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## CHECKLIST

### 1. DOCUMENTS

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- Sign electronic Informed Consent Form and Patient Agreement electronically via link provided “Pre-Op” email from Panda Docs, due within 3 days of receiving it.
- Send picture of Driver’s License to your Coordinator
- Complete Travel Information Form flight itinerary link provided in “Pre-Op” email ASAP (<https://renewbariatrics.com/enter-flight-information/>)
- Arrange for final payment due (10) days minimum prior to pick-up/surgery

### 2. SURGERY PRE-OP REQUIREMENTS

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- Review and follow Pre-op Diet at specified time listed in your “Pre-Op” email
- Follow other instructions in Pre-Op Diet requirements regarding medication, smoking, and etc.

### 3. TRAVEL ARRANGEMENTS

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- Book airline ticket – follow instruction provided in Itinerary for arrival/departure times
- Notify your airline that you would like wheelchair assistance on your return flight
- Contact your bank to let them know you will be in Mexico so they do not block any transactions if you plan to make purchases (US Dollars are widely accepted in Mexico)
- Contact your cell phone provider to let them know you will be in Mexico so they can enable international calling
- Review Packing List – small carry-on or backpack only - Only these items on PDF list are required (**Please do not bring vitamins, protein shakes, and etc. these are for use at home** - please do not bring unless you have an extended trip)

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## ITINERARY

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### DAY 1 – ARRIVAL/SURGERY

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1. Arrive San Diego Airport - please schedule arrival between 11:00am
2. Driver, will meet you for pick-up – have phone on to receive calls
3. Admissions at hospital
4. Pre-Op Testing, Surgery and Post-Op Recovery night at hospital

### DAY 2 – DAY OF SURGERY/POST-OP

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1. Post-op recovery night at hospital

### DAY 3 – DISCHARGE/RECOVERY

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1. Doctor will discharge you in mid-morning
2. Driver will transport you to Real Inn for a night of recovery

### DAY 4 –DEPARTURE

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1. Driver will take you back to the San Diego
2. Depart San Diego Airport – please schedule departure after 12pm

#### Note:

- Due to border crossing it's crucial that patients follow arrival and departure times!
- Junior, the transportation manager will likely call you a day prior to your flight - please watch out for his call - Junior will be texting you a day or more before to discuss how to meet the driver. If there are any issues you can call Junior at 760-675-4580
- The driver will be scheduled to meet you per your travel itinerary submitted - either upon landing or if staying in San Diego prior, they will pick you up from your hotel.

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## PACKING LIST

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**NOTE: Pack light!** A small backpack, duffle bag, or small carry on will do. **You will not be able to lift anything heavy after you surgery and return home. Only the following items are needed:**

### DOCUMENTATION

- Proof of citizenship: Passport or Certified copy/original birth certificate
- Valid ID (Driver's License)

### CLOTHES

- Loose fitting and comfortable clothing
- Make your departure clothes easy to put on
- Pajamas
- Warm socks
- House slippers
- Easy slip on shoes
- Compression socks (you will receive one pair here, but additional pairs are nice to have)

### PERSONAL ITEMS

- Cell phone charger
- Book, iPad, Kindle, whatever you need to keep entertained (there is WIFI)
- Reading glasses, no contact allowed during surgery
- Small travel pillow (for comfort on plane ride)
- Heating pad (comforting and can help with gas pain)
- 6' Extension cord (for charging devices while in bed to reach the bed to the plug)

### TOILETRIES/MEDICINES

- Infant Gas Drops (simethicone liquid drops)
- Travel size:
  - Toothpaste/ toothbrush
  - Shampoo,
  - Gold Dial Soap
  - Deodorant
- Hair brush
- Lip balm
- Prescription Medication in its original labeled jar

### FOR FLIGHT

- Oversized bandaids (Ouchless are great) in case you need to change them on your flight or at the hotel
- Crystal Light single packets
- Powder chicken broth
- Water bottle - **it's very important to keep yourself hydrated**



# Guidelines for Post Operative Diet

By Renew Bariatrics, Inc.



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## General Guidelines - *Important After Bariatric Surgery*

### **First 8 weeks After Surgery**

- Avoid spicy and acidic foods such as tomato, citrus, peppers.
- Do not chew gum.
- Do not use a straw.
- Avoid rice, bread, lettuce, spinach, and protein bars.
- Avoid skin and seeds from fruit.
- Avoid alcohol for the first year after surgery.

### **Always Avoid**

- Carbonated beverages
- Caffeine
- Juice
- Honey, sugar or syrup
- Smoking

### **More Guidelines**

- Do not lift 10 pounds or more for the first 6 weeks.
- Avoid twisting and bending for the first 6 weeks.
- No swimming for the first 4 weeks.
- Walking and stationary bikes **are** acceptable for the first 6 weeks.

## Fluids, Hydration

- Goal: 56 to 64 ounces (7 to 8 cups) of fluids per day (water, protein drinks, soup, ice, popsicles, fat-free or skim milk, calorie-free beverages).
  - Sip 1 ounce over 15 minutes.
  - Wait 20-30 minutes before and after eating before you drink.
  - If you drink less than 56 ounces and are feeling the symptoms of dehydration (dizziness, nausea, dry mouth) - Please Call Your Doctor.
- Goal: 60 to 80 grams of protein per day. Please count protein drinks, milk, yogurt, meat and alternative protein.
  - Avoid vegetables, fruits, grains, cereals, bread, pasta, and rice.

