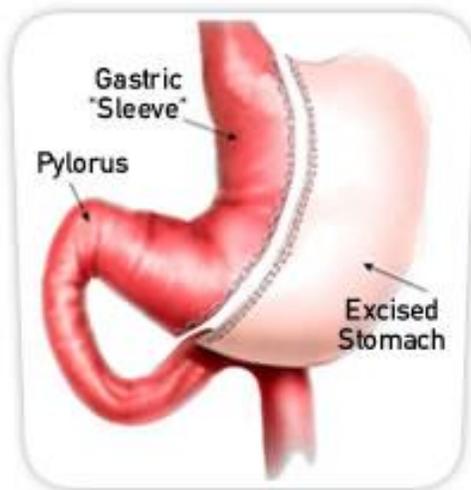


Sleeve Gastrectomy

PATIENT/FAMILY INFORMATION SHEET

What is a Sleeve Gastrectomy?

Bariatric surgery is weight loss surgery. A sleeve gastrectomy is a type of bariatric surgery that creates a small, sleeve-shaped stomach using a stapling device. The procedure removes approximately 75% of the stomach leaving behind a smaller, tube-shaped stomach or “sleeve”. The new smaller stomach limits the amount of food consumed at each meal helping you feel full sooner. The procedure allows for normal digestion and absorption. Food consumed passes through the digestive tract in the usual order, allowing food to be fully absorbed in the body.



Source: www.wesleymc.com

Who is eligible for the Sleeve Gastrectomy?

Some patients have the sleeve gastrectomy procedure because they need to lose weight prior to having gastric bypass surgery. Other patients may have the sleeve gastrectomy surgery performed as recommended by their surgeon. Patients should discuss the option of sleeve gastrectomy with their surgeon to decide if they are a candidate for this procedure.

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 is required by most health insurance providers in order to obtain preapproval for the procedure. Your evaluation may involve:

- A complete physical exam
- Respiratory function test and an examination of the 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 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.
- Depending upon the procedure and your specific situation 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. Eating too much or too fast may cause vomiting or abdominal pain, as well as other unpleasant physical symptoms.
- Adequate fluid intake to avoid dehydration and constipation.

Dumping syndrome can occur when certain foods travel too quickly from the stomach through the small intestines. Foods and drinks that contain concentrated 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.

Can return to normal activity once cleared by the surgeon usually within 2 weeks of surgery. Your physician will inform you when it is safe to do so. Typically about 3 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
- Temperature over 101F
- Tenderness, redness or drainage at the incision site
- Questions or concerns about your surgery

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

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 Greenwich Hospital web site at www.greenwichhospital.org and Click on Patients & Visitors, then click on Patient Education