



## Pre-Hydration 24 Hours Before Surgery To help decrease post- op nausea

- The night before surgery: Drink 1 bottle 20-32oz Gatorade G2 (low sugar, any color) before going to bed or before midnight.
- The morning of surgery: Drink 1 bottle 20-32oz Gatorade G2 (low sugar, any color). Finish this at least 3 hours BEFORE your surgery time. No water, no food, only 1 bottle of G2.

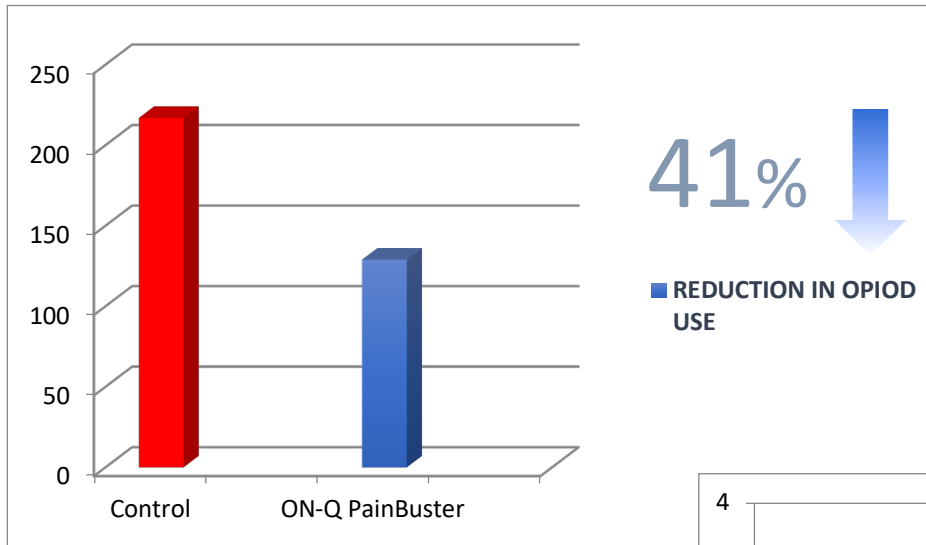




## On- Q PainBuster

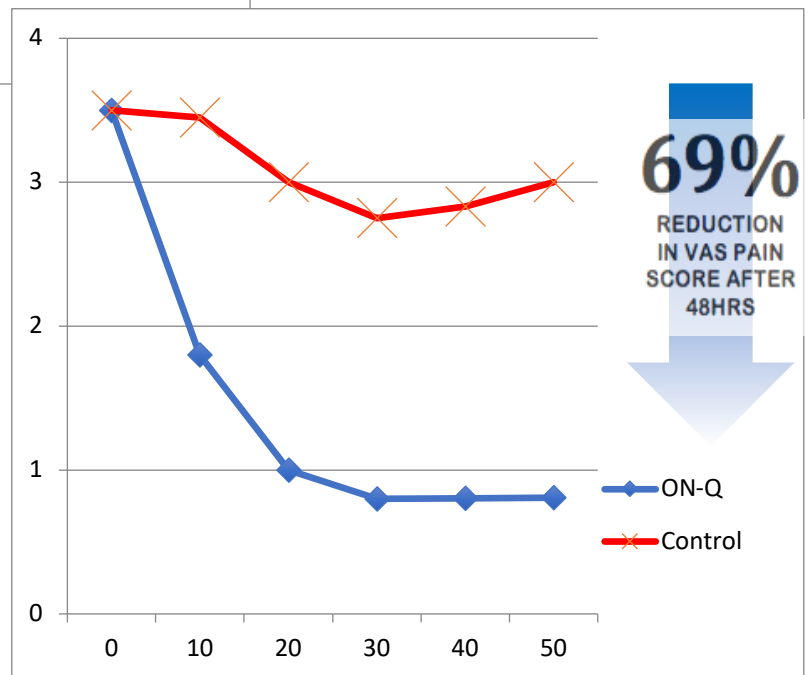


The On-Q PainBuster is a portable non-narcotic delivery system that continuously infuses a local anesthetic to the surgical site area for effective post-surgical pain relief.