## What to Expect After Bariatric Surgery

### From Surgery Date to Two Months Post-Op

1. If you're taking pain medications, you'll not be able to drive or operate machinery.
2. For the first two weeks, it's important to drink slowly. One ounce over 15 minutes. After two weeks, the amount of fluid you can drink at one time will gradually increase. This is normal and expected. Fluids should be consumed between meals.
3. For the first six weeks your caloric consumption will be between 400 and 600 calories. After six weeks, you'll range between 600 and 800 calories.
4. Start taking your vitamins (calcium citrate, and magnesium) 14 days after surgery
5. The first year is the phase of the surgery where the majority of your weight-loss will occur. The first two months (2) is when the most rapid weight loss will occur.
6. Decreased appetite makes it important to keep your nutrition regular for proper healing and energy.
7. It is normal to feel pain, tenderness on the left side of your belly. This may last for as long as four weeks. Call your doctor if you're concerned about any stomach pains.
8. The first two months can be challenging emotionally and physically. Do consider
9. Decreased or fluctuation energy levels during the first two months are normal.
10. When you exercise, bring water and protein drinks with you.
11. Keep water by your bedside during the night.
12. When you're back to work plan ahead. Bring snacks and meals to work. Take breaks. Exercise during work - go for a walk on your lunch break. Exercise with a partner.
13. The taste will likely change after weight-loss surgery. For example, foods may start to taste too sweet.

### Two Months to Six Months After Surgery

- After two months your stomach will start to be able to hold more food. Calories consumed should increase to 600 to 800 per day.
- Meals should take approximately 30 minutes to eat. Plan for 3 meals per day, with one to two snacks. Stop eating when you're full. Drink liquids between meals.
- Incorporate regular exercise into your life. Aim for 60 minutes, 4 to 5 days per week.
- Hair loss can occur during this stage.

## Six Months to One Year After

- Continue regular exercise. Increase the variety of activities to keep your muscles fit to avoid getting bored. Aim for 250 minutes of moderate-intensity exercise per week (60 minutes, 4 or 5 times per week).
- Meals should take approximately 30 minutes to eat. Plan for 3 meals per day, with one to two snacks. Stop eating when you're full. Drink liquids between meals.
- At six months, your calories consumed should intake between 800 to 1000 per day.
- Monitor both protein and calories. Making healthy food and drink choices and keep food records will help you reach your weight goals.
- Appetite and hunger usually return. Food intolerances will continue to improve. Continue to increase the variety of foods you eat and avoid sugar and high-fat foods.
- Continue to reach out for your support and group meetings.
- Don't fall back into your old habits.
- Hair loss should start to stop and reverse.
- Many patients report that they feel cold more often. This can be the result of the loss of body fat (fat acts as insulation to keep you warm) or low iron.
- It's important for you to have your labs checked. Make sure your physicians know which labs are important to check after bariatric surgery.

## After One Year

- Now your meal size should increase to 1000 to 1200 calories per day, with an average portion of 1 to 1.5 cups.
- Meals should take approximately 30 minutes to eat. Plan for 3 meals per day, with one to two snacks. Stop eating when you're full. Drink liquids between meals.
- Develop healthy eating and exercise habits to prevent weight regain. Exercising can help with promoting long-term weight loss maintenance. Aim for 250 minutes per week.
- Check your weight weekly, and monitor your progress.
- Episodes of low blood sugar may occur as you get farther out from surgery. Call your primary care doctor or the bariatric surgery clinic if you have symptoms of low blood sugar. Symptoms often improve after eating complex carbohydrates with protein at each meal and snack. Avoid eating simple sugars, such as candy and juice.
- Continue to take your vitamin and mineral supplements. Get your labs checked yearly.

# Bariatric Surgery Post-Op Diet

## Foods to be Avoided for first 8 weeks

- Do not chew gum
- Do not use a straw
- Avoid carbonated beverages (unless flat, diet, and caffeine-free)
- No juice or sweetened beverages
- No honey, sugar, syrup
- Avoid protein bars, rice, fresh bread, lettuce, nuts, seeds
- Avoid skin and seeds of fruit (because of nuts)
- Avoid spicy and acidic foods, drinks for 8 weeks, including:
  - Pineapple Juice
  - Grapefruit Juice
  - Orange Juice
  - Hot Sauce
  - Peppers
  - Tomato, Vegetables Juice
  - Tomato Sauce, Soup



## Post-Op Diet Stages

There are five regular stages of the postoperative diet for Bariatric Surgery:

- Clear Liquids Diet – Phase, Stage 1 (Post surgery, week 1)
- Protein-Based Liquids – Phase, Stage 2 (14 days post surgery, week 2 and 3)
- Pureed Foods – Phase, Stage 3 (21 days post surgery, weeks 4 and 5)
- Soft Foods – Phase, Stage 4 (35 days post surgery, weeks 6 and 7)
- Regular Foods – Phase, Stage 5 (44 days post surgery, week 8 and beyond)

### Diet Phase, Stage 1: Clear Liquids

**Duration: While in Hospital up to 1 week Post-Op, lasts Week 1 (Doctor/Nutritionist may give specific instruction for longer or shorter duration)**

In this phase, the goal is to sip 1 ounce of fluid over 15 minutes. Which means taking only small sips of liquid over 15 minutes. In the stage 1 diet the only foods, drinks allowed are:

- Water
- Ice chips
- Broth
- Sugar-free gelatin and popsicles

- Calorie-free, non-carbonated, caffeine-free or decaffeinated beverages
  - Some examples: Crystal Light, Sugar-free Kool-Aid

## Diet Phase, Stage 2: Protein-based Liquids

**Duration: Starts 7 days after surgery for 2 weeks, lasts during Week 2 and 3**

Phase Goals: 60 to 80 grams of Protein per day and 56 to 65 ounces of fluid per day  
The first week is characterized by thin liquid foods. Begin with sips and gradually increase it. It is advisable that you take at least 3 liters of liquid diet per day to avoid getting dehydrated and to prevent constipation. Liquid diet during this period includes unsweetened fruit juice, skimmed milk, and blended fruit juice. The quantity of these foods should be as prescribed by your surgeon.

