

_____’s Care Guide after Gastric Bypass Surgery

I came to the hospital on _____ and left on _____

I came to the hospital because _____



How I may feel and what I should do

These symptoms are **normal**

I may feel pain

- I may have shoulder pain for up to 1 week after surgery.
- I should take my pain medication before my pain gets really bad.
- I should follow the instructions on my medication bottle.
- I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.
- **I can’t** drive or drink alcohol while taking narcotic pain medication.
- I should hold a pillow tightly against my incision when I cough or sneeze.

I may feel constipated

- Narcotic pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water, eat fruits and vegetables, and take a fibre supplement each day, such as psyllium husk (Metamucil).
- I should take a stool softener like Senekot if I haven’t had a bowel movement in 2 days. Milk of Magnesia or Lactulose can also help. I should ask my pharmacist for help.

I may feel tired

- Pain medication can make me feel sleepy. I should rest when I’m tired.

I may not feel hungry

- I should eat smaller meals and snacks more often.

My notes and questions

These symptoms are **not normal**

- I have pain that doesn’t get better when I take pain medication.
- I have pain that hasn’t gone away after a few weeks.
- I have really bad bloating.
- I have ongoing nausea and vomiting.
- I have pain, redness, or swelling in my lower leg.
- My incision is painful and looks more red, swollen, or is draining pus.
- My temperature is over 38.5°C or I have chills.

I need to **call the bariatric clinic or my surgeon.**
I need to go to the nearest **emergency department**
if I can’t reach the clinic or my surgeon.



These symptoms
are an **emergency**



- I have trouble breathing.
- I have new and really bad chest pain.

I need to **call 911.**



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