Introduction

Congratulations. Scheduling weight-loss surgery is the first step toward better health.

Thank you for choosing Bariatric Center of the Rockies. Northern Colorado Surgical Associates and Poudre Valley Hospital welcome you to our bariatric program. We promise to treat you with dignity and respect.

This binder contains your weight-loss surgery guide. It explains your hospital stay, your diet after surgery, and your instructions for when you return home. It also contains the keys to your weight-loss success.

Please read this guide a few times before surgery. Also, share it with the people who will help you after surgery. We strongly encourage you to attend a support group meeting before your surgery too.

An NCSA staff nurse and a registered dietitian will also explain the contents of this guide to you.

Please refer to this guide often. You may add pages or move pages around. It is yours to do with as you wish. Don’t lose it! You will need the information for a long time to come.

Thank you again for choosing Bariatric Center of the Rockies. We believe your surgery and lifestyle changes will lead to a longer, healthier and happier life. Good luck!

“There are risks and costs to a program of action, but they are far less than the long-range risks and costs of comfortable inaction.”

— John F. Kennedy

OUR PHILOSOPHY

Bariatric Center of the Rockies treats all patients with dignity and respect. Our doctors and staff, both at Northern Colorado Surgical Associates and Poudre Valley Hospital, will do all we can to support you before, during and after your surgery. We will be your partners as long as you need.

OUR MISSION

Our patients will feel safe, comfortable and accepted in our office and hospital. We educate our patients fully about weight-loss surgery. We help our patients succeed and have a better life.

Thank you for choosing Bariatric Center of the Rockies.
Before surgery

Testing
You will have tests done before your surgery. Your surgeon will decide which tests you need.

- All patients meet with a registered dietitian to talk about nutrition. Please bring this guide with you to this appointment.
- All patients have a psychological evaluation.
- If you have gallbladder symptoms, we will do an ultrasound of your abdomen. If the ultrasound shows gallstones, your surgeon may remove your gallbladder during surgery.
- You might need special heart and lung tests or more x-rays.

Hospital preadmission
You will have a hospital preadmission appointment a few days before surgery. Bring a list of your medications and doses to this appointment.

At this appointment, we will give you an incentive spirometer. A nurse will show you how to use it. Practice using it at home before surgery.

If you use a CPAP or BiPAP machine, you must bring it with you to the hospital on the day of your surgery. Also bring the prescribed setting. You must clean the machine and mask before bringing them to the hospital.

No smoking
If you smoke, you must quit smoking at least one month before your surgery. Smoking greatly increases your risk of pneumonia and other lung problems after surgery. Call your primary care doctor’s office if you need medication to help you quit smoking. We will test your urine for nicotine to make sure you have quit smoking.

Caffeine
If you drink a lot of caffeine, cut back before the surgery. This will help prevent headaches after surgery.

Herbs
We recommend that you stop taking herbal remedies one week before surgery.

Coumadin/blood thinners
You must stop taking blood thinner medicine at least 5 days before surgery. Your doctor will tell you when to restart it after surgery.
The day of surgery

Please come to Poudre Valley Hospital at the scheduled time on the day of your surgery.

The nurses in the preoperative area will prepare you for the operating room. Nurses and doctors will ask you questions and tell you what to expect. An IV will be started, and you will be given some medicine. Compression pumps will be placed on your legs or ankles. They will gently squeeze your legs to help prevent blood clots. They will be used during surgery and while you are in the hospital unless you are up and walking.

Family and friends can wait in the surgery waiting room. The surgery normally takes 2 to 3 hours. During the surgery, the volunteer at the waiting room desk can tell your friends and family how the surgery is going. After the surgery, your friends and family can talk to the surgeon.

Your hospital stay
When you wake from surgery you will be in the recovery room. You will be there for 1 to 2 hours. You will go to your hospital room when you are fully awake and in stable condition.

Tubes and drains
Once you are asleep in the operating room, a catheter may be placed in your bladder. It will be removed the day after surgery. A different tube will be placed through your mouth into your stomach. This tube is removed at the end of surgery.

Pain management
Patient Controlled Analgesia (PCA) manages pain for our patients. A medication such as Demerol or morphine is given through an IV. After surgery, a nurse will set up your PCA and show you how to use it. When you feel you need a dose of pain medication, you just push a button. PCA does an excellent job of controlling your pain. It does not take away all your pain, though. You will have some discomfort for the first few days. Your soreness will quickly decrease after that. You will move to pain medication by mouth as soon as you are ready.

Activity and circulation
Physical activity is essential to your recovery and weight loss. Activity helps prevent pneumonia, blood clots and constipation. It also increases weight loss. For these reasons, your exercise program will begin while you are in the hospital. The most important thing you can do after surgery is get up and get moving.

You will take your first walk the night of your surgery. You will be given a pedometer and shown how to use it. You will be encouraged to be up as much as possible.

Your bed will be placed in a slant position (head up, feet down) for a day or two to keep pressure off your incisions and help you breathe easier. You may be given a special bariatric bed.

When you wake up from surgery you may have an abdominal binder on. You will wear this binder for 1 to 6 weeks. The time depends on if you had open or laparoscopic surgery. The binder helps support the incision and makes you more comfortable. You may take the binder off at night and to rest. Make sure you wash the binder frequently. If it irritates your skin, you may wear it over a t-shirt.
The day of surgery

Breathing exercises
After surgery, you must breathe into your incentive spirometer at least 10 times each hour. This helps prevent pneumonia, lung collapse and other breathing problems. Coughing and deep breathing also help. (Hold a pillow over your incision when you cough. It will hurt less.) You must continue to use the incentive spirometer for at least 2 weeks after you leave the hospital.

If you use a C-PAP or BI-PAP machine, you will continue to use it in the hospital. You should have brought it to the hospital with you along with the recommended settings.

If you have asthma, bring your inhalers with you to the hospital.

In-hospital diet
Here is what you will eat in the hospital:

- **Day of surgery:** No food or drink. You may have ice chips.
- **Then:** clear liquids: ¼-cup sugar-free liquids, Jell-O and broth. You will select liquids from the gastric bypass menu.
- **Then:** full liquids: No-added-sugar full liquids, including milk, pudding, instant breakfast and strained soups. After you return home you can add pureed foods to your diet. You must eat only full liquids and pureed foods without added sugars until your next appointment. This will be 10 to 14 days after surgery. At that time you will be moved to a soft diet if the doctor thinks you are ready.
Gastric-bypass surgery checklist and schedule

**Bring to hospital**
- This guide
- Incentive spirometer
- CD player or iPod with music to help you relax
- List of all your medications and doses, inhalers
- CPAP or Bi-PAP machine and settings (Please clean machine and mask before you come.)
- Coumadin must be stopped 5 days before surgery

**Day of surgery**
- Arrive at the hospital 2 hours before surgery
- Do not eat or drink anything after midnight the night before. If you do we must cancel the surgery.

**Before surgery**
- An IV will be started.
- Compression leg pumps will be placed to prevent blood clots.
- You will talk to the anesthesiologist.
- Family members may stay with you until you go to surgery.

**During surgery**
- A bladder catheter may be placed.
- A stomach tube is inserted.
- Surgery takes 2 to 3 hours.

**Immediately after surgery**
- You will go to the recovery room for 1 to 2 hours.
- From there you will go to the surgical unit on the 4th floor.
- You will have a PCA (Patient Controlled Anesthesia) pump to control pain.
- You may suck on ice chips in moderation.
- You must use your incentive spirometer 10 times every hour.
- In the evening you will get up and walk with assistance.

**First day after surgery**
- IV will continue.
- PCA may be discontinued. Oral medication will be started.
- Ice chips only in morning.
- Begin clear liquid diet at noon.
- Bladder catheter removed.
- Leg pumps continue unless you are up walking.
- Use incentive spirometer.
- You will walk at least 3 times.
- You will receive blood thinner injections.
- You will take a shower with assistance.
- We will begin to teach you about caring for yourself when you leave the hospital.

**Second day after surgery**
- IV will be stopped.
- Use incentive spirometer.
- You will walk 3 or 4 times.
- Leg pumps continue as needed.
- You will take a shower.
- Family can bring in sugar-free Popsicles.
- You will start full liquid diet.
- You may be released to go home.

**Third day after surgery**
If you are still in the hospital:
- Use incentive spirometer every 2 hours.
- You may have diarrhea.
- You will continue full liquids.
- You will walk by yourself.
- You may be released to go home.
- If a drain has been placed, you will be taught how to care for it at home.
- It will be removed in the office.

