

Bariatric Surgery Preoperative Timeline

Your surgeon will provide specific instructions for preparing for surgery. This information offers general guidelines for potential bariatric surgery patients.

3 to 6 Months Before Surgery

- Attend a Surgical Weight-Loss Informational Meeting with your bariatric surgeon. For meeting dates and times, please visit [HolyCrossHealth.org/WeightLossSessions](https://www.holycrosshealth.org/WeightLossSessions) or call 301-754-8800. Once a Kaiser patient has completed watching the EMMI education videos, you can contact the Specialty Call Center at 301-386-6670 to schedule a surgical consult. Kaiser patients need to complete pre-surgical blood work before the initial surgical consult.
- **Start exercising** 20 to 30 minutes, 3 to 5 times per week, with your doctor's approval. Holy Cross Health offers fitness and movement classes.
- Schedule a sleep study (polysomnogram). The Sleep Center at Holy Cross Hospital provides this service. For more information, call 301-754-7969. For Kaiser patients, you will be referred to the Kaiser Sleep Clinic for sleep apnea evaluation.
- Meet monthly with a nutritionist, or as required by your insurance company, and start taking the prescribed vitamins. Your bariatric surgeon's office will provide the name and phone number of a nutritionist. [Outpatient nutrition counseling](#) is available at Holy Cross Hospital. For more information, call 301-754-7848. For Kaiser patients, you will meet with the bariatric surgeon to evaluate you for surgery. After evaluation and determination that you are eligible for surgery, a referral to Bariatric Nutrition will be made. The Kaiser Bariatric Nutrition program will take 3-6 months to complete.
- Meet with a **mental health provider**. For Kaiser patients, a referral will be made to the Behavioral Health Department. Patients with Kaiser Medicaid will receive special instructions on scheduling the behavioral health evaluation.
- If you have diabetes, stick to your diet and **check your blood sugar** as directed by your primary care physician. The goal for blood sugar is 100 to 180 mg/dl. Kaiser patients who have diabetes will be required to achieve an HgbA1c goal of 7% or less.
- Manage any chronic health conditions, obtain your preoperative clearances, and take all your prescribed medications.
- **Make arrangements with your employer** to take time off, secure **help at home** from family members, etc.

2 Months Before Surgery

- Complete all of the above. If your initial sleep study diagnosis is obstructive sleep apnea, get the second (titration) sleep study done and start using your prescribed CPAP (Continuous Positive Airway Pressure) mask right away.
- Make sure you have appointments with all necessary specialists scheduled to obtain medical clearance.

1 Month Before Surgery

- Arrange preoperative testing with your primary care physician.
- Stay on course. Follow your preoperative diet goals. Exercise. Take your vitamins and medications as prescribed. Use your nasal CPAP.

2 Weeks Before Surgery

- Your surgeon may require you to start a low-carbohydrate, all-liquid diet at this time. Closely follow the full-liquid diet as reviewed by your surgical and nutrition teams.
- Your pre-admission testing appointment should be scheduled for one week before your surgery. If you have not yet been contacted to schedule this appointment, call 301-754-8200. To achieve a complete review of your medical history, complete all preoperative testing before your pre-admission testing appointment. Ensure your primary care physician or bariatric surgeon faxes your H&P (history and physical) and the results of your current laboratory work, EKG and chest X-ray.
- **Pre-admission Testing E-Fax Number for Holy Cross Hospital: 484-518-7521**
- **Pre-admission Testing Fax Number for Holy Cross Germantown Hospital: 301-557-5550**
- A hospital staff member will contact you to gather pertinent information, including hospitalization and insurance coverage, and review your financial obligations.

1 Week Before Surgery

- Do not take aspirin, aspirin products or any type of blood thinner for seven (7) days before your surgery day. Examples include, but are not limited to, ibuprofen (e.g., Motrin, Advil, Aleve, Alka-Seltzer) and cold medicines.
- If you take any medications (prescription or over-the-counter), please check with your physician and/or anesthesiologist about whether you should take them on the day of surgery.

24 Hours Before Surgery

- **If applicable, do not take Glucophage 48 hours before surgery.**

Day Before Surgery

- Follow your preoperative full-liquid diet as directed by your physician.
- Do not drink carbonated beverages on the day before your surgery. Ideally, carbonated drinks should have been discontinued months before.
- To reduce the risk of infection, follow your surgeon's instructions for skin preparation before surgery. Do not shave the hair on your abdomen.

Day of Surgery

- To reduce the risk of infection, follow your surgeon's instructions for skin preparation before surgery.
- If you have a CPAP machine, please bring it with you to the hospital.