

Bariatric Pre-Surgery Preparation

Your Complete Guide to the Weeks Before Bariatric Surgery

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Your guide to the weeks and days before bariatric surgery. Proper preparation improves surgical outcomes and reduces complications.

4-6 Weeks Before Surgery

- Begin practicing post-surgery eating habits: small portions, chew thoroughly, no drinking with meals
- Start a daily multivitamin and calcium supplement
- If you smoke, you **MUST** quit — most programs require 6+ weeks tobacco-free
- Begin a walking program: 15-30 minutes daily
- Attend all required pre-op classes and nutrition appointments
- Arrange time off work (typically 2-4 weeks for laparoscopic procedures)

2 Weeks Before Surgery: The Pre-Op Diet

Most bariatric programs require a 2-week pre-operative liquid or very-low-calorie diet. The purpose is to shrink your liver, making surgery safer and reducing operative time.

- **Protein shakes** — 3-4 per day (20-30g protein each)
- **Clear broths** — chicken, beef, or vegetable
- **Sugar-free gelatin and popsicles**
- **Water and sugar-free beverages** — 64+ oz daily
- **NO:** solid foods, alcohol, caffeine, carbonated beverages

This diet is challenging but critical. Your liver can shrink 15-20% in 2 weeks, significantly reducing surgical risk.

1 Week Before Surgery

- Confirm your surgery date, arrival time, and location
- Fill any prescribed pre-op medications
- Prepare your recovery space at home: comfortable recliner, pillows, medications within reach
- Stock up on protein shakes, broth, sugar-free drinks for post-op
- Arrange transportation — you cannot drive for at least 1-2 weeks

The Night Before and Day of Surgery

- **NPO (nothing by mouth)** after midnight — no food, water, gum, or candy
- Shower with antibacterial soap (chlorhexidine) as instructed
- Do NOT take blood thinners, aspirin, or anti-inflammatory medications unless specifically told to by your surgeon
- Wear comfortable, loose clothing
- Leave jewelry, valuables, and contact lenses at home
- Bring: ID, insurance card, list of current medications, CPAP machine if you use one

Medications to Discuss with Your Surgeon

Tell your surgical team about ALL medications including:

- Blood thinners (warfarin, Eliquis, Xarelto, Plavix)
- Diabetes medications (insulin, metformin) — doses will change after surgery
- Blood pressure medications — may need adjustment
- Herbal supplements and vitamins — some increase bleeding risk

Need Personalized Guidance?

MilenAi Digestive Health offers telehealth consultations with a registered nurse specializing in gastroenterology and digestive health. Get one-on-one support for your questions, medication management, and care coordination.

Schedule a Telehealth Visit

milenai.health | consult@milenai.health

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