You will be released from the hospital on day 2 or 3 if you are medically stable and doing well with a full liquid diet. This guide includes instructions for caring for yourself at home. Call our office when you get home to schedule your first follow-up appointment. This will take place about 10 days after your surgery.
Instructions for caring for yourself at home after gastric bypass

Diet
- Stay on the pureed/full liquid diet until after your first follow-up appointment.
- You will need 60 to 75 grams of protein each day (or more, as instructed by your dietitian). All foods must be sugar-free. Read labels. Look for items high in protein and low in sugar.
- Drink Carnation Instant Breakfast (no sugar added) 3 times a day for protein and vitamins.
- Sip liquids slowly. Stop when you feel full. Return to a clear liquid diet if you have nausea or vomiting that won’t go away. Also call your doctor if this happens.

Fluids
- Drink 60 to 70 ounces of fluids every 24 hours (8 ounces=1 cup). Drink between meals, slowly. If your urine is dark yellow, drink more fluids.

Activity
- Increase activity a little bit at a time. Plan to rest. Listen to your body.
- Use your pedometer to count the number of steps you take each day. Try to take a few walks each day. Increase your exercise by 1 minute or 100 steps every 4 to 7 days if you are feeling well.

Restrictions
- If you’ve had a laparoscopic gastric bypass: Don’t lift anything heavier than 20 pounds for 2 weeks.
- If you’ve had open gastric bypass: Don’t lift anything heavier than 20 pounds for 6 weeks.
- Don’t drive until your doctor says you can.
- Avoid activities that require pushing, pulling or bending and straining over and over again (such as vacuuming).
- Avoid getting pregnant for 18 months after surgery. Rapid weight loss makes you more fertile, so take extra precautions.

Bathing
- It’s OK to shower with your incisions and drains. But don’t take a bath or submerge into water until your doctor says you can.

Drains
- JP drain Strip and empty when half-full, at least twice a day. Write down drain output on the record sheet. Bring the record sheet with you to your first follow-up appointment.
- G-tube Gently clean around the tube with soap and water at least once a day. Your nurse will give you more instructions on feedings and flushing if your doctor ordered them.

Bowels
- You may have some diarrhea or constipation after surgery. For diarrhea that continues, take Imodium or call your doctor. For constipation, you may need to use a stool softener such as Colace until you can eat more fiber. You may also use Milk of Magnesia if needed. Follow the instructions on the bottle.
Instructions for caring for yourself at home after gastric bypass

Pain control
• Take pain medicine as prescribed by your doctor.
• Gas pains rarely last more than a day or two. Walking and using a heating pad on your stomach may help.
• Don’t take aspirin or aspirin-like products such as Motrin, Advil, ibuprofen, naproxen or Aleve. If you normally take anti–inflammatory medicine, you must have it approved by your surgeon. The only NSAIDS you can take are Celebrex or Ultram. These are both prescription medications.

Incision
• It is normal for your incisions to sting, burn and itch.
• It takes 6 weeks for a surgical incision to heal.
• Keep your incisions clean and dry.

Routine medication
• Discuss with your doctor the prescriptions you took before surgery. Ask which medications you should continue taking after surgery.

Follow-up appointments
• You will see your surgeon 7 to 10 days after you leave the hospital.
• You will have several more follow-up visits after surgery.
• You will see your surgeon once a year for the rest of your life.

Call your doctor if
• You have increased pain, redness, swelling or drainage from your incision.
• Your incision separates.
• You have chills and/or a temperature over 101 degrees F. You do not need to check your temperature unless you feel feverish or your doctor tells you to.
• You have pain, swelling, or redness in your legs.
• You feel faint or dizzy. It is normal to be a little dizzy when you first get out of bed or stand up quickly for the first week after surgery.
• You have nausea, vomiting or diarrhea that won’t go away.
• You can’t tolerate fluids.

Please call your doctor if you have any concerns or questions after you have returned home. Call 970.482.6456 to schedule your first follow-up visit for 7 to 10 days after your surgery.
Instructions for caring for yourself at home after gastric bypass

Exercise
Exercise is the key to success after gastric bypass surgery. Exercise every day when your doctor says you are ready. There are lots of ways to exercise. Do what works for you. Slowly increase how long and hard you exercise. You should be walking at least 2 miles per day 2 months after surgery. Some people join an exercise gym. You will be more successful and recover more quickly if you exercise every day. CSU has a wonderful exercise program designed for our patients. If you are interested, call Kellie Walters at 491-0928 or Lindsey with Miramont at 672-1558.

The pedometer you were given will count your steps. This helps you make short-term and long-term goals. Try to add at least 100 steps every day. You may also use the exercise sheet in this guide.

If you have joint problems or arthritis and can’t walk far, try swimming. Ask your surgeon when it’s OK to swim (usually 2 to 4 weeks after surgery). You may climb stairs if you feel OK.

Activity restrictions
It is important that your muscles heal after surgery. To help with this, and to lower your risk of a hernia:
• Don’t drive until your doctor says you can. This usually happens at your first follow-up visit.
• Don’t lift anything over 20 pounds for 2 weeks (6 weeks if you had open surgery).
• Don’t do heavy housework (vacuuming, mopping, lifting laundry baskets, etc.) for 2 weeks (4 weeks if you had open surgery).
• Don’t have sexual intercourse for 2 to 4 weeks.
• Don’t bathe until your incisions are completely healed. You may shower.

When you can go back to work depends on the type of surgery you had (laparoscopic or open). Patients are usually off work 2 to 6 weeks, depending on your job. We are happy to give you a work release if you need one.

Care of your incisions or staple line
If you had laparoscopic surgery, you have 5 small incisions. They are closed with stitches that dissolve. (99% of our surgeries are laparoscopic.) If you had open surgery, you have a 5 to 7 inch incision down the middle of your abdomen. It is closed with staples. The staples will be removed at your first follow-up appointment. You may shower and lightly pat the staples or incisions dry with a towel.

Call our office (970.482.6456) if you notice signs of infection:
• Increased redness, swelling or heat at staple/incision line
• Increased soreness or pain in your staple line
• Drainage from your staple line (although a small amount of clear yellow drainage is common)
• Fever higher than 100o F

Pregnancy
If you are a woman, you must avoid getting pregnant for the first 12 to 18 months after surgery. Pregnancy would be dangerous for you and the baby. Rapid weight loss increases fertility, though, so take extra precautions. We strongly encourage you to use 2 forms of birth control if you are sexually active.

When and if you do become pregnant, we recommend that you see the dietitian again for a gastric-bypass pregnancy consult. During your pregnancy, tell your OB doctor that you should not be given the glucose tolerance test because of dumping.
Instructions for caring for yourself at home after gastric bypass

Emotional changes
This is a life-altering surgery, physically and emotionally. The first few weeks can be overwhelming, and the first 6 weeks are often the hardest. Be prepared for emotional ups and downs. Some patients feel like they’re on an “emotional rollercoaster.” This is completely normal.

It is also common to feel grief. After all, food may have been your friend and comfort. Talking to other gastric bypass patients helps. They will offer support and ideas for getting through tough times. Support groups are especially effective during this time.

Keep a positive attitude. Go for a walk when you get depressed. The quicker you adjust to your new eating habits, the quicker you will get through this phase. If you take an antidepressant, continue to take it for the first 3 months after surgery. We will reevaluate this at your 6-week appointment.

Medications
You will receive prescriptions for these additional medications when you are released from the hospital:
- Pain and anti-nausea medication
- Any other medications your doctor thinks you need.

You brought a list of your medications and doses to your preadmission appointment. The doctor who releases you from the hospital will review with you which medications you should resume.

If you take an antidepressant, start taking it again when you return home. We will reconsider your need for it at your 6-week check-up

For the first 6 weeks after surgery, if you take a pill larger than an aspirin, you must crush it or break it in half. If your medication comes in a capsule, it is usually OK to open it and mix it with food. If you have a question about that, please check with your pharmacist.

Medications to avoid
Don’t use the following medications. They may cause ulcers in your pouch.
- Advil
- Motrin
- Ibuprofen
- Aleve
- Aspirin
- Non-steroidal anti-inflammatory drugs (NSAIDs)

For arthritis, you may be able to take Ultram and Celebrex. These are prescriptions, so ask your doctor. For general pain, we suggest Tylenol.

You can take other everyday medications such as antibiotics, cold medications, etc. without concern.
Possible problems

There are risks to gastric bypass surgery. We discussed these in the office with you. Be aware of possible problems you may need to report to our office. Some may be related to your diet.

Nausea and vomiting

If you have nausea in the hospital, you will receive medication. We will also give you a prescription for anti-nausea medication.

