



Article published on November 26th 2011 | [Fitness](#)

As with any surgical procedure, proper preparation before gastric bypass surgery is extremely important to ensure that the experience is not too stressful. Assuming your doctor confirms that you are a valid candidate for gastric bypass, the first thing you should do to prepare is to contact your insurance company to see if they cover weight loss surgery.

If the surgery qualifies for coverage, your insurance company may require both physical and psychological authorizations as part of the development of gastric bypass. You can accept the information sent by their doctors or require consulting a doctor of their choice before they approve the gastric bypass surgery. It is also about what your financial responsibility will be, so you can take steps to prepare to pay for it.

You will then need to find a hospital or surgery center pre-qualified and registered to undergo surgery to lose weight. Screening tests will be carried out one week before surgery.

Day of Procedure

Because your stomach must be completely empty to reduce the changes of vomiting during surgery, no food or drink is allowed after midnight the day before surgery.

Typically, you register at the hospital or surgery center early in the morning of surgery to complete the final paperwork and last minute tests. Then you will be taken to a room where you change into a gown. Is then taken to a pre-operating holding in which the anesthesiologist to discuss your medical history with you and answer any questions you may have.

In the operating room, the other necessary preparations will be completed, then the anesthesiologist will start an intravenous line for you. Now is the time for surgeons to work its magic.

What happens during surgery

Gastric bypass surgery is performed under general anesthesia, which means you will be asleep during surgery. If you are having a laparoscopic procedure, the surgeon makes three or four small incisions in the outer wall of the abdomen and insert a micro-sized camera and various surgical instruments in the body. The abdominal cavity is filled with gas to inflate the space and make it easier for the surgeon to see what he or she is doing. If you are having the Roux-en-Y procedure performed, the surgeon will make a much larger incision from the navel to the sternum, through which access to the abdominal cavity and perform the gastric bypass.

In both cases, the surgeon creates a small upper stomach pouch with a surgical stapler and staples reinforcing stitches. The surgeon then divides the small intestine and attach one end to the new stomach pouch, bypassing part of the digestive tract so that food passes directly from the new stomach pouch at the midpoint of the small intestine. The stock of new, smaller stomach prevents the patient consumes large quantities of food, and bypass the patient's body prevents the absorption of some of the calories in the food you eat.

After finishing the surgery, you will be taken to the recovery room where nurses will monitor your condition. As soon as you are ready, you will be sent home and scheduled for follow up with your surgeon, two weeks later.

Article Source:

<http://www.articleside.com/fitness-articles/gastric-bypass-surgery-preparation-for-the-big-event.htm> - [Article Side](#)

[Lisa Beverley](#) - About Author:

Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a [weight loss](#) including remedies, a [health and fitness](#) and a [nutrition](#), slimming, weight loss products, bodybuilding supplements and diet tips.

Article Keywords:

Weight Loss, Health and Fitness, Nutrition

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!