### General Guidelines for Diet Phase 2:

- Consume a chewable multivitamin with minerals twice daily (12-hour difference)
- All liquids should be thinner than milkshakes
- All medications should be liquid, crushable, or chewable
- Sip 1 ounce over 15 minutes. (your tolerance will increase over time)

### Foods Allowed:

- All Foods in Phase 1
- Protein Drinks
- Fat-free or 1% milk, soy milk, Lactaid milk
- Low-carb, light yogurt
- Lentil or Split Pea Soup
- Sugar-free pudding (thinned-out)
- Reduced fat cream soups (no tomato)

### Sample Meal Plan: Phase 2

Here is a sample meal plan that you can use. It's important to achieve the field goals and protein goals per day. The sample meal plan is roughly 550 calories.

#### Breakfast

- 8oz of Protein Drink (over 2 hours)
- 8oz of water (2 hours)

#### Mid-Morning

- 8oz of water (2 hours)

- 2oz sugar-free gelatin (30min)

#### Lunch

- 8oz of water (2 hours)
- 4oz blenderized split pea soup (1 hour)

#### Mid-Afternoon

- 8oz of water (2 hours)
- 4oz of protein drink (1 hour)

#### Dinner

- 8oz of protein drink (2 hours)
- 1 sugar-free popsicle (30 min)

## Diet Phase, Stage 3: Puree (Blenderized)

**Duration: Starts on day 21 after surgery for 2 weeks, lasts during Week 4 and 5**

Phase Goals: 60 to 80 grams of Protein per day and 56 to 65 ounces of fluid per day  
During the 2nd-3rd week post-surgery, the diet should be composed of soft foods with no lumps. Examples include fats free yogurt, mashed potatoes, blended, baked bean, thick, smooth soup, etc. you can eat small quantity at a time for about 4-5 times daily.

### General Guidelines of Diet Stage 3:

- Introduce one new food at a time
- Start with 1/8 to 1/4 cup portions
- Aim for 3 to 4 servings of food per day with liquids in-between
- No liquids 20-30 minutes before or after foods
- Do not eat while distracted
- Start taking calcium with D and B12 supplements
- You may begin taking whole pills, capsules, and multivitamins.
- You may continue your chewable multivitamins if you prefer
- To consume a meal should take as much as 45 minutes. Food Allowed:
- All foods in phases 1 and 2
- Small Curd fat-free or low-fat cottage cheese
- Pureed beef, chicken, turkey, pork, fish (blend twice while dry, then add broth)
- Fat-free or low-fat refried beans
- Tofu
- Pureed lentils and peas
- Hummus

- Fat-free or low-fat ricotta cheese
- Canned tuna or chicken mashed with a fork
- Mashed potatoes
- Pureed fruit, such as no sugar added applesauce
- Cooked and mashed vegetables
- Baby food

### **Sample Meal Plan: Phase 3**

Here is a sample meal plan that you can use. It's important to achieve the fluid goals and protein goals per day. Wait for 20 to 30 minutes before or after meals before drinking liquids.

#### **Breakfast**

- 1/4 cup non-fat cottage cheese
- 8oz of caffeine-free tea

#### **Mid-Morning**

- 8oz of protein drink
- 16oz of water

#### **Lunch**

- 1oz puree chicken

#### **Mid-Afternoon**

- 8oz of protein drink
- 16oz of water

#### **Dinner**

- 1/8 cup mashed tuna
- 3 bites no sugar added applesauce
- 8oz of water

## **Diet Phase, Stage 4: Soft Foods**

**Duration: Starts on day 35 after surgery for 2 weeks, lasts during 6 and 7 weeks**

**Phase Goals: 60 to 80 grams of Protein per day and 56 to 65 ounces of fluid per day**

Foods soft diet for Bariatric Surgery include beans, cooked vegetables, fish, eggs, etc. can be considered during this stage. By 5th-week post Bariatric Surgery, you may start taking solid diets. At this juncture, your stomach should be fit to handle solid foods, and you can return to three meals per day with a little snack.

## **General Guidelines of Diet Stage 4:**

- Start with 1/4 to 1/2 cup portions
- Aim for 3 to 4 servings of food per day with protein drinks used as snacks
- To consume a meal should take as much as 45 minutes
- Eat slowly and chew food thoroughly

### **Food Allowed:**

- All foods in phases 1, 2 and 3
- Finely chopped, moist and soft foods (size of an eraser head on pencil)
- Lean ground chicken, ground turkey, ground beef, ground pork
- Fish
- Beans, lentils, bean soups
- Low-fat cheese
- Boiled, poached, and scrambled eggs
- Hot cereals
- Well-cooked vegetables
- Boil potatoes without the skin
- Canned fruit in light syrup or its juice (rinse both)
- Soft fruits without skin ( banana, peaches, pears)
- Crackers (whole grains w/ 3 grams of fiber per serving)
- Toast (whole grain w/ 3 grams of fiber per serving)

### **Sample Meal Plan: Phase 4**

Here is a sample meal plan that you can use. It's essential to achieve the fluid goals and protein goals per day. Wait for 20 to 30 minutes before or after meals before drinking liquids.

#### **Breakfast**

- 1/2 cup cream of wheat with 1 scoop of protein powder added
- 8oz of water

#### **Mid-Morning**

- 4oz protein drink

- 16oz of water

#### Lunch

- 1-2oz chicken
- 3 bites green beans

#### Mid-Afternoon

- 8oz fat-free or 1% milk
- 16oz of water or Crystal Light

#### Dinner

- 1/2 cup refried beans with 1 oz melted cheese
- 2 bites of a banana
- 8oz of water

## Diet Phase, Stage 5: Regular Diet After Surgery

**Duration: Starts on day 50 after surgery, lasts the rest of your life**

Phase Goals: 60 to 80 grams of Protein per day and 56 to 65 ounces of fluid per day

A typical meal for a bariatric surgery diet includes protein-rich foods such as lean meat, eggs, beans, low-fat dairy products, and high-fiber foods including vegetables and fruits. Whole grains are eaten in moderation – i.e., with “My Plate” whole grains would fill no more than 1/4 of the plate. Eating protein and high fiber foods help you feel fuller longer. You will be able to eat a variety of foods – but low fat, low sugar, and in smaller portions.