Nausea without vomiting is common right after surgery. Consider these possible causes:
- Anesthesia
- Not enough protein
- Not enough fluids
- Fluids that are too cold
- Pain medication (Stop taking it as soon as you can.)
- Some of your medications
- Certain foods
- Eating too infrequently. Some people feel hunger as nausea, so keep something in your stomach. Eat often and follow the guidelines.
- Moving ahead in the diet stages before you are ready.

Try peppermint lozenges or tea to fight nausea. You may also need to take anti-nausea medication for a while. Finally, remember that this will take time. Your small intestine will adapt. Start good habits and stick to them.

Vomiting is almost always caused by eating habits:
- Eating too much, too fast
- Taking bites that are too big
- Not chewing well enough
- Not pausing long enough between bites
- Drinking with meals
- Eating food that is too dry

To adjust to smaller portions and slower eating, use a baby spoon, baby fork and timer. Set the timer for 2 minutes between each bite. This will force you to learn to take small bites and chew well. Also, keep a food diary. This will help us understand if what or how you are eating is causing the vomiting.

Call us within 12 hours if you are throwing up liquids. You may need IV fluids to prevent dehydration.

Vomiting can also be caused by a stomal stenosis, or narrowing. If this happens you may need to have your pouch opening widened. Vomiting can also be caused by a pouch obstruction. This happens when a piece of food gets stuck. Pouch widening and removing pouch obstructions are done by upper endoscopy, but not until at least 6 weeks after surgery.

If you are vomiting fluids or vomiting even though you believe you are eating properly, call us. Have your food diary nearby so you can tell the nurse what and when you have been eating. This will help your understand what might be wrong.
Possible problems

Weight gain
Avoiding high-fat foods and high-calorie drinks
Eating foods high in fat will slow weight loss and may cause weight gain. Our bodies do need some fat in the diet, though. Eating about 25 to 30% of calories each day in high-quality fats prevents essential fatty acid deficiency. It also allows your body to absorb fat-soluble vitamins.

These are examples of poor-quality, high-fat foods. They should be avoided or eaten very rarely:
- High-fat meats
- Bacon
- Sausage
- Cream, sour cream
- Butter
- Fried foods
- High-fat snack chips
- Shortening/lard
- High-fat cheeses
- High-fat dressings and gravy

You must also limit foods cooked in or seasoned with fats or oils. Try using Molly McButter, Butter Buds, I Can’t Believe It’s Not Butter spray or Brummel & Brown instead.

Finally, you will gain weight if you drink regular (non-diet) soda or fruit drinks high in sugar.

Weight regain
It isn’t unusual to regain some weight once you hit your lowest weight, about 2 to 3 years after your surgery. This is generally when people forget they made a lifelong commitment to change. Almost always, weight regain is caused by getting “off track” with your eating habits. Please reread this guide once a year and re-engage in your commitment to yourself. Refer to the Keys To Success found in this book. Call us if you gain more than 20 pounds.

Changes in bowel habits
Changing bowel habits are common after gastric bypass surgery. You may go back and forth between constipation and diarrhea for a while. This will normalize once you are eating a regular diet and getting enough fluids. Make sure you are getting some exercise every day.

If you’re constipated:
- Make sure you’re drinking at least 60 ounces a day.
- Try drinking a 4 ounces of diluted prune juice once a day or taking a fiber supplement such as Fiber Choice.
- If it is at least 4 to 6 weeks after surgery, you may need to eat more high-fiber foods, such as fruits, vegetables and whole grains.
- You may need to take a stool softener. Colace and Surfak are available over the counter.
- You may also need to take a gentle laxative like Milk of Magnesia if you do not have a bowel movement at least every three days.
Possible problems

If you have diarrhea:

- Take Imodium.
- If it is least 4 weeks after surgery, try bananas or potatoes.

If you have a lot of gas, you may be lactose-intolerant or eating too many foods containing sugar alcohol. Sugar alcohol is found in some sugar-free foods and can cause gas. You may also try Mylanta, Bean-O or Gas X products.

It will take your body at least a few weeks to adjust. If you continue to have bowel problems, please call our office.

Kidney stones
A small percentage of patients develop kidney stones after surgery. This usually happens a few months after surgery, although it can happen any time. To reduce your risk of kidney stones, make sure you drink 60 ounces of fluids each day.

Alcohol use
Weight-loss surgery patients should avoid alcoholic beverages. They are high in calories and sugar, so they can cause dumping syndrome and weight regain. Alcohol is also absorbed into the bloodstream faster in weight-loss patients. You may become intoxicated after less alcohol than a person who has not had weight-loss surgery.

SYMPTOMS TO BE CONCERNED ABOUT

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>CAUSE</th>
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<tbody>
<tr>
<td>Nausea and vomiting that don’t stop</td>
<td>Possible stomal stenosis. This happens when the opening from your pouch to your intestines is too narrow.</td>
</tr>
<tr>
<td>Nausea and vomiting that don’t stop AND pain in your stomach and back</td>
<td>Possible ulcer</td>
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<tr>
<td>Left shoulder pain, back pain that wasn’t there before surgery, fever, a feeling that something “just isn’t right”</td>
<td>Possible anastomotic leak. This can happen where the intestine is reconnected to pouch. It is very rare beyond 2 weeks after surgery.</td>
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<tr>
<td>Chest pain and shortness of breath</td>
<td>Possible pulmonary embolism (blood clot)</td>
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If you have any of these symptoms, please call our office immediately to speak to a nurse.
Follow-up

Follow-up is extremely important after gastric-bypass surgery. If we do your surgery, we want to see you for follow-up care. A lot happens in the first year after surgery. We don’t know what’s happening if we don’t see you. If you live a long distance away, we still want to see you. If you cannot make your appointments, please call or email us (nursesncsa@hotmail.com) to let us know how you are doing. If you move or change your phone number, please let our office know.

You should continue to see your primary care doctor for general medical needs. It is important he knows you are having the surgery and that he is an advocate for you. Please tell your primary care doctor to call us with any questions or concerns.

Once you leave Poudre Valley Hospital, you must return for follow-up after:
- 1 to 2 weeks (We MUST see you for this first follow-up visit).
- 6 weeks
- 3 months
- 6 months (blood work will be done)
- 9 months (optional, depending on how you are doing)
- 1 Year (blood work will be done)
- Once a year for the rest of your life

Follow-up appointments are an essential part of your recovery. We want to help you lose weight safely. We want to make sure you are healthy. If you have questions or concerns between scheduled visits, please call or e-mail our office.
Keys to success

Weight-loss surgery is a tool. What you do with this tool will determine your success. The surgery is not a cure for obesity. If used incorrectly, this tool can cause physical and emotional problems. It is possible to regain weight.

Here are the 7 keys to a good outcome:

1. **Protein**
   - You must eat 60 to 75 grams of protein every day for the rest of your life (or more, as instructed by your dietitian).

2. **Fluids**
   - You must drink 60 to 70 ounces a day. If you don’t keep track, you may drink too little. Dehydration can cause dizziness, lightheadedness, bladder infections and headaches. Adolescents should try to drink 90 ounces a day.

3. **Exercise**
   - Find ways to make exercise a regular part of your life. Daily physical activity will help you have the best results from this surgery. Make it fun.

4. **Vitamins**
   - You must take a multivitamin, iron, vitamin B12, vitamin D3 and calcium citrate. If you don’t take your vitamins, you will develop a vitamin deficiency within a year.

5. **No grazing and no sugar**
   - Eat 3 meals plus 3 healthy snacks every day. Commit to stay away from sugar.

6. **Follow up**
   - Follow up is essential! We want to see you at 1 to 2 weeks, 6 weeks, 3 months, 6 months, and 1 year after surgery. We would like to see you once a year after that. We also recommend that you schedule a follow-up appointment with the dietitian 2 to 3 months after your surgery. You can make this appointment for the same day as your follow-up visit with your doctor if it is more convenient.

7. **Positive attitude**
   - Not every day will be a great day. There is a learning curve after this surgery. The first 6 to 8 weeks are the hardest. You will have ups and downs. You are doing this for your health and a better quality of life. Follow our guidelines and know that things will get easier. Use your support system, attend support group or call us when you need help.
Message from your dietitians

As part of your healthcare team, we are happy to help you with your nutrition plan. Our goal is to help you successfully move through the different stages of the diet. We will do everything we can to help make your journey a positive one.

After surgery, good nutrition will help you heal, lose weight and be healthy. We will help you understand why you must now eat differently. We will also give you tips on how, what, and when to eat so you stay healthy as you lose weight.

