

Your Bariatric Perioperative Journey

A quick guide to help you prepare, recover and stay on track

Note: this infographic is not comprehensive. Please refer to the “Pre-Surgery Instructions” message found in your myUHN portal for more detailed instructions.



DAY BEFORE SURGERY (PREPARING FOR SURGERY)

Final Instructions

- Check your MyUHN Messages tab for surgery details.
- Follow all the instructions in the “Pre-Surgery Instructions” message found in your MyUHN Messages tab (e.g., removing piercings, acrylic nails, etc.).

Preparing for the Hospital

- Pack a hospital bag. Include toiletries, toothbrush, a comfortable change of clothes, ID, small cash, etc.
- Bring all of your medications in their own bottles and medical devices (like a CPAP machine) with you to the hospital.

Fasting

- Do not eat or drink anything after midnight.

Rest

- Get a good night's sleep to ensure you are rested for the procedure.



ADMISSION DAY (ARRIVAL AT THE HOSPITAL)

Arrival

- Check-in 3 hours before your surgery at the Pre-Operative Care Unit (POCU) at Fell Pavilion - 2nd Floor.

Meeting the Surgical Team

- You will get a chance to meet your nurse, anesthesiologist and surgeon to prepare you for surgery.

Pre-surgery assessment

- Nurses will take your vitals and blood sugar levels.
- The nurse will check to see if you have removed all the necessary items including jewelry, dentures and assistive devices.

Final Questions

- You can ask any last minute questions or address concerns with the team.

Support

- Family and friends will be asked to wait in the surgical waiting room on the 2nd floor during the surgery.



POSTOPERATIVE DAY (AFTER SURGERY)

Recovery Room

- After surgery, you will be taken to the recovery room (PACU) where nurses will continue to monitor your vital signs as you wake up from the anesthesia.

Starting to move

- Once you are stable, you will be moved up to the ward where nurses will help you start moving, etc.

Visitors

- You may only have 2 visitors at a time.
- For infection control reasons, flowers are not allowed at the inpatient unit.
- Visitors are not allowed to stay overnight without permission from the unit manager.
- Check out the [visitors policy](#) for more information.

Eating and Drinking

- When in the inpatient unit, slowly sip 15mL clear fluids every 15 minutes.
- Follow the [bariatric surgery nutrition guideline](#) to help you stay on track with your diet, and vitamin and mineral supplements post-surgery.

Discharge Planning

- Discharge depends on the type of surgery you had and your recovery.
- Have an adult bring you home.
- Follow all instructions provided by the discharge nurse.

ADDITIONAL TIPS & CONTACT INFORMATION

Nurse Navigator Contact Information:

(For any bariatric related questions and or concern within the first 30 days after surgery)

9B Nurse Navigator
(7am - 3pm)
416 - 262 - 2691

Medications

Do not stop taking medications unless advised by your prescribing physician or nurse practitioner.

Follow up Appointments

Attend your 1 months, 3 month, 6 month, and 1 year post surgery follow up. For SADI patients, you are also required to follow up with the team 18 months after surgery.

- Please complete your blood work 3 weeks before these follow-up appointments.

MyUHN/MyChart app (Patient Portal)

- Check your myUHN portal for appointment details and messages from your team.
- For any assistance regarding your myUHN portal, call **416-340-3777** or email **myuhn@uhn.ca**

Employment and Insurance Forms

- Please contact your family doctor or attending surgeon's office first regarding employment and insurance forms.
- For any paper work that needs to be signed by the surgeon, it will take 2 to 3 weeks for the surgeon's administrative assistant to return it.

You may also refer to our [bariatric website](#) for other bariatric related guidelines.