



What do you need to know about Gastric Bypass?

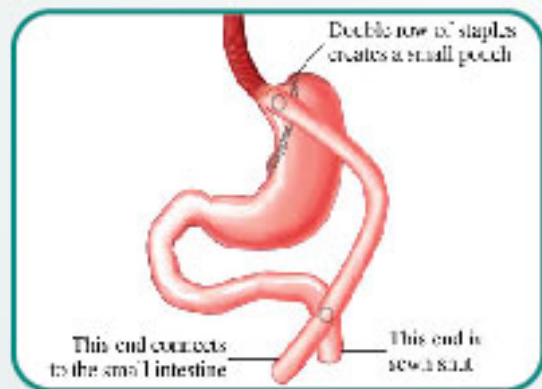
What is Gastric Bypass?

Gastric bypass surgery makes the stomach smaller and allows food to bypass part of the small intestine. You will feel full more quickly than when your stomach was its original size, which reduces the amount of food you eat and, thus, the calories consumed. Bypassing part of the intestine also results in fewer calories being absorbed. This leads to weight loss. The most common gastric bypass surgery is a Roux-en-Y gastric bypass. This procedure can be done by making a large incision in the abdomen (an open procedure) or by making a small incision and using small instruments and a camera to guide the surgery (laparoscopic approach).

What to do after being discharged home?

What to eat?

- Eat small amounts
- Eat and drink slowly
- Chew food thoroughly
- Liquids: you stay on a liquid diet for one to two days, such as broth, juice, milk, strained cream soup and cooked cereal
- Pureed foods: foods with a consistency of a smooth paste or a thick liquid. Pureed foods contain no distinct pieces. The pureed diet is generally followed for three to four weeks, or as recommended by your dietitian or doctor



- Soft foods: foods that are tender and easy to chew, such as ground or finely diced meat, canned or soft fresh fruit, and cooked vegetables. You usually eat soft foods for eight weeks before progressing to eating foods on regular consistency

How to move around?

- Do regular exercise
- Aerobic exercise for 20 minutes at least daily

What medications to be taken and how?

- Take the medications as prescribed by your doctor

How to manage pain?

- Your doctor may prescribe pain medicine to use at home. Take your medicine as prescribed

How to manage wound/ incision/ dressing etc.?

- Keep the outer dressing clean and dry

What are measures to consider?

- Foods that are cooked without sauces, gravies, butter, margarine, mayonnaise and junk food
- Minimize unplanned snacking or frequent grazing which increases calorie intake
- Take the recommended vitamin and mineral supplement



Follow-up appointment

Keep your follow-up appointments with your doctor. It is important for your doctor to monitor your progress.

For a follow-up appointment:

Date:.....

Doctor's Name:.....

Telephone: 22232000

Send #1 to the mobile number 97244524 and an operator will contact you for your appointment details.

Website: <http://www.sih-kw.com>

Special Instructions

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If you have any questions or concerns, call your doctor or nurse.