We look forward to meeting you. Congratulations on taking steps toward health and fitness!

Diet progression

**In the hospital**
Right after surgery, you will have nothing to eat or drink except ice chips. Before you leave the hospital, your diet will move to clear liquids and then full liquids.

**Stage 1—Pureed/full liquid**
(Starts at release from hospital. Usually lasts 2 weeks.)
- You may add pureed foods to your full liquid diet. All food should be blended to the consistency of applesauce and contain no added sugars.
- Have a packet of Carnation Instant Breakfast (no sugar added) blended into 8 ounces of 1% or fat-free milk 3 times each day. Or use a different liquid nutritional supplement if recommended by a member of your healthcare team.
- No vitamins or supplements are required during this time.

**Stage 2—Soft diet**
(Usually lasts 4 weeks.)
- You may start adding soft-textured foods that are easy to digest.
- Add foods gradually.
- The length of time to stay on soft foods varies. Use your comfort level as your guide.
- Begin taking vitamin and mineral supplements.

**Stage 3—Low-fat, low-sugar Diet for Life**
(Starts about 6 to 8 weeks after surgery.)
- You can start adding foods that are harder to digest.
- Add foods gradually to make sure you can tolerate them.
- Continue vitamin and mineral supplements.

See the description of each phase of the diet for more complete information.
In all phases, you must have 60 to 70 ounces of fluid and 60 to 75 grams of protein (or more, if instructed by your dietitian) each day.
Diet progression

WHAT TO EXPECT

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<thead>
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<th>TWO WEEKS</th>
<th>FOUR WEEKS</th>
<th>DIET FOR LIFE</th>
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<tr>
<td>Stage 1: Full Liquid/Pureed</td>
<td>Slowly start introducing new</td>
<td>By 6 weeks after surgery, you should be eating a diet that</td>
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<tr>
<td>Carnation Instant Breakfast</td>
<td>textures and foods that are harder to digest.</td>
<td>includes a variety of foods rich in nutrition.</td>
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<td>(no sugar added)</td>
<td>Start supplements:</td>
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<td>3 times a day.</td>
<td>• Complete multivitamin</td>
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<td>• Additional supplements if needed</td>
<td></td>
</tr>
</tbody>
</table>

“Getting started” shopping list

Until your first follow-up appointment after surgery, you will drink 1 packet of Carnation Instant Breakfast (no added sugar) mixed with 8 ounces of milk 3 times a day. A variety of flavors are available, but not all flavors are in the grocery stores. You can order more flavors online. Ordering information is included in this guide.

Items to have at home the day you leave the hospital

- Carnation Instant Breakfast (no sugar added). You need 3 packets per day for about 10 to 14 days.
- Milk: skim, 1%, soy or lactose-reduced—at least 24 ounces per day

3 packets of instant breakfast (no sugar added), each mixed with 8 ounces of milk, provides a total of 39 grams of protein and 24 ounces of fluids. You will also need other liquids, pureed protein foods and sugar-free fluids to reach 60 to 70 ounces of fluid and 60 to 75 grams of protein (or more, as instructed by your dietitian) each day.

High-protein fluid options

- Plain yogurt (nonfat or 1%)
- Skim milk, buttermilk or 1% milk
- Light yogurt (sweetened with a sugar substitute such as NutraSweet or Splenda)
- Low-sugar tomato soup made with skim milk in place of water
- Sugar-free cocoa
- Soy milk
- Appropriate liquid nutritional supplements

Note: You can increase protein in any of these fluids by adding nonfat dry milk powder. Add 4 tablespoons (1/4 cup) for 6 to 11 grams of additional protein and 60 to 110 additional calories. Check the food label. Or add a whey or soy protein supplement.
“Getting started” shopping list

Other fluids
(Note: These are NOT replacements for the 3 instant breakfasts.)
• Water
• Coffee or tea—use sparingly; 1 to 2 cups per day
• Bouillon or broth
• Crystal Light or any sugar-free beverage
• Tomato or V-8 juice
• Sugar-free Popsicles
• Flavored unsweetened or artificially sweetened water (Propel, Fruit2O, etc.)

Other high-protein foods you can puree at home
• Cooked fish
• Tuna, canned in water
• Scallops, bay or sea
• Reduced-fat or part skim-milk hard cheeses (finely shredded)
• Cottage or ricotta cheese, 1% or fat-free
• Eggs
• Chicken or turkey
• Baby food meats
• Liver (beef or chicken)
• Tofu

If you will be staying somewhere besides your home when you leave the hospital, pack utensils and tools for mixing, such as a whisk, spoon or blender. You will need to refrigerate the meat, cheese and milk. You may also want to have an appliance for heating foods.

You will follow a pureed/full liquid diet from the time you leave the hospital until your first visit after surgery. While your stomach pouch is healing, everything you eat must be either liquid or blended to the consistency of applesauce.

The normal stomach holds 40 ounces (5 cups) of fluid. Your new stomach will be about the size of an egg and will hold 1 to 2 ounces (1/8 to 1/4 cup).

For safe weight loss, you need to eat a healthy, well-balanced diet. It’s important that you get enough fluid and protein each day. You need 60 to 70 ounces of fluid and 60 to 75 grams of protein (or more, as instructed by your dietitian) daily.
Stage 1: pureed/full liquid diet

UNTIL FIRST FOLLOW-UP APPOINTMENT (1 TO 2 WEEKS AFTER SURGERY)

This is the diet you will follow until your first doctor’s appointment after your surgery. A normal stomach holds 40 ounces, or 5 cups, of fluid. Your new stomach will be about the size of an egg and hold 1 to 2 ounces, or 1/8 to 1/4 cup. While your stomach pouch is healing, everything you eat must be liquid or blended to the consistency of applesauce. During this stage, your main diet goal is to get enough fluid and protein every day.

**Fluid intake: 60 to 70 ounces daily.** Drinking enough is very important. If you don’t, you can suffer dehydration, dizziness, headaches, hair loss, dry skin and decreased kidney function. You should drink at least 60 ounces a day. This may be hard at first. It will get easier as you get used to it.

**Protein intake: 60 to 75 grams daily** (or more, as instructed by your dietitian). For the first 2 to 4 weeks, this may be difficult to reach, but it will become easier as you heal. You may need to use a protein supplement for the first few months. After that we would like for you to get your protein through your regular diet.

**Vitamins/minerals:** Carnation Instant Breakfast drink (no sugar added) contains the vitamins and minerals you need right now. You can find it at most grocery stores. Or see the product information sheet to order by phone or internet. There are also other products you can use instead. But Carnation Instant Breakfast is easy to find and inexpensive.

We recommend you drink Carnation Instant Breakfast (no sugar added) mixed with 8 ounces of skim or 1% milk, 3 times a day. Sip this beverage SLOWLY over a 1-hour period.

After surgery, some people have a temporary intolerance to milk products (lactose intolerance). If you have a lot of bloating, cramping or diarrhea, let us know. We will suggest different protein sources. Information on lactose intolerance is also included in this guide.

<table>
<thead>
<tr>
<th>High-protein fluids (full liquids)</th>
<th>Amount</th>
<th>Protein grams</th>
<th>Fat grams</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instant breakfast drink, no sugar added, mixed with skim or 1% milk</td>
<td>8 oz</td>
<td>13</td>
<td>1</td>
<td>160</td>
</tr>
<tr>
<td>Skim milk, buttermilk or 1% fat milk</td>
<td>8 oz</td>
<td>8</td>
<td>0-3</td>
<td>90-110</td>
</tr>
<tr>
<td>Plain or artificially sweetened soy milk</td>
<td>8 oz</td>
<td>7</td>
<td>0-5</td>
<td>80</td>
</tr>
<tr>
<td>Plain yogurt, nonfat or low-fat</td>
<td>8 oz</td>
<td>12</td>
<td>0-3</td>
<td>130</td>
</tr>
<tr>
<td>Light flavored yogurt</td>
<td>6 oz</td>
<td>5-8</td>
<td>0-2</td>
<td>90-110</td>
</tr>
<tr>
<td>Sugar-free pudding (skim milk)</td>
<td>4 oz</td>
<td>varies</td>
<td>0</td>
<td>80</td>
</tr>
<tr>
<td>Sugar-free cocoa (skim milk)</td>
<td>6 oz</td>
<td>10</td>
<td>0</td>
<td>110-120</td>
</tr>
<tr>
<td>Unjury (skim milk)</td>
<td>8 oz</td>
<td>20</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>Bariatric Advantage Microfiltered Whey Protein</td>
<td>8 oz</td>
<td>16</td>
<td>0</td>
<td>80</td>
</tr>
<tr>
<td>Isopure (GNC)</td>
<td>10 oz</td>
<td>20</td>
<td>0</td>
<td>150</td>
</tr>
</tbody>
</table>

**Note:** You can increase your protein intake by adding nonfat dry milk to any of the above liquids. 4 tablespoons (⅛ cup) = 6 to 11 grams of protein (60-110 calories). You can use whey or soy protein powder to make shakes or add to foods. Read labels for nutrition information.
Stage 1: pureed/full liquid diet

Other allowed fluids between meals
(Note: These are NOT replacements for the 3 instant breakfast drinks or high-protein fluids.)
- Water
- Coffee or tea (with caffeine)—use sparingly; 1 to 2 cups per day
- Bouillon or broth
- Crystal Light or any sugar-free, non-carbonated beverage
- Propel, Fruit2O
- Sugar-free Jello
- Tomato or V-8 juice
- Sugar-free Popsicles
- Special K Water
- PowerAde Zero

* Don’t use straws or drink carbonated beverages. They can expand your pouch.

