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GASTRIC BYPASS SURGERY DIET STAGES 1-5

Name: _____

Date: _____

Dietitian: _____

Phone: _____

SIX STEPS TO SUCCESS

The first year after surgery is a critical time that must be dedicated to changing old behavior and forming new, lifelong habits that will control your weight. In a survey* completed by 100 people who have had gastric bypass surgery during the past 20 years, certain changes were more likely to be associated with long-term success. These changes include:

EATING--Eat three well-balanced meals and two snacks per day.

DRINKING--Drink water rather than juice, carbonated, sweetened, caffeinated and alcoholic beverages.

VITAMIN SUPPLEMENTATION--Take daily multivitamin, calcium, Vitamin B-12, and any other supplement as recommended.

SLEEPING--Sleep an average of at least 7 hours each night. **EXERCISE**--Exercise at least four times a week for 40 minutes or more.

PERSONAL RESPONSIBILITY--Take personal responsibility for staying in control. Monitor weight weekly. Monitor intake to control weight.

* SUCCESS HABITS OF LONG-TERM GASTRIC BYPASS PATIENTS; Colleen Cook; Charles Edwards MD; Obesity Surgery, 9,1999

PRESURGICAL DIET

Your diet is important in the months and weeks prior to surgery. Gaining weight can make the technical aspects of your surgery more difficult. Losing weight prior to surgery is beneficial.

In the final two weeks prior to surgery strict Optifast (Medifast, Carnation Instant Breakfast or equivalent) diet is mandatory to reduce conditions such as a fatty liver, which can get in the way during surgery and can significantly increase the risk of the procedure.

Our top choice is the Bariatric Meal by Metagenics, which is a balanced protein medical grade food product. It is available through our website

(www.commonwealthsurgical.com) or directly from the manufacturer over the internet (<http://www.bariatrxessentials.com>). Our agreement with Metagenics makes these products available for our patients with a significant discount!

Please maintain a sensible diet as you await your surgery.

Significant weight gain may result in cancellation of your surgery and re-evaluation of your candidacy for surgery.

The day before surgery consume only clear liquids (water, broth, tea, ginger ale, jello).

Consume nothing by mouth after midnight.

Nutrition goals to help you prepare for surgery:

1. Eat three meals at regular times each day.
2. Reduce non-hunger snacking.
3. Eliminate sweetened beverages.
4. Lose at least 5 lb. prior to surgery.

Other Goals:

Post Surgical Diet

Gastric bypass is surgery in which the size of the stomach is reduced. This can help promote weight loss by making it difficult to eat too much food at one time and by causing a feeling of fullness after very small meals. However surgery itself will not lead to weight loss. The way you eat after surgery must be permanently altered. Initially, both the consistency and the volume of food will be restricted to allow for healing, while providing essential nutrients. Your long-term goal is to continue to restrict the volume of food while providing a more nutritionally balanced intake. These guidelines will provide you with information to help you modify your intake and maximize the benefits of surgery.

Problems may arise after surgery. Some of these will go away with time, while others can be controlled with adjustments of the diet. Below are some guidelines to help you to prevent or minimize these problems.

1. **Always eat or drink very slowly.** Meals should be paced to last about 30 minutes even when the amount is very small. Eating too quickly may cause nausea and vomiting.
2. **Chew food thoroughly.** All food should be chewed to a liquid consistency while in the mouth. Food that is not thoroughly chewed can cause nausea and vomiting or may cause blockages in outlets.
3. **Eat foods or beverages only in the amounts suggested.** Eating larger amounts may cause vomiting, weight gain, expansion and even rupture of the stomach.
4. **Do not drink with meals or 30 to 60 minutes before or after meals .** This may overload the stomach causing nausea and vomiting, and also may cause expansion and rupture of the stomach.
5. **Drink plenty of fluids.** Without adequate fluids, the body will become dehydrated, especially if vomiting or diarrhea occurs. To prevent dehydration, drink 3 to 4 ounces of water or other acceptable low-calorie beverages between meals.
6. **Avoid foods that contain a lot of sugar.** High sugar foods include puddings, ice cream, cakes, pies, cookies, and soda. Eating these foods may cause a condition known as "dumping syndrome" which occurs when food passes too quickly from the stomach to the small intestine. Symptoms may include a combination of nausea, uncomfortable fullness, cramping, diarrhea, weakness, sweating, and fast heart rate. Reduce your intake of sweets and notify your doctor if these symptoms occur. High sugar foods are also often high in calories but contain few nutrients, and thus, may affect the nutritional adequacy of your diet and your ability to lose weight.
7. **Note foods that are not tolerated.** Many people cannot tolerate red meat, milk or high-fiber foods after surgery. Food intolerances can lead to stomach discomfort, nausea or diarrhea. If milk is not tolerated, try Lactaid milk, Lactaid pills, or a lactose-free nutritional supplement. If a food is not tolerated, eliminate it and then try it again in a small amount a week later. Try only one new food at a time.
8. **Always take the vitamin and minerals supplements prescribed.**

9. Purchase recommended vitamins, minerals and liquid supplements prior to surgery.
10. Maintain the diet that is recommended for your recovery stage.

