

# Bariatric Surgery Patient Prep Checklist

## Pre-Surgery Medical Steps

☐ Medical evaluation and clearance ☐ Attend required pre-op appointments ☐ Complete lab tests and imaging ☐ Medication review with your healthcare team ☐ Stop certain medications as advised

## Diet & Nutrition

☐ Follow pre-operative diet plan ☐ Begin liquid diet if instructed ☐ Arrange for post-surgery nutrition supplements ☐ Stay hydrated as recommended

## Logistics & Planning

☐ Arrange transportation to and from the hospital ☐ Prepare your home for recovery (easy food, comfortable space, etc.) ☐ Secure time off from work/school ☐ Assign someone to help at home ☐ Pack hospital essentials

## Personal Care

☐ Shower as instructed prior to surgery ☐ Remove jewelry, nail polish, and makeup ☐ Wear loose, comfortable clothing on surgery day

## Important Reminders

☐ Do not eat or drink after cut-off time ☐ Bring insurance card and ID ☐ Bring a list of current medications ☐ Confirm support person availability