<table>
<thead>
<tr>
<th>High-protein foods for blending (pureed)</th>
<th>Amount</th>
<th>Protein grams</th>
<th>Fat grams</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tender fish</td>
<td>1 oz</td>
<td>7</td>
<td>0-3</td>
<td>30-55</td>
</tr>
<tr>
<td>Salmon</td>
<td>1 oz</td>
<td>7</td>
<td>1-4</td>
<td>40-65</td>
</tr>
<tr>
<td>Tuna, canned in water</td>
<td>1 oz</td>
<td>7</td>
<td>0-1</td>
<td>30-35</td>
</tr>
<tr>
<td>Scallops, bay or sea</td>
<td>1 oz</td>
<td>6</td>
<td>0-1</td>
<td>25</td>
</tr>
<tr>
<td>Finely shredded low-fat or part-skim cheese</td>
<td>1 oz</td>
<td>7</td>
<td>5</td>
<td>70-90</td>
</tr>
<tr>
<td>Blended cottage cheese, 1% or fat-free ricotta cheese</td>
<td>1 oz</td>
<td>3-4</td>
<td>0-0.5</td>
<td>30</td>
</tr>
<tr>
<td>Egg—hardboiled</td>
<td>1</td>
<td>6</td>
<td>5</td>
<td>75</td>
</tr>
<tr>
<td>Chicken or turkey, pureed</td>
<td>1 oz + 1 tablespoon broth</td>
<td>8</td>
<td>1-3</td>
<td>50-75</td>
</tr>
<tr>
<td>Baby food, all types of meat</td>
<td>1 oz</td>
<td>3-4</td>
<td>1-3</td>
<td>30-40</td>
</tr>
<tr>
<td>Liver (beef/chicken)</td>
<td>1 oz</td>
<td>7</td>
<td>1-2</td>
<td>45</td>
</tr>
<tr>
<td>Tofu</td>
<td>1 oz</td>
<td>2-2.5</td>
<td>1</td>
<td>20</td>
</tr>
</tbody>
</table>

How to blend foods
- Cut food into small pieces about the size of your thumbnail.
- Place food in blender.
- Add liquid to cover the blades (broth, vegetable or tomato juice, skim or 1% milk).
- Blend until smooth like applesauce.
- Strain out any lumps, seeds or pieces of food.
- Use spices (except hot seasonings such as cayenne pepper or hot sauce) to flavor.
- You may blend in fat-free Miracle Whip or fat-free mayonnaise.
- Make sure any meat, fish, poultry or eggs are well cooked before blending.
- Get creative with seasonings to make food as flavorful as possible.

* Keep in mind that if you add low-protein foods or fluids to blended food, this lowers the amount of protein per ounce.
Food record

Keeping a daily record of what you eat helps you meet your protein and fluid goals. Keep a running total of the fluid ounces and protein grams you consume so that you can plan for meals and snacks left in the day. Other good times to keep food records are at each new stage of the diet and to spot-check regularly during the Diet for Life. If you are coming in for a follow-up appointment with the dietitian, we recommend you fill out this form for 2 to 3 days before the appointment.

<table>
<thead>
<tr>
<th>TIME</th>
<th>TYPE OF FOOD</th>
<th>AMOUNT</th>
<th>FLUID OUNCES</th>
<th>PROTEIN GRAMS</th>
<th>COMMENTS/FEELINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

(Copy this blank form as needed to make more pages.)
Product information

Carnation Instant Breakfast (No Sugar Added)
carnationbreakfastessentials.com
to order: careexpress.com or 1.800.210.8132

Bariatric Advantage (lactose-free protein and vitamin/mineral supplements)
bariatricadvantage.com

Celebrate (whey protein isolate and vitamin/mineral supplements)
celebratevitamins.com or 1.877.424.1953

Unjury (whey protein isolate powder) and Opurity bariatric vitamins
to order: UNJURY.com or 1.800.517.5111

Boost Glucose Control (lactose-free)
nestle-nutrition.com/products
1.877.463.7853 to order: walgreens.com

Optisource High Protein Beverage (lactose-free)
nestle-nutrition.com/products
1.877.463.7853 to order: walgreens.com

Resource Beneprotein (protein powder) (lactose-free)
nestle-nutrition.com/products
1.877.463.7853 to order: walgreens.com

Isopure (lactose-free liquid)
theisopurecompany.com or purchase at GNC

Lactaid (chewable)
lactaid.com or 1.800.LACTAID

Smart Forme
smartforme.com or 1.877.895.3511

Resource Diabetishield (clear liquid with protein)
nestle-nutrition.com/products
1.877.463.7853 to order: walgreens.com
Stage 1: pureed/full liquid diet

SAMPLE DIET

<table>
<thead>
<tr>
<th>TIME</th>
<th>PUREED FOODS/FULL LIQUIDS</th>
<th>FLUID OUNCES</th>
<th>PROTEIN GRAMS</th>
<th>AMOUNT PUREED FOODS</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m.</td>
<td>6 oz. water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 a.m.</td>
<td>Instant breakfast drink (no sugar added)</td>
<td>8 oz.</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>9 a.m.</td>
<td>8 oz. coffee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 a.m.</td>
<td>Blended hardboiled egg</td>
<td>6</td>
<td>1 egg</td>
<td></td>
</tr>
<tr>
<td>Noon</td>
<td>Water</td>
<td>6 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 p.m.</td>
<td>Instant breakfast drink (no sugar added)</td>
<td>8 oz.</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>2 p.m.</td>
<td>Tomato juice</td>
<td>6 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Blended tuna</td>
<td>21</td>
<td>3 oz.</td>
<td></td>
</tr>
<tr>
<td>4 p.m.</td>
<td>Water</td>
<td>6 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 p.m.</td>
<td>Instant breakfast drink (no sugar added)</td>
<td>8 oz.</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>9 p.m.</td>
<td>Sugar-free light yogurt</td>
<td>4 oz.</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>10 p.m.</td>
<td>Water</td>
<td>8 oz.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total 64 oz. water 71 gms.

For 10 to 14 days after your surgery (or until your first follow-up visit with your doctor), you will eat only liquids and pureed foods. The above menu is just as a sample. You may choose different foods from the list of allowed foods or eat at different times.

During the first 2 weeks after surgery, you must eat often to get enough protein and fluid. It is very important to eat every 2 to 3 hours and sip fluids throughout the day. Eat and drink very slowly. It should take you about 1 hour to drink 8 ounces. As your diet progresses, your eating plan will include 3 meals and 3 snacks.

**Tip:** Add powdered milk to any food to increase protein.
Pureed recipes

**Egg Salad**
1 hardboiled egg
1 teaspoon fat-free mayonnaise
Tiny pinch of paprika (1/16 teaspoon)
Blend all ingredients. Makes 1 serving.

**Tuna Salad**
2 ounces of tuna fish
1 teaspoon fat-free mayonnaise
1/8 teaspoon onion powder
Blend all ingredients. Makes 1 serving.

**Blended Omelet**
1 egg scrambled and cooked well using nonstick spray
Add 1 tablespoon nonfat dry milk to eggs before cooking.
½ ounce finely shredded mozzarella cheese
1/8 teaspoon onion powder
Blend all ingredients. Makes 1 serving.