### General Guidelines of Diet Stage 5:

- Slowly introduce a greater variety of foods. Not one food or food group provides all of the nutrients needed for good health.
- Continue to wait 20-30 minutes before and after meals to drink.
- Aim for 3 meals and 2 snacks per day. Protein drinks may be used as a meal replacement or as a snack.
- Eat slowly and chew foods well.

#### Protein Foods

- Choose low-fat protein foods to eat at every meal
- Cook meat in low-fat sauces and gravies to keep it moist for better tolerance.
- Avoid meats that are roasted or barbecued with crisp edges.
- Avoid teriyaki and barbeque sauces as these contain sugar.

- Choose low fat or fat-free cheese and limit to 2oz per day

#### Dairy

- Goal: choose low-fat dairy foods 2-3 times per day
- Low-fat dairy foods are good sources of protein, vitamin D, and calcium
- Trying mixing protein powder with cow's milk or soy milk (lactose intolerance)
- Light yogurt or 1 oz low-fat cheese with fruit may be a good snack

#### Vegetables

- Goal: eat 3-5 servings of vegetables per day
- Add vegetables to each meal and snack
- Start with well-cooked steamed vegetables before trying raw crisp vegetables
- Chop all vegetables before you eat them. You may not try chopped lettuce.
- To get more servings of vegetables between meals consider having vegetable juice, such as v8, and vegetable soups

#### Fruit

- Goal: eat 2-3 servings of fruit per day
- Start with soft fruits without the peel for better tolerance
- Introduce crisp, fresh fruits last, such as apples
- Avoid 100% fruit juice and other sugar-sweetened juice beverages for the rest of your life

#### Grains and Cereals

- Choose whole grains, such as oatmeal, quinoa, brown rice, whole wheat pasta, and whole wheat tortillas
- You may introduce cold whole grain cereals now. Avoid sugar coated cereals
- White bread and rice may still not be well-tolerated, and calories can add up fast with these foods.

#### Fats and Oils

- avoid most added fats such as butter, margarine, mayonnaise, salad dressings, cream, lard, bacon grease, shortening, and sour cream
- Limit the following to 1-2 teaspoons per day: olive oil, canola oil, peanut oil, low-fat salad dressing, low-fat mayonnaise.

#### Sugar

- Avoid simple sugars, which are found in candy, cookies, ice cream, table sugar, doughnuts, cake, honey, syrup, pies, sherbet, jelly, and fruit juice.

**Avoid carbonated beverages. They contain refined sugar and will be counterproductive in your weight reduction goal. They also cause diuresis and may tilt you toward dehydration. Coffee should be avoided as it is acidic and may cause gastric reflux.**

Multivitamins (vitamins B12, vitamin D) and mineral supplements (zinc, iron, and calcium) may be essential in the early postoperative period of the Bariatric Surgery as you may be struggling to eat and your diet may not supply the appropriate quantity of those micronutrients. However, as your meals become more regular, you may no longer need those supplements.

Some people find certain foods challenging to eat following bariatric surgery. Such foods should be avoided. They can be reintroduced once the patient is more comfortable with them.

Always remember that post Bariatric Surgery the dietary plan varies from one surgeon to the other. Thus, it's essential that you adhere to your doctor's schedule of when to transit from the different dietary stages. If you vomit or get constipated at any time, call your doctor.

The final aim of Bariatric Surgery is to achieve weight loss and after surgery that starts and with a diet after surgery.

Thus, the diet post Bariatric Surgery is designed to achieve this optimum results while helping new patients speed up recovery.

The principles include a high protein and low carbohydrate and fat diet, avoidance of refined sugars, avoidance of alcohol, liberal fluid intake, minimal or no 'junks.'

**High protein diet will help reduce muscle breakdown and accelerates healing, while low carbohydrate will help reduce weight. Refined sugars are high in calories and deficient in nutrients and therefore affect the adequacy of the nutrients in your diet.**

As part of your preparation for surgery, our nutritionist will send out our complete dietary plan for you. It is important to have started this dietary modification (pre-op diet) well

enough before surgery. This would help reduce the operative complications, accelerates wound healing and ensure sustainability post-surgery.

Following Bariatric surgery, your stomach would have reduced by 80-90%, and you will experience early satiety following intake of little amount of meal. A gastroesophageal reflux with the risk of vomiting may follow excessive/too rapid eating. This can be avoided by eating a small meal at a time and eating slowly. Chew thoroughly and drink only at least 30 minutes before or after eating.

### **Never eat when it's time to go to bed.**

Due to some hormonal changes following Bariatric Surgery, the appetite reduces, and you may be tempted not to eat. This may also be reinforced by the false belief that avoiding meals post op will speed up the weight loss. However, not eating following Bariatric surgery may make you malnourished and possibly slow down your recovery.

Our surgeon will determine when it is safe for you to eat. Usually, the oral intake post Bariatric Surgery is commenced with clear liquid (sips of water) followed by a gradual transition to a liquid diet, and later to semi-solid and solid food. Here is the sample plan of our post-op diet.

## **Supplements and Vitamins**

After weight-loss surgery you'll have decreased absorption of certain vitamins and minerals. After bariatric surgery you'll need supplements for the rest of your life in order to prevent vitamin deficiencies.

### **3 Days After Surgery**

- **Chewable Multivitamin:** Start after being discharged from hospital (3 days after surgery). Examples: Flintstones Complete, Generic Children's Complete Chewable, Equate Children's Multivitamin Complete.
  - Should be chewable.
  - Take 2 tablets daily with meals. At least 2 hours apart.
  - Needs to contain 100% of the following:
    - Thiamin (B1)
    - Riboflavin (B2)
    - Niacin (B3)
    - Pyridoxine (B6)

- Folic Acid

- **Iron:** Take only directed by your physician. Some people, including menstruating women may need additional iron supplements. Your labs should be taken regular to check your iron levels. Iron can be dangerous if taken for a long time.