A randomized trial of bupivacaine pain pumps shows patients had a 41% reduction in the use of opioids following primary laparoscopic roux-en-y gastric bypass with the ON-Q Painbuster

When acute pain is inadequately managed, it can have profound functional, psychological, and societal consequences. The ON-Q PainBuster system relieves pain, reduces the need of narcotics, shortens patients' hospital stays, and even improves bariatric patient outcomes.



*After my weight loss and reconstructive surgeries, the ON-Q pain pump was discreet and self-maintaining. I was amazed at how quickly I was up and about post-op. The ON-Q was a constant source of pain relief that I didn't have to worry about. It helped me stay ahead of my pain management. I would recommend it to any of my friends or family contemplating surgery.*

- Deidra B.

Actual ON-Q bariatric patient





## Hydration Strategies

GOAL: 64oz Daily, at least  $\frac{1}{4}$  cup (2oz) every 15 minutes

After surgery, it can be overwhelming to find a balance between staying hydrated and getting in your protein and vitamins. However, dehydration is very serious medical concern. Are you dehydrated?

### Signs of Dehydration

- Mild dehydration: dark yellow urine, dry mouth, fatigue, lightheaded, dizziness, headache, strong odor in urine
- Moderate dehydration: Less urine output, dry/sunken eyes, rapid heartbeat, poor skin turgor, difficulty with focus/concentration
- Severe dehydration: No urine, possible kidney failure, lethargy and irritability, vomiting and diarrhea, shock

### Tips For Staying Hydrated

1. Focus on hydration before protein and vitamins. Have a source of non-caffeine hydration with you at all times.
2. Pour into your typical drinking vessel (mug, water bottle, glass, etc.) to see how much 8oz looks like.
3. Plan to drink  $\frac{1}{4}$  cup every 15 minutes.

A standard medicine cup is 1oz (2 Tablespoons). 2 oz = 4 Tablespoons =  $\frac{1}{4}$  cup

Try using a glass measuring cup to measure  $\frac{1}{4}$  cup.



4. Consider your phone to help set reminders to drink (15minute alarms, smart phone apps: Daily Water, iDrated, Waterlogged, Baritastic)
5. Switch up beverage temperature to calm nausea: ice cold with ice, or room temperature, or hot herbal tea/hot broth. Hot liquids may also help relax swelling.
6. Switch up beverage flavors to calm nausea: “spa water” infused with herbs (mint, basil) or fruits (lemon, orange, lime, grapefruit, strawberry, cucumbers, apples), liquid flavor concentrates such as Crystal Light Pure, MiO
7. Eat your liquids: sugar free popsicles are about 4oz per piece; sugar free jello counts too (1 sugar free packet makes 2 cups/16oz)

Keep hydration interesting. You'll build this into habit overtime.

## Sample Hydration Schedule

9:00am	2oz chamomile tea
9:15am	2oz chamomile tea
9:30am	2oz chamomile tea
9:45am	2oz chamomile tea
15 minute break before eating	- -
30 minute break after eating	- -
11:00am	2oz ice cold water with lemon
11:15am	2oz ice cold water with lemon
11:30am	2oz ice cold water with lemon
11:45am	2oz ice cold water with lemon
15 minute break before eating	- -
30 minute break after eating	- -
1:00pm	2oz Crystal Light Pure
1:15pm	2oz Crystal Light Pure
1:30pm	2oz Crystal Light Pure
1:45pm	2oz Crystal Light Pure
15 minute break before eating	- -
30 minute break after eating	- -
3:00pm	2oz warm low sodium chicken broth
3:15pm	2oz warm low sodium chicken broth
3:30pm	2oz warm low sodium chicken broth
3:45pm	2oz warm low sodium chicken broth
4:00pm	2oz mint tea
4:15pm	2oz mint tea
4:30pm	2oz mint tea
4:45pm	2oz mint tea
15 minute break before eating	- -
30 minute break after eating	- -
5:00pm	2oz strawberry/cucumber infused water
5:15pm	2oz strawberry/cucumber infused water
5:30pm	2oz strawberry/cucumber infused water
5:45pm	2oz strawberry/cucumber infused water
15 minute break before eating	- -
30 minute break after eating	- -
8:00pm	½ sugar free popsicle (2oz)
8:15pm	½ sugar free popsicle (2oz)
8:30pm	½ sugar free popsicle (2oz)
8:45pm	½ sugar free popsicle (2 popsicles total)
9:00pm	4Tbs sugar free jello
9:15pm	4Tbs sugar free jello
9:30pm	4Tbs sugar free jello
9:45pm	4Tbs sugar free jello



