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Bariatric Surgery Pre-Operative Checklist

Phase 1: Education, Preparation, and Procedure Selection

Complete the following steps before scheduling surgery:

- **Watch the YouTube videos on the topic**, beginning with the three-video **Pre-Op Education Series**.
  https://www.youtube.com/playlist?list=PLRlZUKgFybbgWw7myyF04CBl8Q80JNVbO
- Review the available bariatric procedures with your care team and **choose the procedure** that best fits your health history, goals, and clinical needs.
- Complete all required medical evaluations, laboratory testing, clearances, and psychological assessment.
- Follow the nutrition guidance provided by the practice, including protein-focused eating and any required pre-operative dietary changes.
- Begin **prehabilitation at least six weeks before surgery**:
  - Walk for **15 minutes every day**, as tolerated.
  - Gradually increase frequency or duration when appropriate.
  - The goal is consistency and improved readiness—not intense exercise.
- Complete any insurance, financial, consent, or scheduling requirements.
- Arrange transportation home after surgery and support during the initial recovery period.
- Plan for time away from work, school, caregiving, and other responsibilities.

One Week Before Surgery

- Attend the required **pre-operative class with the surgical coordinator**.
- Review:
  - Arrival time and surgery-day instructions
  - Medication instructions
  - Pre-operative diet
  - Skin-preparation requirements
  - Items to bring to the hospital or surgical center
  - Discharge planning and home recovery expectations
- Confirm transportation and post-operative support.
- Contact the practice with any new illness, fever, medication changes, or other health concerns.

The Night Before Surgery

- Follow the practice's fasting and medication instructions exactly.
- Consume the prescribed **carbohydrate drink according to the practice's ERAS protocol**, including the specified product, amount, and timing.

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- Do not substitute another beverage unless specifically approved by the care team.
- Complete any required skin preparation.
- Do not eat or drink anything outside the instructions provided by the practice.
- Get adequate rest and arrive at the designated time.

Follow the specific instructions provided by your bariatric surgery team. If any instruction is unclear, contact the practice before proceeding.

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