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*Information for You from Your Health Care Team*

**CONGRATULATIONS!**

You just underwent Bariatric Surgery!

Here is a brief overview of what to expect over the next two days:

**THE EVENING AFTER YOUR SURGERY:**

- You will get settled in your room.
- Your vital signs and urine output will be closely monitored.
- You will be strict NPO (**Nothing to Eat or Drink**).
- You will get out of bed to a chair and/or begin walking.
- You must use your inspirex **TEN** times an hour while you are awake.

**POST-OP DAY # 1:**

- You will be seen by the surgery team who will evaluate you and how well you did overnight. They will look also at your vital signs and urine output.
- The surgery team will determine if you are ready to be started on the pathway.
- Your Foley catheter will be removed.
- Once you are started on the pathway you will begin:
  - 30cc or 1 medicine cup of **Water** over the **FIRST** hour.
  - 60cc or 2 medicine cups of **Water** over the **SECOND** hour.
  - 90cc or 3 medicine cups of **Water** over the **THIRD** hour.
- After you tolerate 90cc you will be advanced to the **G1 or Stage 1 diet**:
  - **Water**
  - **Diluted juices (half water/half juice)**
  - **Sugar free Jell-O**
  - **Chicken or Beef Broth**
  - **Sugar free ice-pops**

- Once you are tolerating the G1 diet, your PCA (pain button) will be removed and you will be given oral pain medicines.
- You **MUST** get up and **WALK, WALK, WALK!!**
- Continue to use your inspirex **TEN** times an hour while you are awake.
- You will be seen by the Occupational Therapist and the Dietitian.

**POST-OP DAY # 2:**

- You should be tolerating the G1 diet.
- You should be urinating without difficulty.
- Your pain is controlled.
- You will receive a medicine to help move your bowels.
- Your discharge paperwork will be reviewed with you.
- All medicines you take by mouth will be liquid or crushed.
- Continue to **WALK, WALK, WALK!!!**