## 14 Days After Surgery

- **Vitamin B12:** Take 500 mcg (micrograms) once per day. Choose a sublingual form (dissolves under your tongue). Do not chew b12 vitamins.
- **Chewable Citrate Calcium w/ Vitamin D and Magnesium:** Take 1000 to 1500 mg (milligrams) per day.
  - Ideally take 500 mg at a time. For example, take 500 mg three times per day.
  - No not take at the same time as your multivitamin if it contains Iron.

## Exercise

1. Consistent exercise before and after surgery will help with weight loss and long-term weight maintenance.
2. Consult with your physician before you start any exercise routine.
3. Do not lift more than 10 pounds in the first six weeks after surgery.
4. No swimming for at least 4 weeks after surgery.
5. Avoid bending or twisting for a minimum of 6 weeks.
6. Walking, treadmill (with handlebars), and stationary bicycles are the recommended forms of physical activity for the first 6 weeks after surgery.
7. Have a backup plan for bad weather.
8. Schedule exercise on your calendar.
9. Wear comfortable shoes for walking. Leave your sneakers near the door to remind yourself to walk.
10. Vary your physical activity to avoid boredom.
11. Develop the habit of integrating more activity into your daily routine.
  - a. Take the stairs.
  - b. Park further away.
  - c. Walk/Bike Ride instead of driving.
  - d. Use a pedometer to keep track of your daily steps (aim for 10,000 steps per day).



# Meal Planner

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Shopping list:**


## Payment Options for Renew Bariatrics

- Payment is due 7 days minimum before your surgery date. **NO CASH, CASHIER'S CHECK or CREDIT CARD ACCEPTED FOR FINAL PAYMENT**
- Your remaining balance will be included in your initial on-boarding email. Please email your coordinator for a copy.
- Please contact accounting for payment-related questions: [accounting@renewbariatrics.com](mailto:accounting@renewbariatrics.com) or (844) 736-3963 x 110

### Payment Instructions: 3 Steps

1. Step 1: Make a payment using one of the corresponding options below.

#### Payment Options for Patients for USA

Option 1: Counter Deposit at a local Bank of America or Chase branch (see pg2)  
OR



Option 2: Bank Wire at your personal local bank branch (see pg2)  
OR

Option 3: Mobile Zelle via mobile/online to [payments@renewbariatrics.com](mailto:payments@renewbariatrics.com) (see pg3)

#### Payment Options for Patients from Canada

Canadian patients will need to make a bank wire. Please be advised of the current exchange rates.



- Bank Wire at your bank (pg 4)

#### Payment Options For International Patients/Foreign Banks

International patients will need to make a bank wire. Please be advised of the current exchange rates.



- Bank Wire (pg 4)

2. Step 2: Send a photo of your receipt to: [accounting@renewbariatrics.com](mailto:accounting@renewbariatrics.com).
3. Step 3: Wait for confirmation email from Renew Bariatrics confirming payments. Typically takes 72 hours depending on payment option used. **All Done!**

 **NO CASH, CASHIER'S CHECK or CREDIT CARD ACCEPTED FOR FINAL PAYMENT.**

**Option 1: Bank Deposit:** Fees: None, Processing Time: 3-5 business days.

**Instructions:** Take a check, money order, or Cashier's check to a local *Bank of America* or *Chase* branch, as listed below for deposit. Complete the bank's deposit slip with corresponding account # below. Take payment and deposit slip to teller/banker for deposit.

**Remember:**

- Bring your ID to make a payment (driver's license, state ID, etc)
- **Please write the patient's name on the 'For' line or Anywhere Available (it makes it easier to attribute it to your account)**

Bank	Account Number	Routing Number
Bank of America	325094493379	121000358
Chase	239512582	322271627

**Option 2: Bank Wire:** Fees: None from Renew Bariatrics but you bank may charge a fee, Processing Time: 1-2 business days.

**Instructions:** Go to your personal bank and request teller/banker to complete wire transfer with the banking information and address below.

**BANK WIRE INSTRUCTIONS FOR US PATIENTS:**  
 Please include the patient's name in the memo/for section



**United States-Based Banks: Wire Information**

*This is the banking information to use if your bank is a US-based bank. Please call your bank if you have questions, or would like help setting up.*

**Account Number**  
325094493379

**Wire Domestic #**  
026009593

**Bank Name & Address:** Bank of America  
 222 Broadway, New York, NY 10038

**Business Name & Address:** Renew Bariatrics, Inc.  
 1968 S. Coast Hwy #1123, Laguna Beach, CA 92651

**Option 3: Bank Transfers via Zelle:** Fees: None, Processing Time: **Must be initiated 7 days minimum before surgery.**

This is a seamless and easy mobile/online payment option that may be available to you via your bank.

**Check here to see if your bank offers this option:** <https://www.zellepay.com/get-started>

Confirmed for Bank of America, Wells Fargo, Chase, Capital One, US Bank, USAA, Navy Federal, Suntrust, Citizens, and BB&T

**Instructions:** Send to payment to email address below via your bank's mobile app or online portal via Zelle (if offered).

**Payment Address Email:** [payments@renewbariatrics.com](mailto:payments@renewbariatrics.com)

*Note:* You may have to break into two smaller payments if your bank has limits). Zelle transfers can typically be made at your online portal or mobile banking application.

**BANK WIRE INSTRUCTIONS FOR:  
CANADIAN & INTERNATIONAL  
PATIENTS OR FOREIGN BANKS**



**International-Based Banks: (Including  
Canadian Banks) - SWIFT**

*This is the banking information to use if your bank is **not a US-based bank**. Please call your bank if you have questions.*

At the moment we **only** accept payment in United States Dollars (USD) and no other currency. Please be advised we do **not guarantee exchange rates** (they change by the minute), if you fail to fully discharge your balance, we may send you a bill for the remaining.