# 2 Weeks Pre-Surgery Liquid Diet

Protein Shakes and Clear Liquids ONLY, NO FOOD!!

Helps with pre-surgery weight loss, liver shrinkage, and cleaning out GI tract in preparation for surgery

## Appropriate Pre-Op Protein Shake Options














>20 grams protein, <10 grams sugar, <10 grams fat, <250 calories per shake

Whey Concentrate (contains milk and lactose)				
Whey Isolate (still has milk, but is lactose free)				
Plant Based Protein (no milk and lactose free)				

- Drink 3-5 Protein Supplements each day.
- Protein goal: 60-150 grams protein daily.
  - “Ready to Drink” protein shakes
  - Protein powders mixed with ice, water, or low fat milk. No fruit/juice, no smoothies

## Appropriate Pre-Op Clear Liquid Options

<50 calories, <10 grams sugar per 8 ounces, 64oz or more!

- Stay hydrated with +64 ounces of clear liquids. Helps to prevent constipation, kidney stones, gout.
- See-through, any color, sugar-free/low sugar, and low in calories. Sugar substitutes are safe to use
- No caffeine (decaf tea and coffee OK), no sodas, no juice. No alcohol.
- Store bought or homemade broth (does not need to low sodium).



## Pre-Op LIQUID DIET

Follow guidelines below to  
proceed with a safer surgery:

### DRINK

3-5 servings of a liquid protein meal  
replacement daily



- Bariatric Advantage
- Low Carb Isopure (1 scoop/serving)
- EAS Myoplex Lite/Carb Control
- Premier Protein Shake
- GNC Total Lean Shake 25
- Labrada Lean Body Shake

*Protein powders may be mixed with ice and water, skim milk  
or unsweetened soy milk. Do not use fruit or juice.*

### CONSUME

a minimum of 64 oz sugar-free fluids daily



- Water
- Sugar-Free Popsicles
- Sugar-Free Jello
- Broth
- Crystal Light or other artificially  
flavored waters

- Start the Pre-Op Liquid Diet two weeks before  
your surgery.
- The purpose of this diet is to shrink the size  
of the liver to promote a safer surgery.
- This liquid diet is **NOT THE SAME** as the full  
liquid diet that will be used after surgery.
- This diet is **NOT FOR PATIENTS WITH TYPE 1  
DIABETES** or patients with renal (kidney) issues.

### SAMPLE DAY

- 8:00 AM  
1 serving meal replacement  
ice and water, skim milk  
or unsweetened soy milk
- 9:30 AM  
1 sugar-free Jello  
with 8 oz. water
- 10:30 AM  
1 serving protein meal  
replacement mixed with  
ice and water, skim milk  
or unsweetened soy milk
- 12:00 PM  
16 oz. water
- 1:00 PM  
1 serving protein meal  
replacement mixed with  
ice and water or skim milk  
or unsweetened soy milk
- 2:30 PM  
1 cup broth and  
8 oz. water
- 3:30 PM  
1 serving protein meal  
replacement mixed with  
ice and water or skim milk,  
or unsweetened soy milk
- 5:00 PM  
16 oz. water
- 6:30 PM  
1 serving protein meal  
replacement mixed with  
ice and water or skim milk,  
or unsweetened soy milk
- 8:00 PM  
1 cup broth and  
16 oz. water

### CALORIE RANGE:

700-900 calories a day

### CARBOHYDRATE GOAL:

Less than 50 grams a day

Questions or concerns, please call the clinic at (713) 493-7700  
Email our dietitian Lin Lin at [linlin@ticsurgery.com](mailto:linlin@ticsurgery.com)