STAGE 1: WATER

- Start:** Usually within a day after surgery
- Foods allowed:** One fluid ounce (30 cc) water per hour
- Reminders:** Please use the 1 ounce medicine cups provided to sip your water. This will help to keep you from drinking too fast.
- Write down the amount of water that you drink on the fluid record sheet that will be provided.

STAGE 2: SUGAR FREE CLEAR LIQUIDS

- Start:** Usually 24 hours after Stage 1.
- Foods Allowed:** One to three fluid ounces (30-90 cc) of regular broth, water, sugar-free gelatin, or decarbonated ("flat") diet ginger ale per hour.
- Goal:** 1 quart or 32 ounces per day
- Reminders:** Stop sipping as soon as you feel full.
Never force yourself to finish.
- If you choose to drink ginger ale, make sure that it is sugar-free and "flat". Carbonated beverages may cause stomach discomfort. Decarbonate the soda by letting it sit open for at least one hour prior to drinking.
- Once you reach your fluid goal, your intravenous fluid may be discontinued.

SUGGESTED PRODUCTS TO MEET YOUR NUTRITIONAL NEEDS

Try to purchase these products before your scheduled surgery.

Sugar-free nutrient-enriched liquids

| Product name | Protein (grams) per 4 ounce serving | Manufacturer |
|---|--|---------------------|
| <i>No Sugar Added Carnation Instant Breakfast</i> | 6 | Nestle |
| <i>Resource Diabetic*</i> | 8 | Novartis |
| <i>Ensure Glucerna OS*</i> | 5 | Ross Laboratories |
| <i>Smoothie *lactose free</i> | 7 | Weight Watchers |

Protein powders

| Product Name | Protein (grams) per scoop | Manufacturer |
|--|--------------------------------------|---------------------|
| <i>Procl</i> | 7 | Global Unlimited |
| <i>ProMod</i> | 5 | Ross Laboratories |
| <i>Resource Instant Protein Powder</i> | 6 | Novartis |
| <i>Problend 55</i> | 27 | Human Development |
| <i>BARIATRIC MEAL</i> | 10 | Metagenics |

The nutrient-enriched supplements and the protein powders can be purchased at a local pharmacy or grocery store, or by calling direct to the company for home delivery.

| | |
|------------|--|
| Nestle | 1-800-4-Nestle (1-800-538-8327) |
| Ross Labs | 1-800-986-8502 |
| Novartis | 1-800-828-9194 |
| Metagenics | www.commonwealthsurgical.com |

Check with your dietitians if you wish to use other supplements or protein powders.

Chewable and liquid multivitamins

Primary recommendation: BX Essentials™ Multivitamin & Mineral (from CSA website)
CVS Spectravite Chewable or any brand of children's chewable multivitamins. Take the adult dosage.

Chewable calcium

Tums 500, Later in stage 5, Viactiv can be used in place of Tums.

STAGE 3: LOW SUGAR, ENRICHED LIQUIDS

- Start:** Usually 24 hours after Stage 2.
- Duration:** 2-3 weeks or until follow-up appointment with dietitian
- Foods Allowed:** Four fluid ounces of a sugar-free, nutritional supplement every 2 hours, 8 times a day. A list of suggested supplements and purchasing information is provided. Four to eight fluid ounces of clear liquids should be taken between the supplements. Acceptable clear liquids include:
- water*
 - sugar-free beverages such as Crystal Light or sugar-free Kool-Aid*
 - coffee or tea (preferably decaffeinated)*
 - bouillon or broth*
 - "flat" diet soda (preferably decaffeinated)*
 - tomato or V-8 juice*
 - sugar-free popsicles (less than 20 calories each, limit to 2 per day)*
 - fruit juice without added sugar (do not exceed 4 ounces per serving or a total of 8 ounces per day)*
 - Gatorade (do not exceed 8 ounces per day)*
 - sugar-free gelatin*

