

Gastric Bypass

MGH Weight Center
50 Staniford Street, Suite #430
Boston, MA 02114
Phone: 617-643-4002
Fax: 617-724-6565

Be Aware

- Do not take any non-steroidal anti-inflammatories, such as ibuprofen (Motrin, Advil), naproxen (Aleve), or ketorolac (Toradol). You may use acetaminophen, if needed
- Do not advance your diet until you are instructed to do so by your doctors

You've just had a Roux en-Y Gastric Bypass, a weight loss procedure. These instructions will help ensure that you have a smooth recovery with minimal complications:

- 1. Continue on the Stage 1 bariatric diet** on the same day that you are discharged home
 - With regard to beverages:
 - All day long, you can sip sugar-free clear fluids such as water, broth, and popsicles (sugar free)
 - You can drink both hot and cold liquids
 - Please avoid carbonated beverages such as soda
- 2. Advance to the Stage 2 bariatric diet** on the second day after surgery.
 - With regard to diet, you can:
 - Drink full liquids, such as tomato soup and yogurt without fruit pieces
 - Take protein supplements
 - Continue on the Stage 2 bariatric diet until you attend the Mass General "Advance the Diet" group session, which occurs about two weeks after surgery
 - Do not start your vitamin supplements until your doctor has instructed you to advance to the Stage 3 diet
- 3. Stay physically active and exercise.** Go for a 15-minute walk, two-to-three times per day, and gradually increase the walk as tolerated. No heavy lifting, pushing, or pulling greater than 10 pounds for four weeks after surgery
- 4. Do not drive for four-to-five days after surgery or while taking narcotic medications.** It is okay and recommended to wear a seat belt
- 5. Bathing and showering.** You may shower on the second day after surgery. No tub baths or soaking in any water while the incisions heal
 - Remove any clear or tape bandages and gauze over your incisions, but try not to remove the steri-strips or small pieces of tape across your incisions. Rather, let them fall off by themselves
 - Do not scrub your incisions. Wash with soap and water and pat dry
 - No powders, lotions, or creams on the incisions during the first four weeks after surgery
- 6. Bowel movements.** If you have not moved your bowels by the second day after surgery, please take MiraLAX. Use the MiraLAX® bottle top to measure 17 grams by filling to the indicated line in the cap. Mix and dissolve into four to eight ounces of water (hot, cold, or room temperature)