**Pureed Chicken**
8 oz boneless, skinless chicken breast
½ teaspoon onion powder
½ teaspoon garlic powder
½ teaspoon lemon juice
¼ cup chicken broth

Season chicken with spices and lemon juice (marinate overnight if desired). Cook chicken well with nonstick spray in a pan or grill. Place chicken in a blender along with broth and blend until smooth. Makes 4 to 6 servings. Freeze extra pureed chicken in an ice cube tray for easy use.
## Stage 2: Soft foods

### DOS AND DON’TS

This stage usually starts about 2 weeks after surgery.

<table>
<thead>
<tr>
<th>DOS</th>
<th>DON’TS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do try to have 3 meals and 2 to 3 snacks each day. This is necessary to meet your protein and fluid needs.</td>
<td>Don’t skip meals, but also do not nibble constantly throughout the day. This can cause weight gain.</td>
</tr>
<tr>
<td>Do make high-protein foods a priority (such as eggs, cottage cheese, fish and pureed meats).</td>
<td>Don’t fill up on low-nutrition foods. If you are hungry, eat another meal of protein or vegetables.</td>
</tr>
<tr>
<td>Do eat and drink slowly. Take at least 2 to 3 minutes in between bites. Set a timer if necessary. Using a baby spoon and baby fork may help.</td>
<td>Don’t eat quickly or gulp foods or fluids.</td>
</tr>
<tr>
<td>Do stop eating at first feeling of fullness.</td>
<td>Don’t continue eating when you feel full.</td>
</tr>
<tr>
<td>Do gradually add foods from the soft foods list.</td>
<td>Don’t eat a lot of new foods at one time. If problems develop, you want to know what caused them.</td>
</tr>
<tr>
<td>Do avoid soft bread, tortillas and fresh fruits and vegetables at this stage. Also avoid meat unless it is pureed.</td>
<td>Don’t eat these foods yet. They may cause digestive problems.</td>
</tr>
<tr>
<td>Do drink fluids 10 minutes BEFORE or 30 to 45 minutes AFTER meals.</td>
<td>Don’t drink fluids with meals. Drinking right before or at meals may cause bloating, low food intake, vomiting or dumping syndrome.</td>
</tr>
<tr>
<td>Do enjoy low-calorie fluids such as water, sugar-free Kool-Aid or Crystal Light.</td>
<td>Don’t drink carbonated or alcoholic beverages. Don’t fill-up on low-calorie fluids without first meeting your protein requirements.</td>
</tr>
<tr>
<td>Do use supplements and medications only as prescribed by your doctor.</td>
<td>Don’t take additional supplements without discussing it with your doctor.</td>
</tr>
<tr>
<td>Do avoid all sweets.</td>
<td>Don’t eat sweets. They can cause dumping syndrome, even in small amounts.</td>
</tr>
<tr>
<td>Do limit caffeine to moderate amounts.</td>
<td>Don’t drink more than 2 cups of coffee or tea with caffeine. Too much caffeine prevents nutrients from being absorbed.</td>
</tr>
<tr>
<td></td>
<td>Don’t chew sweetened chewing gum. If you chew unsweetened gum, make sure that you don’t swallow it.</td>
</tr>
</tbody>
</table>
Stage 2: Soft foods

FOOD LIST
Starts after first follow-up appointment after surgery (1 to 2 weeks after surgery)

When your doctor advances you to this stage, you may begin eating foods that are soft in texture and easy to digest. Use the following guidelines to ease the transition to solid foods. Try to add only one new food at a time. Continue your intake of 60 to 70 ounces of fluids per day and 60 to 75 grams of protein (or more, as instructed by your dietitian) per day.

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>RECOMMENDED FOODS</th>
<th>FOODS TO AVOID AT SOFT STAGE</th>
</tr>
</thead>
</table>
| Meats and high-protein foods| • Scrambled, hardboiled or poached eggs  
• Smooth peanut butter  
• Tofu  
• Low-fat (1% or fat-free) cottage cheese  
• Low-fat (1% or fat-free) ricotta cheese  
• Low-fat (1% or fat-free) string/mozzarella cheese  
• Fish without breading, water-packed tuna, scallops, oysters, real or imitation crab  
• Pureed chicken or turkey | • Fried eggs or omelets prepared with added fat.  
• Nuts  
• Regular hard and soft cheeses (cheddar, American, camembert, brie, cream cheese)  
• Fried fish or seafood  
• Fish canned in oil  
• Commercially breaded fish products  
• Non-pureed chicken or turkey  
• ALL BEEF, PORK, AND VEAL                                                                 |
| Milk and milk products      | • Skim or 1% fat milk  
• Light or plain yogurt  
• Sugar-free hot cocoa made with skim milk  
• Carnation Instant Breakfast (no sugar added) | • Whole, 2% milk or yogurt  
• Regular hot chocolate  
• Milkshakes  
• Frappés  
• Chocolate drink or chocolate milk  
• Eggnog                                                                 |
| Grains/starches             | • Whole-wheat toast  
• Rice cakes  
• Saltine crackers, graham crackers, Melba toast, rusk  
• Pretzels  
• Hot cereal such as Cream of Wheat, Cream of Rice, Malt-o Meal, Farina  
• Unsweetened instant oatmeal  
• Unsweetened refined cereals such as cornflakes, Rice Chex, Rice Krispies, Cheerios, Wheat Puffs  
• Well-cooked pasta  
• Mashed potatoes, baked potatoes without skin  
• Hominy  
• Instant rice | • All soft white or wheat breads and all tortillas  
• High-fat crackers, such as Ritz and Club brands  
• Pastries, croissants, muffins, doughnuts, cookies, cake, biscuits  
• All other cereals  
• Granola  
• Macaroni and cheese, fettuccine alfredo  
• French fries, potato chips or tortilla chips  
• All popcorn |
## Stage 2: Soft foods

### FOOD LIST

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>RECOMMENDED FOODS</th>
<th>FOODS TO AVOID AT SOFT STAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>• Soft-cooked or canned, plain, tender vegetables such as squash, sweet potatoes, green beans, spinach, carrots, mushrooms, beets</td>
<td>• All fresh vegetables • Vegetables with husks such as corn, green peas, dried beans/legumes • Any vegetable with added fat, cream or cheese sauce</td>
</tr>
<tr>
<td>Fruit</td>
<td>Unsweetened soft, canned fruits • Bananas, smoothies made with fruit and milk/yogurt</td>
<td>• Fruits canned in any syrup • All other fresh fruit</td>
</tr>
<tr>
<td>Soups – Consume all liquids between meals only.</td>
<td>• Broth, bouillon or broth-based soup, soups with well-cooked soft vegetables, cream soups made with skim milk, egg-drop soup</td>
<td>• Cream soups or chowders made with whole milk or cream</td>
</tr>
<tr>
<td>Added fats</td>
<td>• Fat-free salad dressings and mayonnaise, Butter Buds, Molly McButter, cooking spray • Small amounts of avocados and olives are permitted. Use olive and canola oils sparingly.</td>
<td>• Regular salad dressings, mayonnaise, butter or margarine (all kinds), cream cheese, sour cream</td>
</tr>
<tr>
<td>Desserts</td>
<td>• Sugar-free gelatin, sugar-free Popsicle, sugar-free non-fat yogurt, sugar-free pudding or custard (made with skim milk)</td>
<td>• Regular gelatin • Popsicles • Candy • Ice cream, ice milk, sherbet • Pies, pastries • Cakes, cookies, brownies</td>
</tr>
<tr>
<td>Beverages (Consume at least 10 minutes before or 45 minutes after meals)</td>
<td>• Water, tea, coffee (regular or decaf) • Sugar-free drinks, such as unsweetened flavored waters, sugar-free powdered mixes, sugar-free bottled beverages</td>
<td>• Regular soda or Kool-Aid, fruit drinks, punches, sweetened juices, lemonade • Alcoholic beverages • Limit diluted unsweetened juices to 4 ounces per day • Limit Gatorade to 8 ounces per day</td>
</tr>
</tbody>
</table>
## Sample menu

### SOFT DIET WITH SUPPLEMENTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid</td>
<td>6 oz water – sip slowly</td>
</tr>
<tr>
<td>Breakfast</td>
<td>1 egg scrambled with Pam or ¼ cup cooked Cream of Wheat cereal made with fat-free milk and 1 to 2</td>
</tr>
<tr>
<td></td>
<td>tablespoons nonfat dry milk powder (Multivitamin w/ Iron plus B12)</td>
</tr>
<tr>
<td>Between-meal fluid</td>
<td>6 oz coffee or tea</td>
</tr>
<tr>
<td>Snack</td>
<td>Smoothie made with 6 oz. plain or light yogurt, ¼ banana, 2 tablespoons powdered milk, sweetener to taste</td>
</tr>
<tr>
<td></td>
<td>(Calcium w/ Vit D3 plus Vit D3 Supplement)</td>
</tr>
<tr>
<td>Between-meal fluid</td>
<td>6 oz tomato juice</td>
</tr>
<tr>
<td>Lunch</td>
<td>2 oz baked, poached, steamed, or broiled fish ¼ cup sweet potato with Butter Buds (Calcium with Vit D3)</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz water</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz milk</td>
</tr>
<tr>
<td>Snack</td>
<td>1 string cheese (3/4 – 1 oz) ¼ cup peaches, canned no added sugar (Calcium with Vit D3)</td>
</tr>
<tr>
<td>Dinner</td>
<td>2 oz pureed chicken ¼ cup green beans, canned or well-cooked (Multivitamin w/ Iron)</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz protein shake (Additional Supplement if needed)</td>
</tr>
</tbody>
</table>

### NOTES:
- All beverages should be consumed at least 10 minutes before or 45 minutes after meals.
- All beverages should be sipped slowly.
- All meals and snacks should be eaten slowly.
Vitamins and minerals

Why do you need vitamins after Roux-en-Y bypass surgery?

