

Laparoscopic Adjustable Gastric Banding (LAGB) Protocol

(1) Two weeks pre-op:

Tests to be done in patient's home country:-

- a. Full Blood Count
- b. Chest X-ray
- c. Renal profile
- d. Liver profile
- e. Resting ECG
- f. Gastroscope – to rule out tumor/ large hiatal hernia and treat *H. Pylori* if positive
- g. Grouping of blood* (if Rhesus negative – to inform SDMC blood bank two weeks prior to operation)

Start Very Low Calorie Diet (**VLCD – 800kcal per day**) (to shrink the liver mass in order for safer operation) after consulting dietician in home country. e.g. Optifast in Australia and US.

(2) Three days before operation:-

- a. To see Consultant Bariatric Surgeon who will do a physical check on patient and give explanation on the operation.
- b. Patient to take along the pre-op test results of No. (1)
- c. Doctor will order the above tests stated in No. (1) if tests were done > 30 days or not done at all.
- d. To see dietician regarding post-op diet.
- e. Patient to see other physicians if he/she has concomitant medical illnesses, e.g.:-
 - i. Endocrinologist (diabetes)
 - ii. Cardiologist (heart disease, hypertension, previous congestive heart failure)
 - iii. Respiratory Specialist (Sleep apnea, asthma)

(3) One day before operation:-

- a. Patient to be admitted

(4) Day of operation:-

- a. After operation, patient will stay in ICU for observation for 1 night.
- b. BIPAP machine will be provided for confirmed sleep apnea patient.

(5) One day after operation:-

- a. Gastrografin swallow test to confirm band position, to rule out obstruction and leakage.
- b. Patient is allowed to have liquid diet after gastrografin swallow.
- c. Patient is encouraged to walk around.
- d. Patient is discharged to hotel or home if tolerating liquid diet.

(6) One week after operation:-

- a. To be checked by Consultant Bariatric Surgeon to make sure wounds are ok.
- b. To see SDMC dietician for post-op diet consultation.

(7) Ten days to two weeks after operation:-

- a. Overseas-patient is allowed to fly home.