

ERAS

Enhanced Recovery After Surgery

Patient Pre-Operative Checklist

ERAS program helps to:



Promote overall healing from surgery



Decrease insulin resistance



Speed up return of bowel function



Decrease length of hospitalization

 <p>SURGERY</p>	<p>My Sleeve Gastrectomy starts at _____ on _____.</p> <p>You will receive a call 2 business days before surgery with more instructions on fasting, when to arrive, and where to go.</p>	<input type="checkbox"/>
 <p>DIET</p>	<p>You will be on a liquid-only diet for 5 days before surgery.</p> <p>Refer to the full instructions for the liquid diet that you received from your Weight Management Clinic visit.</p>	<input type="checkbox"/>
 <p>CLEAR CARB</p>	<p>Choose a clear, carbohydrate-rich drink like regular Gatorade.</p> <p>The night before (about 12 hours before surgery), drink 12 oz. Finish drinking another 12 oz. 2 hours before the surgery time.</p>	<input type="checkbox"/>
 <p>MEDICINES</p>	<p>If you take the appetite suppressant <i>phentermine</i>, stop taking it for 7 full days before your surgery. Continue topiramate.</p> <p>If you take <i>metformin</i>, stop taking it 1 full day before surgery.</p>	<input type="checkbox"/>
 <p>QUESTIONS</p>	<p>We are here to help with your questions before surgery.</p> <p>For surgery questions, call the Surgery Clinic: (816) 234-3199 For anesthesia questions, call the PAT Clinic: (816) 802-1238</p>	<input type="checkbox"/>