

GASTRIC BYPASS SURGERY DIET STAGES 1-5

Name: _____

Date: _____

Dietitian: _____

Phone: _____

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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 (*see list of recommended products on last page*), calcium+vitamin D, and if directed, additional vitamin D, iron, zinc and vitamin B12.

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 can significantly reduce operative complication rates.

In the final two weeks prior to surgery strict liquid protein 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 recommendations include the Bariatric Meal by Metagenics®, which is a balanced protein medical grade food product, as well as the Bariatric Advantage® High Protein Meal Replacements and powders and the Bariatric Fusion® Meal Replacement.

They are available through our website (http://www.commonwealthsurgical.com/bariatric_webstore.htm) or directly from the manufacturers over the internet!

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 protein shakes and after 5 pm clear liquids (water, broth, tea, ginger ale, jello). It is of utmost importance that the stomach is completely empty at the time of surgery.

NON-ADHERENCE TO THE ABOVE MAY RESULT IN CANCELLATION OF YOUR SURGERY!

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 10-15 lb. Prior to surgery.

Other Goals:

Post Surgical Diet

Gastric bypass is surgery in which the size of the stomach is reduced and the length of the actively digesting small bowel is shortened. 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, instead only 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 by noon on the day after surgery
- Foods Allowed:** One to three fluid ounces (30-90 cc) of regular broth, water, sugar-free gelatin, or decarbonized ("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. Decarbonize the soda by letting it sit open for at least one hour prior to drinking.

STAGE 3: *LOW SUGAR, ENRICHED LIQUIDS*

Start: Usually on the second day following surgery
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 on the next page. 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 provided below)

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 70 grams of protein per day, which, in case of the Bariatric Meal, equals to 7 scoops of protein powder. Track your protein grams on the food record provided.

Supplements: Take two adult chewable multivitamin (see list on last page) plus three 600 mg chewable calcium carbonate + vitamin D per day.
Take each with a meal 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

SUGGESTED PRODUCTS TO MEET YOUR NUTRITIONAL NEEDS

Try to purchase at least one of these products before your scheduled surgery.

Protein powders (nutritional supplements)

Product Name	Protein (grams) per scoop	Manufacturer
<i>BARIATRIC MEAL</i>	10	Metagenics
<i>Bariatric Advantage High Protein Meal Replacement</i>	27	Bariatric Advantage®
<i>Bariatric Fusion® Meal Replacement</i>	27	Bariatric Fusion
<i>UNJURY Protein</i>	20	Unjury

The nutrient-enriched supplements and the protein powders can be purchased at a local pharmacy, online via our webstore or online via the manufacturer's website:

http://www.commonwealthsurgical.com/bariatric_webstore.htm

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

We do not recommend Carnation Instant Breakfast® or Boost® products for weight loss surgical patients! Although, they taste good and are easy to consume, they were designed for an entirely different purpose and carry a lot more calories than you want to take at this phase.

Chewable and liquid multivitamins

Primary recommendation: Bariatric Fusion® Complete Chewable Vitamin and Mineral Supplement (recommended dose 1 tablet 4 times a day or 2 tablets twice a day) – additional Calcium and Vitamin D supplement is not necessary with this product

Alternatives (see list on last page): Centrum Ultra Women's Tablets, CVS Spectravite Performance Tablets, Walgreens One Daily Healthy Weight, Walgreens A to Z Active Performance or Flintstones Complete Chewable Tablets Complete.
Take 2 of these tablets daily.

Chewable calcium:

Caltrate 600 + D chewable 3 tablets daily.

Calcium Citrate + D chewable 3 tablets daily - The citrate form absorbs better after gastric bypass.

Viactiv Calcium +D chewable 3 tablets daily

Later, in stage 5, non-chewable formula can be used. Active ingredients should be 600 mg calcium and least 400 IU of vitamin D per tablet. The calcium citrate form is preferred.

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 (START 2-3 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 supplementing with liquid protein supplements to reach your **Protein Goal 70 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 3 gradually try:

- Blenderized soup
- Oatmeal, grits, cream of wheat
- Scrambled eggs
- Cottage cheese
- Yogurt with fruit pieces
- Soft fruit (banana, melon, strawberries)
- Soft Vegetables cooked well (skinless)
- Soft cooked eggs, chopped/ground well
- Toast or crackers with peanut butter
- 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 hours before resuming stage 4 diet. Don't get discouraged if you vomit after trying something new. Take a note of it and you may try it again in 2-3 weeks. I

STAGE 5 REGULAR DIET: (START AFTER 4-5 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 (only 30-60 minutes before and after)
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. If you feel that by the end of the day you will not be able to take 70 gram of protein, you may supplement your diet with the necessary amount of protein shake.

*This is a gradual process as you learn how to incorporate protein sources in your diet other than supplements. Advancing to stage 5 diet may take 2-6 weeks.

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!**
- If it is late during the day and you are far from completing your daily goal of protein intake (70 g), replace with some protein shake.
- Junk foods and sweets do not relieve hunger. Only solid foods, which fill the pouch and empties slowly, will relieve hunger.
- Pre-portion your meal, use small plate. It is OK to leave food on the plate and it may take a half an hour to finish your meal. Only eat more if you finished the portion and you are truly hungry. Do not experiment to see how much you can really eat!

**Recommended Vitamin Supplements for Gastric Bypass Patients:
Select any of these
(the Flintstones Complete Chewable is recommended for the first 6 weeks only)**

				
<p align="center">Celebrate Multi Complete</p>	<p align="center">Centrum Ultra Women's Tablets</p>	<p align="center">CVS Spectravite Performance Uspectin Tablets</p>	<p align="center">Walgreens Premium Formula A Thru Z Active Performance</p>	<p align="center">Flintstones Chewable Tablets Complete</p>

The one tablet twice a day from the multivitamin products.

Take Calcium + D supplements 3 times a day from any of the products below:

		
<p align="center">Caltrate 600+D</p>	<p align="center">Calcium Citrate+D</p>	<p align="center">Viactive Calcium+D</p>

ALTERNATIVE:



**Bariatric Fusion® is a complete chewable vitamin and mineral supplement
Take 1 tablet 4 times a day or 2 tablets twice a day.
No addition Calcium + D supplement is necessary.**

Available from www.bariatricfusion.com