

CHECKLIST FOR NURSING STAFF PRE/POST BARIATRIC SURGERY

Key Document code:	WAHT-TP- 034	
Key Documents Owner:	Emma White	Bariatric Surgery Dietitian
Approved by:	Surgery Directorate Governance Meeting	
Date of Approval:	22 nd October 2020	
Date of review: This is the most current version and should be used until a revised document is in place	24 th June 2025	

Key Amendments

Date	Amendment	Approved by
2 ND April 2024	Document extended for 6 months whilst under review	Emma White
24 th December 2024	Document extended for 6 months whilst under review	Emma White

Please attach patient sticker here or record:

Name:

NHS No:

Hosp No:

D.O.B: Male Female

Consultant: Ward:

CHECKLIST FOR NURSING STAFF PRE/POST BARIATRIC SURGERY

Checklist for Registered Nurse on the day of surgery.

- Does patient have suitable bariatric equipment? (bed/chair). ☐
If not order from first mobility.
- Is all oral medication in liquid, crushable or chewable form? ☐
Small tablets may be tolerated. Ask pharmacy/ Dr to review.
- Does patient have correctly fitting Anti-embolism stockings? ☐
- Weigh patient prior to surgery. This is essential as weight from ☐
pre-op clinic will be significantly different due to pre-op diet.
- Order thin soup from catering on special diet form for tomorrow ☐
(Chicken or tomato). Phone catering if any problems.
- Monitor Blood glucose levels for patients with diabetes. Follow any ☐
specific directions in patient notes. Patients on sliding scale Insulin
should continue until reviewed by DSN on Day 1 post surgery
- **DO NOT** stop insulin in patients with Type 1 Diabetes.

See Policy for further advice on medication management and management of diabetes post bariatric surgery. [Guidelines for medicines management following bariatric surgery](#)

Please attach patient sticker here or record:

Name:.....

NHS No:

Hosp No:

D.O.B: .../.../..... Male Female

Consultant: Ward:

CHECKLIST FOR NURSING STAFF PRE/POST BARIATRIC SURGERY

Checklist for Registered Nurse on day 1 post surgery

- Refer to Diabetes Specialist Nurse if patient has Type 1 Diabetes or type 2 Diabetes which was treated by insulin prior to admission. ☐
- Refer patients with Type 2 Diabetes to Diabetes Specialist Nurse if blood sugar readings are consistently between 7-11mmol/l. ☐
- Patient can progress to free fluids today (for 2 weeks) unless surgical team advise otherwise-(no ice-cream/yogurt). ☐
- Commence teaching patient to administer blood thinning injections. ☐
- Order thin soup from catering. ☐

Checklist for Registered Nurse on day of discharge

- Does patient have TTO's in liquid/chewable dissolvable form unless tablets are small? ☐
- Contact Bariatric Specialist Nurse or Bariatric Specialist Dietitian to review prior to discharge. ☐
- Is patient competent re administering blood thinning injections? ☐
- Patient needs follow up in surgeon's clinic 6-8 weeks post-surgery. Bariatric Specialist nurse/dietitian will arrange on-going review prior to this appointment by phone and in clinic. ☐