**Account Number**

325094493379

**SWIFT/BIC Code**

BOFAUS3N

*(international wire - Transferred in USD)*

## Discharge Instructions

Please review thoroughly and inform staff if there are any questions. (Please refer to Post-Op Guide for details)

### **Medication** **IMPORTANT: MUST** follow indicated durations

- Pain Medication: Ketorolac every 6hrs for 5 days or as needed.
- Antibiotic: Cephalexin 500mg every 8hrs **until finished**.
- Acid Reflux (PPI): Omeprazole 20mg caps every 12hrs **until finished**. When finished, purchase OTC “Prilosec” (or generic Omeprazole) and continue for **minimum 1 month**.
- Antacid/Gas: Aluminum/magnesium/dimethicone suspension 10ml every 12hrs **until finished**. When finished, purchase Gaviscon Liquid (or generic Aluminum hydroxide/Magnesium carbonate) and continue for **minimum 1 month**.

### **Wound Care**

- Clean incisions twice a day with antiseptic spray or soap and water. Pat dry.
- Change bandages after cleaning
- Remove bandages when home as they require oxygen to heal

### **Diet**

- Clear Liquids **ONLY** for 7 days from Surgery Date 1oz/15 minutes (See Post-Op Diet)
  - Broth
  - SF Popsicles
  - SF Jello
  - SF Juice
  - Water w/flavoring, electrolyte water, or plain water - must achieve 64oz/day
- Start vitamins listed in Post-Op Diet when home

### **Activity**

- **MUST** walk for 15 minutes every 2 hours (helps prevent clots and release of residual gas)
- **NO** running, pushing, pulling, bending, or lifting over 10lbs for 6 weeks
- Light activity i.e. Walking/Treadmill/Stationary Bike permitted up until week 6, after 6 weeks fully cleared
- **NO** tubs, jacuzzi, or swimming for 6 weeks minimum (incisions must be fully healed)
- **NO** Smoking - causes clots, bleeding, leaks, ulcers, strictures, perforations, slows healing
- Driving permissible when comfortable

## Pre-Op Diet

**Q.** What is the pre-operative diet?

**A.** Your specific pre-op diet is determined by the nutritionist and surgeon once you are scheduled for surgery. Once you are serious about moving forward and have scheduled a date this will be provided to you with a specific timeline and details.

The diet focuses on a combination of high-protein meals and protein shakes, while eliminating carbs and sugars.

The pre-op duration and menu is determined on various factors:

- BMI
- Procedure
- Bariatric Surgery History
- Goals

**Q.** What is the purpose of the pre-operative diet?

**A.** The purpose of the bariatric surgery pre-operative diet is to aid in a successful surgery. The main goal typically is to shrink your liver so the doctor can access your stomach easier. Sometimes weight-loss goals will be established by the doctor for certain procedures or BMIs.

The diet is critical for preparing your body physically and mentally for the procedure and post-op preparation.

**Q.** Will my surgery be canceled if I did not follow the diet?

**A.** Not following the diet will make the surgery harder for the surgeon. Mistakes are ok, but we do encourage strict adherence and getting back on track as best as possible.

Occasionally, certain goals for clearance are established and communicated to specific patients for a BMI over 50 or certain procedures, in this case yes it does put you procedure in jeopardy.

**Q.** What if my BMI is low?

**A.** A BMI of 30 is the threshold for medical necessity, falling below 30 will not disqualify you but require acknowledgement that this has now become an elective procedure. **Oasis** will require a consent/waiver for you to proceed.

**Q.** Do I have to stop smoking before surgery?

**A.** Yes, you must stop smoking a minimum of 30 days before surgery. This includes the patch, nicotine gum, nicotine vaping (0% is ok).

Post-Operatively this is important as well, smoking can cause clotting and slow healing.

**Q.** Do I have to stop NSAIDs before surgery?

**A.** Yes, at minimum 7 days in advance. NSAIDS are classified as blood-thinners.

Not stopping will require additional medicine that has extra costs.

**Q.** Do I have to stop birth control/hormones before surgery?

**A.** Yes, at minimum 7 days in advance. Hormones are classified as blood-thinners.

Not stopping will require additional medicine that has extra costs.

**Q.** Do I have to stop vitamins and supplements before surgery?

**A.** Yes, at minimum 7 days in advance. Vitamins and supplements are not regulate by the FDA and have little studies on the effects of surgery and clotting and could be blood-thinners.

Not stopping will require additional medicine that has extra costs.

**Q.** What laxative?

**A.** Miralax, docusate, bisacodyl or any brand only once.

**Q.** What if laxative does not work

**A.** Can only be repeated once per 36-hour period.

**Q.** What is clear liquid diet?

- Broth
- SF Popsicles

- SF Jello
- SF Juice
- Water w/flavoring, electrolyte water, or plain water - must achieve 64oz/day

## Post-Op

Q: How long should I take off work?

Q: How long for lifting?

**A.** 4 weeks for over 10-15lbs.

Q: How long for exercise?

**A.** Stationary bike or walking is permitted immediately provided you are getting 64oz of water and 2-3 protein shakes a day, otherwise your body does not have enough energy to expend.

Q: How long for swimming or bathing?

**A.** Incisions should be fully healed - approx. 4-6 weeks, until this time do not submerge the incision in water.

## Travel

**Q:** What is the required arrival time the day of their surgery?

**A:** Before 11:00am

**Q:** What if I cannot arrive before 11:00am?

**A:** If you cannot arrive by 11:30am, arriving the day before in San Diego and staying at a local hotel in San Diego is suggested. (9am-9pm is required for Cervantes patients deviations are \$50)

You can select a hotel with a shuttle or take Uber from the airport to the hotel you select.

There is no need to return to the airport for pick-up within a 15 miles radius of the airport, our driver will pick you up in the lobby the day of your surgery. Pick-up beyond the 15 mile radius will be an additional \$50.

