



QR code for mobile view

Standard post-op orders from surgeon

- General surgery Post Op Bariatric (order set)
 - Ondansetron q6hr prn
 - Famotidine 20mg IV q12 hr
 - SCDs
 - Enoxaparin 40mg subq daily
 - Ambulate with assistance q4hr
 - Incentive spirometry 10x/hr while awake
 - If diabetic, consult to endocrinology

Pain Management
Goal: Minimize Opioids

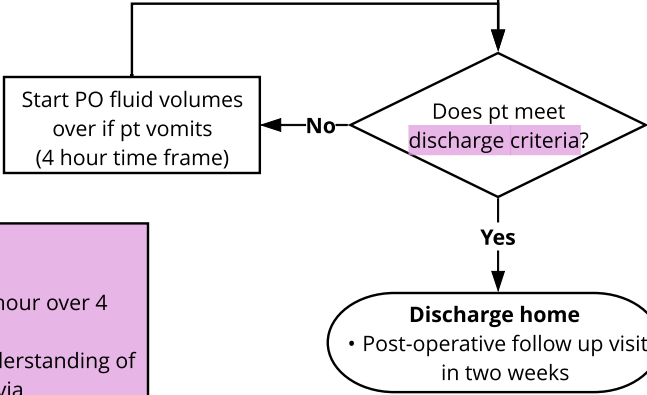
- Fellow to order - acetaminophen and ketorolac to alternate q3 hr beginning with ketorolac via IV for first 24-48 hrs
- PO oxycodone, prn - first line breakthrough pain opioid
- IV fentanyl, morphine, hydromorphone - 2nd line opioids

Postoperative to Discharge

PACU handoff to Inpatient Nurse

- Report** length of time in PACU
- Provide** medications administered in the OR and PACU (including analgesics)
- Provide** whether or not Bariatric Diet (BD) was initiated and amount of clear liquid successfully taken
- Report** patient's overall status while on PACU

- Inpatient RN to order SPOT care cart
- Vital signs q2 hr for 24 hrs, then q4 hrs
- Initiate or continue **Bariatric Diet 2**
No IVF in the post-op period, unless indicated
- Assess pain q4 hr



Discharge criteria

- Bariatric Diet 2 or 3
- Consume 4 oz of liquid per hour over 4 hours without emesis
- Caregiver demonstrates understanding of diet and safety precautions via teach-back*
- Patient's pain controlled by PO medications- **goal is acetaminophen only**
- Home health orders entered if needed

***RN to document and verify with teach back**

- Caregivers demonstration of diet plan
- Caregivers demonstration of safety with transfers and ambulation of patient

Dehydration is the most common complication in the first 3 weeks after surgery

- Clear liquids are more important than the protein drinks
- Consider referral to hydration center - Surgery Clinic to refer

Nutrition During Hospitalization

Special instructions: No carbonation, only sugar free liquids or water for clears, no caffeine, no straws

- Bariatric Diet 2 (Clear Liquids)**
 - Administer 2-4 fl oz/hr, given in 1 fl oz increments. Patient **may** then proceed to Diet 3 - protein shakes.
 - Can be discharged home on Diet 2

Diet 3 is NOT required for discharge

- Bariatric Diet 3 (High Protein Full Liquids)
 - Maximum of 16 fl oz of high protein liquids total
 - Given in 4 fl oz protein drink "meals", 4x/day
 - and-**
 - 4-11 fl oz of clear liquids between meals, given over an hour

Encourage family members to offer fluids frequently

Abbreviations:

- NSAIDs- non-steroidal anti inflammatory drugs
- PACU - post anesthesia care unit
- SPOT - Severe Pediatric Obesity Taskforce