

## Laparoscopic Sleeve Gastrectomy 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 for post-op diet consultation.
- 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. Patient is allowed to have liquid diet.
- b. Patient is encouraged to walk around.

(6) Two to three days after operation:-

- a. Patient is allowed to go home or to hotel.

(7) Seven to 10 days after operation:-

- a. Patient to be reviewed by Consultant Bariatric Surgeon to make sure wounds are ok.
- b. To see dietician regarding post-op diet.

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

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