Suggested San Diego Hotels and typical rates (please confirm shuttle times accommodate your flight):

- Holiday Inn Express Old Town \$125+  
<https://www.ihg.com/holidayinnexpress/hotels/us/en/san-diego/sannf/hoteldetail>
- Holiday Inn Bayside \$150+ (619) 224-3621 <http://www.holinnbayside.com/>
- Ramda Gaslamp \$100-\$150+ (619) 531-8877 <https://www.stjameshotel.com/>
- Howard Johnson SeaWorld <\$100 (619) 224-8266  
<https://www.howardjohnsonsandiego.com/>

**Q:** What is the required departure times? Why?

**A:** Departure time is after 12pm

This time is established because of time to get to the airport because of the following conditions:

- Medical Pass Lane opens at 8am
- Border Crossing (especially in the mornings) can take 2+ hours
- Must arrive at airport 1.5-2 hours early.

If departing is before 11am it is strongly suggested to stay in San Diego the night prior, especially for early morning flights, the crossing can take up to 3+ hours.

You can select a hotel with a shuttle or take Uber to the airport from the hotel you select.

Suggested San Diego Hotels and typical rates (please confirm shuttle times accommodate your flight):

- Holiday Inn Express Old Town \$125+  
<https://www.ihg.com/holidayinnexpress/hotels/us/en/san-diego/sannf/hoteldetail>
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- Howard Johnson SeaWorld <\$100 (619) 224-8266  
<https://www.howardjohnsonsandiego.com/>

**Q:** What if I want to stay an extra day to be safe?

**A:** While almost all of our patients stay the 3 nights, staying an extra day in Tijuana or San Diego is permitted.

Departure times still apply for extra Tijuana days.

Tijuana extra nights are \$100 extra and subject to availability (must notify coordinator ASAP - coordinator indicates the extra hotel according on AC)

The driver can also drop you at a San Diego hotel. Hotels with shuttles or Uber/Taxi will be required for airport return.

Suggested San Diego Hotels and typical rates (please confirm shuttle times accommodate your flight):

- Holiday Inn Express Old Town \$125+  
<https://www.ihg.com/holidayinnexpress/hotels/us/en/san-diego/sannf/hoteldetail>
- Holiday Inn Bayside \$150+ (619) 224-3621 <http://www.holinnbayside.com/>
- Ramda Gaslamp \$100-\$150+ (619) 531-8877 <https://www.stjameshotel.com/>
- Howard Johnson SeaWorld <\$100 (619) 224-8266  
<https://www.howardjohnsonsandiego.com/>

**Q:** What if I want to forgo/omit the hotel stay?

**A:** While almost all of our patients stay the 3 nights, not staying in Tijuana or San Diego is permitted.

Flight departure time should be scheduled after 2pm due to discharge time at 10am and border crossing time.

**Q.** What is the name of the hotel?

**A.** Tijuana: Real Inn Tijuana Zona Rio -  
<https://www.hotelesrealinn.com/Hotels/Details/RI/tij>

Make sure when you google it you find the tall white building.

**Q.** Info about the hotel?

**A.**

- Rooms very modern - hardwood floors, marble counters, walk-in rain shower
- WIFI
- Gym
- Spa
- NO pool (cannot submerge incisions anyways)
- Restaurant for companion
- Shopping Mall, Restaurants, Movie Theater, Casino across the street
- Full Service/Size Starbucks in bottom
- Complimentary Bariatric Clear Diet provided via room service

**Q.** Do I require a passport?

**A.**

- **Cancun or Canadian:** Yes a passport book is required for international air travel
- **Tijuana:** If you have more the 30 days until your procedure yes we suggest a passport card. If less than 30 days as a US citizen you can use your certified Birth Certificate (not a copy - with a seal for county or original).

Passport cards are valid for land border crossings and come in under 4 weeks for \$65.

<https://travel.state.gov/content/travel/en/passports/apply-renew-passport/how-to-apply.html>

Passports for First Time Applicants

<http://travel.state.gov/content/passports/english/passports/first-time.html>

Where to Apply

<http://travel.state.gov/content/passports/english/passports/information/where-to-apply.html>

How Long Does It Take?

<http://travel.state.gov/content/passports/english/passports/information/processing-times.html>

**Q:** Safety, How safe is TJ?

**A:** We use a closed network and the hospital and hotel are very safe and just like San Diego we do not suggest going out at night or to certain areas, but that is not the focus of your trip.

**Q:** Is the border safe and/or crossable?

**A:** Yes, we have not had any issues, nor do we plan to. In the event that it closes again we have an alternate crossing about 20 minutes away. We will always insure a way and your safety so no worries. Most of this is dissipating and will be even more by your surgery date.

## Cancun

**Q.** Can I arrive early in Cancun?

**A.** Yes, a lot of guest treat Cancun as vacation. The driver will pick you up and drop you off on the day of your arrival or departure regardless of when it is. Do remember though to have your dietary needs.

**Q.** Is hotel included in Cancun?

**A.** (1) hotel night is included but can be eliminated for your own choice of hotels.

**Q.** What hotel is used in Cancun?

**A.** Real Inn Cancun (lagoon side - closer to hospital)  
<https://www.hotelesrealinn.com/Hotels/Details/RI/RICUN>  
and sometimes  
Beachscape(beachside) <https://en.beachscape.com.mx/>

**Q.** Can I stay after in Cancun?

**A.** Yes, but please do realize you will be on your post-op diet at this time and require specific foods that are harder to acquire. Additionally swimming is not permitted until week 4. Staying before is encouraged.

