


Welcome to your **Complete Gastric Sleeve Surgery Guide**! This document provides essential **pre-operative**, **post-operative**, and **financial** details to ensure a **smooth experience** from the moment you decide on surgery until your full recovery.

 **IMPORTANT:** Please read this document carefully, as it includes **medical instructions**, **financial details**, and **key responsibilities**. You will be asked to confirm that you have read and understood this guide before proceeding with your surgery.



## 17 Pre-Op Guide: Preparing for Surgery

### Pre-Operation Do's & Don'ts

#### Do's

- **Do mention** if you have an allergy.
- **Do prepare** a mindset that this is a journey and the process will take time.
- **Do bring** your medical documentation if you have a disease.
- **Do bring** comfortable clothes.
- **Do bring** current medications.
- **Do maintain** a healthy diet before arrival.
- **Do bring** a caregiver/caretaker if possible.
- **Do read, understand, and follow** post-op instructions.
- **Do take** appropriate time off work.

#### Don'ts

- **Don't apply** gel polish and makeup.
- **Don't wear** jewelry or contact lenses.
- **Don't consume** alcohol (at least 2 weeks before surgery).
- **Don't take** blood thinners like aspirin (for at least 2 weeks before surgery).
- **Don't smoke** cigarettes or any kind of vape (for at least 2 weeks before surgery).
- **Don't make** a dental or medical cosmetic appointment before the surgery, if possible.

# 1 Travel & Arrival in Turkey

## Airport Transfers:

- Upon arrival at **Istanbul Airport (IST)**, proceed to **Exit 14** (*unless otherwise stated*) and look for the **BYRIDES** sign. Upon arrival at **Sabiha Gökçen Airport (SAW)**, proceed to **Exit 13** (*unless otherwise stated*) and look for the **CEO 34 TRAVEL** sign.
- An escort will meet you there and guide you to your driver, who will be waiting in the parking area.
- If you have trouble finding your meeting point, **contact your assigned coordinator via WhatsApp**.

👉 See the "Turkey Arrival Guide Final" for full details.

## 2 Pre-Op Medical Testing

- On the day of arrival, you will undergo **medical tests** at the hospital, including:
  - Blood tests
  - ECG (heart check)
  - Ultrasound
  - Doctor consultations (Internal Medicine, Cardiovascular Diseases, etc.)
- **Endoscopy will be done on surgery day (Day 2).**
- The hospital may require **additional tests at your own expense** if any unexpected medical conditions are detected that were not previously disclosed.
- If **any issue** is found during tests, the doctor may **delay or cancel the surgery** for your safety.

🚨 **Patients who insist on having surgery on arrival day** must sign a **consent form** acknowledging the risks. Surgery on arrival day is not recommended due to increased risk of complications from travel fatigue and unexpected medical findings in pre-op tests.

## 3 Dietary & Medication Instructions

- **2 weeks before surgery:**
  - No alcohol, smoking, or vaping.
  - Reduce sugar and high-fat foods.
  - Start taking a **high-protein liquid diet** (confirm with your current doctor to ensure it is suitable for your condition).
- **7 days before surgery:**
  - Stop taking **blood thinners** (Aspirin, Ibuprofen, etc.) – *confirm with your current doctor to assess any risks associated with stopping or delaying blood thinners, especially if you have an existing health condition that requires their continued use.*
- **24 hours before surgery:**
  - **No solid food**; only clear liquids.
  - **No caffeine.**
  - **Stop eating/drinking completely 8-10 hours before surgery, including water.**

🚨 Failure to follow these rules may result in surgery cancellation or delay.

Patients will stay in the hospital for a total of **3 nights / 4 days**.

## **1 Day 1: Arrival & Pre-Op Testing**

- Upon arrival at the hospital, the patient will **check into their hospital room**.
- **All necessary medical tests will be performed**, including blood tests, ECG, ultrasound, and doctor consultations.

## **2 Day 2: Surgery Day**


- The patient will be prepared for surgery in the morning.
- The gastric sleeve procedure takes **approximately 45-60 minutes**.
- The patient will wake up in the **recovery room** and be monitored by medical staff.
- **First steps out of bed may start later in the day to encourage circulation**.
- Rest is required for the remainder of the day.

## **3 Day 3: Post-Surgery Recovery & Dietitian Consultation**

- The patient will undergo a **liquid intake test** to ensure they can tolerate fluids.
- The dietitian will visit the patient to provide:
  - A **detailed post-op diet plan** (printed document).
  - **One-week complimentary protein supplements**.
  - **Additional protein supplements** (available for purchase at €100 for a month's supply).

## **4 Day 4: Discharge & Return Travel**

- The patient will be **discharged from the hospital or hotel**.
- **Final preparations for returning transfer** will be arranged by us.
- The driver will pick up the patient and transfer them **to the airport**.

 **Prescription medications** (painkillers, stomach protectors, etc.) **are NOT included** and cost **€30-50** (paid in cash or card).



## **Post-Op Recovery: Returning Home**

 See the "Post Op Diet Guide" for more details.

## **1 Post-Op Diet Progression**

- **Stage 1 (Days 1-2)**: Clear liquids only (water, broth, sugar-free drinks) to stay hydrated and avoid nausea.
- **Stage 2 (Days 3-14)**: Full liquid diet, adding protein-rich liquids like protein shakes and strained soups.
- **Stage 3 (Days 15-28)**: Puréed foods such as blended lean meats, soft dairy, and mashed vegetables.

- **Stage 4 (Weeks 4-8):** Soft foods including flaky fish, soft fruits, eggs, and well-cooked vegetables, preparing for transition to solid foods.

#### Key Guidelines:

- Prioritize protein intake (60-80g daily).
- Drink fluids between meals, not during.
- Chew thoroughly and eat slowly.
- Continue taking prescribed vitamin/mineral supplements.

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#### At the Airport & On the Plane:

- Stick to **clear liquids** while waiting for your flight.
- Avoid **caffeine and carbonated drinks**.
- Walk around the terminal to prevent blood clots.
- Drink **small sips of water frequently** on the plane.
- **Wear compression socks** if recommended by your doctor.

 If you experience dizziness, nausea, or discomfort, inform the flight attendants immediately.

## Potential Risks & What to Watch For

Symptom	Solution
Pain & Soreness	Take prescribed painkillers and rest.
Nausea	Sip fluids slowly and avoid sugary drinks.
Constipation	Drink more water and walk daily.
Weakness	Ensure you're taking enough protein & vitamins.

 If you experience severe pain, fever, or persistent vomiting, contact us or seek emergency care.

## Financial Information & Additional Costs

### 1 What's Included in Your Package

- ✓ Surgery, hospital stay & hotel stay (if included in the package)
- ✓ Pre-op tests & medical consultations
- ✓ Post-op dietitian consultation & first-week protein supplements
- ✓ Airport transfers (arrival & departure)

### 2 Additional Costs

- ✗ Prescription medications (€30-50)
- ✗ Additional protein supplements (€100)
- ✗ Extra hotel or hospital stay (before/after surgery, if needed)
- ✗ Additional procedures (if required due to complications)

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🇹🇷 Patients must ensure they have cash or a credit card valid for international transactions.

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## Patient Consent

By proceeding with surgery, you confirm that:

- ✅ You have **read and understood** this document.
  - ✅ You accept the **risks and responsibilities** associated with surgery.
  - ✅ You acknowledge that **failure to follow pre/post-op guidelines** may affect your recovery.
- ✂️ Patients must sign a consent form confirming their understanding.
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## Final Notes & Safe Journey!

💙 Safe travels, and we look forward to welcoming you in Turkey! 🇹🇷

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