

Prior to surgery day

Patient scheduled for ERAS- bariatric surgery:  
sleeve gastrectomy

**PAT Evaluation:**

- Chart reviewed for:
  - Hx of obstructive sleep apnea (OSA)
  - Hx of metabolic disorder (other comorbidities)
- Discuss ERAS process/protocol with patient and family
- Complete Echo and EKG
- Airway assessment

**Education discussed:**

- Diet restrictions and recommendations -begin liquid diet 5 days prior to surgery
- ClearCarb diet plan
- Medication instructions
- Anesthesia risks and plan
- [Hand-out provided](#)

**Medication/Diet Instructions received:**

- **Medication:**
  - Hold empagliflozin 3 days prior to surgery
  - Hold phentermine 7 days prior to surgery
  - Hold metformin for 24 hrs prior to surgery
  - Pt may have topiramate (DOS with last clears)
- **Diet:**
  - 12 hrs prior to surgery: Carb load 12 oz Gatorade, Powerade, or Pedialyte
  - 2-3 hrs prior to surgery: Carb load up to 12 oz of Gatorade, Powerade, or Pedialyte
- **Arrival time/location**

48 hour SDS/PACU phone call prior to surgery date

**Pre-op orders/medications:**

- enoxaparin
- famotidine
- Sequential compression device (SCDs)

**Abbreviations/Acronyms used in the document (laboratory and radiology studies excluded):**

DOS-Day of Surgery  
ERAS-Enhanced recovery after surgery  
PAT- pre-admission testing  
SDS - same day surgery

[Pre- & Intra-operative algorithm](#)

[Post-op PACU algorithm](#)

[Post-op and discharge algorithm](#)