## General

- There is free wi-fi and phone while you are at the hospital plus a small safe in each room that you program the combination yourself.
- IMPORTANT: For your phone to work in Mexico, you will need to check with your carrier to see if you have coverage or roaming while in Tijuana)
- Our transportation coordinator will contact the evening before your travel to verify your flight itinerary and give your pick-up instructions. He will call you by 7 pm PST the night before your travel. If you have any last-minute changes, please call 844-736-3963
- Pack light
- Room Service is provided to you at the hotel: Broth, Water, Jell-O and Popsicles for patients during
- Have your companion(s) bring a few \$5.00 and \$1.00 USD bills for any small purchases, food, and etc. Most place accept US currency - but give change in pesos. This will avoid returning home with pesos that you will have to exchange later.
- If you will be using a Check card or Credit Card while in Mexico, be sure to call your bank ahead of time to let them know you will be traveling to Mexico
- It is customary to tip service people in Mexico. I recommend bringing \$1 and \$5 bills to tip your driver or hotel staff if you wish
- Make sure to take your medications with you in the original RX bottles so you can discuss with the doctors when you are to resume taking them'
- Bring ANY medical equipment you need on a daily basis i.e. CPAP machine. If you do not, you will be responsible for any charges incurred if the hospital provides it for you.

## Companions

NOTE:

- Companions must be 18 years of age.
- Only (1) companion permitted

**Q:** Do I need a companion?

**A:** Companions are not required. Some people find the time alone nice and others feel more comfortable with a travel buddy.

**Q:** How many companions are included?

**A:** (1) Companion is included in the cost.

This assumes your companion will **shadow you**, meaning they will travel with you, sleep in your hospital room and hotel room (two hotel beds are provided) and share transportation.

Companion Costs not covered: meals, extra hotel room, hotel room while in hospital if not staying in hospital room, and separate companion trips are \$50 each way to US.

**Q:** Is more than (1) companion ok and what is the cost

**A:** Extra Companions are not encouraged.

The hospital only permits (1) companion to stay overnight and visiting hours are limited.

The hospital and hotel are over 20 mins apart. If additional companions are to come they will be responsible for their own transportation via taxi or Uber to and from the hospital, which can become cumbersome.

There is also not a lot to see in Tijuana for more than a days worth - not necessarily a vacation destination. **If extra companion(s) come the charge is \$300, extra transport will be more.**

**Q:** Is there food for my companion?

**A:** Oasis has a cafeteria for a fee for guests. All hospitals have food nearby. We also encourage them to download Uber Eats before departing US for food delivery. Most restaurants take both USD and Mexican Pesos.

## Pre-Op Testing

**Q.** What pre-op tests should I get at home?

**A.** Unless you have a specific concern or our doctor's have requested a specific test or information for medical clearance no pre-op testing is required at home.

All tests required here will be repeated the day of surgery regardless of your results submitted due to day of clearance requirements.

**Q.** What pre-op tests are performed?

**A.** Typical pre-op testing is as follows, dependent on health history further items may be required by the doctors:

- Blood Panel: CBC, WBC, Hemoglobin, Glucose, Platelets, Type, Infectious Diseases, and etc.
- EKG
- Spirometry (breathing test to identify pulmonary function)
- Full Exam by Internal Medicine Doctor
- Anesthesiologist review
- Thorax X-Ray (Chest radiograph) - **Oasis of Hope** only
- Barium swallow - revisions

Extra testing rarely required and best suited before hand:

- Cardiologist clearance
- Endoscopy

**Q.** What are the chance I will be disqualified for surgery after pre-op testing?

**A.** If you have been honest and accurate on your intake form there is no reason that this would be the case if you are in normal health with the exception of undisclosed or conditions you are aware of.

Our surgical team and doctors would never proceed with surgery if you had a life threatening condition that would risk your life by completing your surgery. Examples of this would be a tumor found during surgery, chronic cough or cold, extreme bloodwork levels. If you believe that there is something that would impact your surgery please let us know

immediately.

## Procedure

**Q.** How long does the procedure take?

**A.** The procedure itself takes about 45 minutes but varies based on health history, previous surgeries, and BMI.

After the procedure you are estimated to be in recovery for 2 hours.

**Q.** What time will my procedure be?

**A.** Surgery times are varied based on various factors each day:

- OR schedule (other doctor's schedules and delays and emergencies)
- Arrival Time
- Pre-op testing completion
- Anesthesiologist determines order of patients after blood work is complete
- Surgeon orders patients based on various factors: complexity, BMI, bloodwork and etc.

**Q.** How many incisions will I have?

**A.** 4-5 depending upon how well you have done on your pre-op diet.

Doing the pre-op diet well can eliminate (1) incision for the liver retractor.

**Q.** Is a leak test performed before I leave?

**A.** Yes, (3) leak tests are completed and passed prior to discharge.

(2) tests are done in the OR - a blue dye test and a PSI test with air to identify any leaks prior to leaving OR.

A final leak test is performed outside of the OR with a barium swallow via x-ray. The x-ray will be provided to you upon discharge.

Q. What anesthesia is used?

- A. A variation of General Anesthesia is used and is specific to each patient but typically: Propofol, Fentanyl and Vecuronium, followed by Maintenance Oxygen + Desflurane.

Q. Will I be in pain?

- A. Some level of pain is to be expected from a surgical procedure. Though pain from laparoscopic bariatric surgery is typically less than one might expect, it is important to remember that everyone experiences pain differently. Please let your surgical team or nurse know if you are experiencing pain. Some patients use no pain medication at all once they are home; others do. Remember – you are an individual with individual needs. Patients with previous pain medication prescriptions will have a lower threshold for the pain due to the tolerance built-up. IV Morphine is available for \$150 during your stay but is subject to approval by the doctor.

## **Surgical Schedule**

Once your testing is done and you are prepped for surgery, you will wait in your room until it is your turn to be taken to the OR.

PLEASE NOTE: BECAUSE ALL PRE-OP TESTING IS DONE IN THE MORNING, SURGERIES TYPICALLY BEGIN IN THE AFTERNOON.

The daily surgical schedule is completed by your surgeon and his staff after blood work results are provided. You will have a wait until it is your turn for surgery and it may be late afternoon.

Your loved one may wait in your hospital room for you during surgery and recovery.

Depending on the type of surgery you are having, surgery can last anywhere from 45 minutes and up to 3 hours. After surgery, you will be