

Wallet card: when to go to the ER after a bypass

Print it, cut out both sides, fold, and keep it in your wallet.

Symptoms That Warrant an Emergency Room Visit

Not a phone call, not a wait-and-see:

- Severe, persistent abdominal pain, particularly pain that comes in waves or keeps escalating
- Nausea and vomiting that won't stop, especially if you can't keep fluids down
- Abdominal bloating or distension paired with pain
- Inability to pass gas or stool
- Any pain that feels categorically different from the ordinary discomfort you've learned to expect

Say the words "**I have had a gastric bypass**" to whoever is treating you, immediately and clearly.

Ask: "**Is this a life-or-death emergency right now, or is it urgent?**"

MY SURGEON _____

MY SURGEON'S PHONE _____

MY PROCEDURE AND DATE _____

From The New Full. Our experience, not medical advice. Your care team's instructions come first.