During the surgery, a part of your intestine called the duodenum was bypassed. It absorbs certain vitamins and minerals. If you take vitamin supplements, the lower part of your intestine can now absorb some of the vitamins normally absorbed in the duodenum.

Along with your required vitamin supplements, it helps to eat foods rich in vitamins and minerals.
Recommendations for long-term health

You must take the following vitamins and minerals starting in Stage 2 and every day for the rest of your life. Serious problems can happen if you do not. The supplements in this chart are required. You may also need others if blood tests show that your levels are low.

**OPTION 1**

<table>
<thead>
<tr>
<th>Vitamin or Mineral</th>
<th>Amount Required</th>
<th>Examples</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete multivitamin/mineral with or without iron</td>
<td>200% RDI/day</td>
<td>2 complete multivitamins such as 2 chewable children’s vitamins like Flintstones Complete, or 2 chewable adult daily vitamins such as Centrum Chewable, or 2 bariatric multivitamins, such as Bariatric Advantage or equivalent vitamin powder or liquid vitamins</td>
<td>Take with food for better tolerance and absorption. Spread throughout the day. Don’t take both tablets at the same time.</td>
</tr>
<tr>
<td>Calcium citrate with vitamin D3</td>
<td>1500-2000 mg/day 1000 IU/day of vitamin D3 from calcium supplement</td>
<td>Chewable, powder or liquid Calcium citrate supplements that include additional vitamin D3</td>
<td>Can be taken with or without food. Take no more than 500 mg at one time. Don’t take within 2 hours of supplement containing iron.</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>2000 IU/day in addition to the vitamin D3 from the calcium</td>
<td>Liquid drops, sublingual or small capsules or tablets</td>
<td>Can be taken with or without food.</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>500 mcg/day</td>
<td>Sublingual dots each day, or one injection per month (injections can be prescribed by your doctor)</td>
<td>Can be taken with or without food.</td>
</tr>
<tr>
<td>Iron (if multivitamin does not contain iron)</td>
<td>30-50 mg/day (more if blood tests show your iron is low)</td>
<td>Ferrous fumarate (tolerated better), carbonyl or ferrous sulfate chewable, liquid or small solid tablets</td>
<td>Tolerated better when taken with food. Take at least 2 hours apart from calcium supplement.</td>
</tr>
</tbody>
</table>
Recommendations for long-term health

**OPTION 2**

<table>
<thead>
<tr>
<th>Vitamin or Mineral</th>
<th>Amount Required</th>
<th>Examples</th>
<th>Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete multivitamin/mineral drink mix</td>
<td>200% RDI/day</td>
<td>Bariatric Advantage drink crystals or Celebrate ENS drink mix or equivalent vitamin powder or liquid vitamins. Usually taken 3 times a day.</td>
<td>Take with food for better tolerance and absorption. Spread throughout the day.</td>
</tr>
<tr>
<td>Vitamin D3</td>
<td>2000 IU/day in addition to the vitamin D3 from the calcium</td>
<td>Liquid drops, sublingual or small capsules or tablets</td>
<td>Can be taken with or without food.</td>
</tr>
<tr>
<td>Iron (unless multivitamin contains iron)</td>
<td>30-50 mg/day (more if blood tests show your iron is low)</td>
<td>Ferrous fumarate (tolerated better), carbonyl or ferrous sulfate chewable, liquid or small solid tablets</td>
<td>Tolerated better when taken with food. Take at least 2 hours apart from calcium supplement.</td>
</tr>
</tbody>
</table>

**Vitamin tips:**

- You may need additional vitamin and mineral supplements if blood tests show your levels are low.
- Optional supplements include B-complex, omega-3 fatty acids, probiotics and others.
- Spread out your vitamins and minerals throughout the day. See the sample menu for suggestions on how to take them.
- Don’t take vitamins and minerals on an empty stomach.
- Don’t take vitamins and minerals with coffee or tea.
- Don’t take calcium and multivitamin/iron at the same time (separate by 2 hours).
- Don’t take more than 500 mg of calcium at one time because it won’t be absorbed (separate by 2 hours). Choose calcium citrate.
- Especially during the first 2 months, we recommend solid tablets or capsules only if they are smaller than an aspirin. After 2 months, you may tolerate larger solid supplements, but we still recommend liquid, powder or chewable supplements because they are absorbed better.
- Rapid weight loss can cause hair loss, too. To minimize hair loss, take vitamins/mineral supplements regularly and get enough protein.
- Iron may turn your stools black.
## Diet for Life

### DOS AND DON'TS

<table>
<thead>
<tr>
<th><strong>DOS</strong></th>
<th><strong>DON'TS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>DO try to have 3 meals and 2 to 3 snacks each day. This is necessary to meet your protein and fluid needs.</td>
<td>DON'T skip meals, but also don’t nibble constantly. This can cause weight gain.</td>
</tr>
<tr>
<td>DO make high-protein foods a priority (such as eggs, cottage cheese and fish). Slowly advance to tender chicken, turkey, pork and beef.</td>
<td>DON'T fill up on low-nutrition foods. If you’re hungry, eat another meal of protein or vegetables.</td>
</tr>
<tr>
<td>DO eat and drink slowly. Take at least 2 to 3 minutes between bites. Set a timer if necessary. Using a baby spoon and fork may help.</td>
<td>DON’T eat quickly or gulp foods or fluids. These can cause vomiting or indigestion.</td>
</tr>
<tr>
<td>DO stop eating at first feeling of fullness.</td>
<td>DON'T keep eating when you feel full.</td>
</tr>
<tr>
<td>DO gradually add foods from the foods list for the Diet for Life. For example, first try fresh fruits without the skin and some tender fresh vegetables.</td>
<td>DON’T eat a lot of new foods at one time. If problems develop, you want to know what caused them.</td>
</tr>
<tr>
<td>DO be patient when adding foods that may be hard to digest. Some foods that may take more time to tolerate include breads, fibrous fresh fruits and vegetables.</td>
<td>DON’T eat these foods until you’ve had good luck tolerating them in very small amounts, because they may cause digestive problems.</td>
</tr>
<tr>
<td>DO drink fluids 10 minutes BEFORE or 30 to 45 minutes AFTER meals.</td>
<td>DON’T drink fluids with meals. Drinking right before or at meals may cause bloating, low food intake, vomiting, or dumping syndrome.</td>
</tr>
<tr>
<td>DO enjoy low-calorie fluids such as water, sugar-free Kool-Aid, or Crystal Light beverages. Drink liquids with caffeine in moderation.</td>
<td>DON’T fill up on fluids. Carbonated diet drinks may cause gas and bloating. DON’T drink more than 2 cups of coffee or tea with caffeine. Too much caffeine prevents nutrients from being absorbed.</td>
</tr>
<tr>
<td>DO continue to use supplements and medications only as prescribed by your physician. You may be eating more now, but you still need the vitamin and mineral supplements every day.</td>
<td>DON’T take additional supplements without discussing it with your doctor.</td>
</tr>
<tr>
<td>DO avoid all sweets.</td>
<td>DON’T eat sweets. They can cause dumping syndrome, even in small amounts.</td>
</tr>
<tr>
<td>DO remember that each person’s tolerance for certain foods and amounts is individual.</td>
<td>DON’T chew sweetened chewing gum. If you chew unsweetened gum, make sure you don’t swallow it.</td>
</tr>
<tr>
<td></td>
<td>DON’T get frustrated. If you have a setback, relax, refocus and try the next step in the progression in that food group.</td>
</tr>
</tbody>
</table>
Diet for Life

Alcohol
Limit or avoid alcohol. Avoid sugary drinks such as piña coladas and daiquiris, margaritas and regular (non-diet) soda mixers. They can cause dumping syndrome. Drinking too much alcohol can cause liver damage. Also, alcoholic beverages can cause weight gain and nutrition deficiencies because they are high in calories and low in nutrients.