(A sample meal plan is on the following page)

- Fluid Goal:** At least 48 ounces (6 cups) daily, including both the sugar-free, nutrient-enriched beverage plus allowed clear liquids. Sip all liquid slowly. Stop drinking immediately if you feel full or experience discomfort.
- Protein Goal:** At least 45 grams of protein per day. Track your protein grams on the food record provided.
- Supplements:** Take one adult chewable multivitamin plus two 500 mg chewable calcium carbonate per day. **Take one with each of two meals to aid absorption.**
- Reminders:** *Sip all liquids slowly over a 30 minute time span.*
Continue to record your food and fluid intake
If you cannot tolerate regular milk, try Lactaid 100 milk or Lactaid drops

STAGE 3: SAMPLE MEAL PLAN

Foods allowed at this time include meals of sugar-free nutritional supplements. Sugar-free clear liquids should be taken between meals. Remember to sip all liquids **slowly**.

| | |
|-------------------|---|
| 8:00 a.m. | 4 ounces sugar-free nutritional supplement |
| 9:00 a.m. | 4-8 ounces sugar-free clear liquids |
| 10:00 a.m. | 4 ounces sugar-free nutritional supplement |
| 11:00 a.m. | 4-8 ounces sugar-free clear liquids |
| 12:00 p.m. | 4 ounces sugar-free nutritional supplement |
| 1:00 p.m. | 4-8 ounces sugar-free clear liquids |
| 2:00 p.m. | 4 ounces sugar-free nutritional supplement |
| 3:00 p.m. | 4-8 ounces sugar-free clear liquids |
| 4:00 p.m. | 4 ounces sugar-free nutritional supplement |
| 5:00 p.m. | 4-8 ounces sugar-free clear liquids |
| 6:00 p.m. | 4 ounces sugar-free nutritional supplement |
| 7:00 p.m. | 4-8 ounces sugar-free clear liquids |
| 8:00 p.m. | 4 ounces sugar-free nutritional supplement |
| 9:00 p.m. | 4-8 ounces sugar-free clear liquids |
| 10:00 p.m. | 4 ounces sugar-free nutritional supplement |

*** Do not use nutritional supplements that are not on the list unless you have checked with your nutritionist to see if other products are adequate to meet your nutritional needs during stage 3.**

STAGE 4: PUREED TO SOFT DIET (5-8 WEEKS AFTER THE OPERATION)

- 1) Pureed to soft foods from the list below can now GRADUALLY be added to your diet.
- 2) Six meals per day using liquid protein supplements to reach your **Protein Goal 60 grams daily**.
- 3) No liquids with meals if soft food is included. **You must wait 30-45 minutes for the pouch to empty before drinking.
- 4) CHEW WELL!! The food must be almost liquefied before swallowing.

**PUREED TO SOFT DIET (do not combine food selections!)
> One item from below for designated meal only**

On WEEK 5 gradually try:

- Blenderized soup
- Oatmeal, grits, cream of wheat

- Mashed potatoes
- Cottage cheese
- Yogurt with fruit pieces
- Soft fruit (banana, melon, strawberries)
- Soft Vegetables cooked well (skinless)

WEEK 6 you may add:

- Soft cooked eggs, chopped/ground well
- Toast or crackers

WEEK 7 you may add:

- Light white fish, such as haddock or scrod

Please remember, if you have pain or vomit after trying something new, return to liquid diet for 24-48 hours before resuming stage 4 diet

STAGE 5: AFTER 8 WEEKS FOLLOWING SURGERY

Gradually add regular foods and remember:

1. Eat your protein portion of your meal first (they satisfy hunger longer).
2. Occasionally your 3 meals may turn into 5 small meals.
3. NO LIQUIDS with meals.
4. Avoid cheap calories.
 - Fats
 - High calorie liquids
 - Sweets, ice cream, junk food, cookies.
5. **Decrease protein supplements** as you consume more proteins in your diet
 *This is a gradual process as you learn how to incorporate protein sources in your diet other than supplements.

SUMMARY

- Follow 5-stage diet plan to allow for a gradual adjustment
- Eat only **at set meal times**.
 (If you feel hungry between meals try water. Thirst is often confused with hunger. If you must snack try some protein, a rice cake or other no calorie foods). **NO GRAZING.**
- Go slow, Chew well.
- When your feel full: **STOPI!**
- Junk foods and sweets do not relieve hunger. Only solid foods, which fill the pouch and empties slowly, will relieve hunger.