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Inclusion criteria:

- Patients 14 - 18 years of age diagnosed as obese
- Patient having one or more of the following comorbidities:
 - Insulin resistance
 - Hypertension
 - Hyperlipidemia
 - GERD
 - Obstructive sleep apnea

Exclusion criteria:

- Patients who have not complied with medications and counseling

Prior to surgery day

Patient scheduled for ERAS- bariatric surgery:
sleeve gastrectomy

PAT Evaluation

- Chart reviewed for:
 - Hx of obstructive sleep apnea (OSA)
 - Hx of metabolic disorder (other comorbidities)
- Discuss ERAS overview with patient and family
 - [ERAS overview handout \(English\)](#)
 - [ERAS overview handout \(Spanish\)](#)
- Complete Echo and EKG
- Airway assessment

Education Discussed

- Diet restrictions and recommendations
 - Begin liquid diet 5 days before surgery
- Clear Carb diet plan
- Medication instructions
- Anesthesia risks and plan

Medication/Diet Instructions Received

- **Medication:**
 - Hold GLP-1 agonists (e.g., Semaglutide, Dulaglutide, Liraglutide) -
Can hold one dose prior to surgery
 - Hold empagliflozin 3 days prior to surgery
 - Hold phentermine 7 days prior to surgery
 - Hold metformin for 24 hrs prior to surgery
 - Pt may have topiramate (DOS with last clears)
- **Diet:**
 - 12 hrs prior to surgery: Carb load 12 oz Gatorade, Powerade, or Pedialyte
 - 2-3 hrs prior to surgery: Carb load up to 12 oz of Gatorade, Powerade, or Pedialyte
- **Arrival time/location**

48 hour SDS/PACU phone call prior to surgery date

Pre-op Orders/Medications

- Enoxaparin
- Famotidine
- Sequential compression device (SCDs)

Abbreviations:

PAT- pre-admission testing
SDS - same day surgery

[Intraoperative algorithm](#)