FOOD LIST

Begin 6 to 8 weeks after surgery
Once you can tolerate most soft foods, slowly begin adding choices that are harder to digest, such as: non-blended but tender chicken and turkey; meat; fresh fruits; and raw vegetables. Try to add only one new food at a time and continue to have at least 60 ounces of fluids a day and 60 to 75 grams of protein (or more, as instructed by your dietitian).

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>DAILY NUMBER OF SERVINGS</th>
<th>RECOMMENDED TYPES</th>
<th>AVOID OR LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meats and high-protein foods</td>
<td>6 to 8 oz</td>
<td>Fish, scallops, crab and lobster</td>
<td>Fried fish, fish canned in oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Moist, tender chicken and turkey</td>
<td>Commercially breaded fish products</td>
</tr>
<tr>
<td></td>
<td></td>
<td>90% or greater lean ground beef</td>
<td>Fried poultry, poultry skin, goose, duck</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lean, tender, fat-trimmed beef, pork, veal, lamb (round, flank, sirloin)</td>
<td>Chicken wings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>95% fat-free thinly sliced deli meats</td>
<td>High-fat cuts of beef, pork, lamb (rib, chuck, arm, shoulder)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Organ meats (twice per month)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eggs</td>
<td>Hot dogs, bacon, sausage, regular cold cuts</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Peanut butter</td>
<td>Fried eggs or omelets prepared with added fat</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Well-chewed nuts</td>
<td>Regular hard and soft cheeses (cheddar, American, camembert, brie, cream cheese)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Low-fat (1% or fat-free) cottage cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Low-fat (1% or fat-free) ricotta cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Low-fat cheese</td>
<td></td>
</tr>
</tbody>
</table>
## Diet for Life

### FOOD LIST

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>DAILY NUMBER OF SERVINGS</th>
<th>RECOMMENDED TYPES</th>
<th>AVOID OR LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk and milk products</td>
<td>2 cups</td>
<td>Skim or 1% milk Light or plain yogurt Sugar-free hot cocoa made with skim milk Sugar-free Carnation Instant Breakfast (no sugar added) Low-sugar, low-fat smoothie</td>
<td>Whole or 2% milk or yogurt Regular hot chocolate Milkshakes Frappés Chocolate milk or drinks Eggnog</td>
</tr>
<tr>
<td>Grains and starches</td>
<td>2 to 3 (¼ cup or ½ slice each)</td>
<td>Bread or toast Low-fat crackers Rice cakes Pretzels Low-fat popcorn Plain breadsticks Hot or cold cereal (can try higher fiber) Brown, wild or white rice White or wheat pasta Mashed potatoes Baked potatoes without skin Hominy (Choose more whole grains as tolerated)</td>
<td>Pastries Croissants Muffins Doughnuts Cookies Cake Biscuits High-fat crackers, such as Ritz and Club brands Buttered or regular microwave popcorn Granola Macaroni and cheese Fettuccine alfredo</td>
</tr>
<tr>
<td>Vegetables Reintroduce salad and raw vegetables slowly</td>
<td>1 to 3 (¼ cup each)</td>
<td>Any soft-cooked plain vegetable, such as potatoes, squash, green beans, tomatoes, turnips, parsnips, corn, peas, legumes, lima beans</td>
<td>French fries, Potato or tortilla chips Any vegetable with added fat, cream or cheese sauce</td>
</tr>
<tr>
<td>Fruit Reintroduce raw fruits slowly</td>
<td>1 to 3 (¼ cup each)</td>
<td>Unsweetened soft, canned fruits Bananas Peeled peaches, pears, apricots, nectarines or plums, tender melons</td>
<td>Fruits canned in any syrup Coconut Fruits with tough skins or large seeds Dried fruits</td>
</tr>
<tr>
<td>Soups</td>
<td></td>
<td>Broth, bouillon, vegetable or broth-based soup, cream soups made with skim milk, egg-drop soup</td>
<td>Cream soups or chowders made with whole milk or cream</td>
</tr>
</tbody>
</table>
### FOOD LIST

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>DAILY NUMBER OF SERVINGS</th>
<th>RECOMMENDED TYPES</th>
<th>AVOID OR LIMIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Added fats</td>
<td></td>
<td>Fat-free salad dressings and mayonnaise</td>
<td>Regular salad dressings</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Butter Buds, Molly McButter, cooking spray</td>
<td>Regular mayonnaise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Small amounts of avocados and olives</td>
<td>Butter or margarine (all kinds)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Olive and canola oils</td>
<td>Cream cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sour cream</td>
</tr>
<tr>
<td>Desserts</td>
<td>Limit to (1/4) cup per day</td>
<td>Sugar free gelatin, sugar-free popsicle, sugar-free non-fat yogurt, sugar-free</td>
<td>Regular gelatin and Popsicles, candy, ice cream, ice milk, sherbet, pies, pastries, cakes, cookies</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pudding or custard, (made with skim milk).</td>
<td></td>
</tr>
<tr>
<td>Beverages (Drink at least 10 minutes before or 30 to 45 minutes after meals)</td>
<td>60 to 70 ounces a day</td>
<td>Water, tea, coffee (regular or decaf), Sugar-free drinks such as: unsweetened, flavored waters; sugar-free powdered mixes; sugar-free bottled beverages</td>
<td>Regular soda or Kool-Aid, fruit drinks, punches, sweetened juices, lemonade, alcoholic beverages</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Limit diluted unsweetened juices to 4 ounces a day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Limit Gatorade to 8 ounces a day</td>
</tr>
</tbody>
</table>
Dumping syndrome

What is dumping syndrome?
Dumping syndrome can be a side effect of gastric bypass surgery. It is caused when food travels too quickly from the new stomach pouch into the small intestine. Before surgery, a stomach valve controls how quickly food passes into the intestine. After surgery, there is no built-in control system. Food enters the small intestine in larger pieces than it used to. The small intestine tries to deal with these larger food pieces by diluting them with water. It does this by moving water from outside the gut to inside the gut. This shift in water can make you feel nauseous. You might also have cramps and diarrhea. Other symptoms can include feeling lightheaded, shaky, dizzy and sweaty.

Does what I eat affect dumping syndrome?
Yes. Your food choices can cause dumping syndrome. Sweets and foods high in sugar are a major cause. Eating and drinking at the same time can also cause dumping.

How can I prevent dumping syndrome?
The best way to prevent dumping syndrome is to avoid sweets and sugary foods and to never eat and drink at the same time.

To tell if a food has too much sugar, look at the food label. If it has more than 15 grams of sugar per serving, it will likely cause dumping syndrome. Remember, if there's a food label, read it!

Not every food you'll meet will be labeled, though. In general these foods are high in sugar and should be avoided:

- Cake
- Candy
- Candy bars
- Chewing gum
- Cookies
- Condensed milk
- Beverages with sugar
- Meal Custard/pudding
- Honey
- Jams and jellies
- Marmalade
- Molasses
- Pies
- Regular fruit drinks
- Sugarcoated cereal
- Syrup

Tips for avoiding dumping syndrome

- Don’t eat sugary foods.
- Read food labels.
- Don’t eat and drink at the same time.
**Sample menu**

### DAY 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid</td>
<td>6 oz coffee with skim milk and artificial sweetener</td>
</tr>
<tr>
<td>Breakfast</td>
<td>¼ cup oatmeal with artificial sweetener, cinnamon and powdered milk</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz water</td>
</tr>
<tr>
<td>Snack</td>
<td>8 oz sugar-free, high-protein drink or protein bar</td>
</tr>
<tr>
<td>Lunch</td>
<td>2 oz salmon, ¼ cup cooked carrots</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz water or sugar-free drink</td>
</tr>
<tr>
<td>Snack</td>
<td>8 oz of instant breakfast drink (no sugar added)</td>
</tr>
<tr>
<td>Snack</td>
<td>1 egg and 1 small whole-grain cracker</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz of skim milk</td>
</tr>
<tr>
<td>Dinner</td>
<td>1 oz turkey breast, ¼ cup peach or nectarine</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz water or sugar-free beverage</td>
</tr>
</tbody>
</table>

### DAY 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid</td>
<td>6 oz tea with skim milk</td>
</tr>
<tr>
<td>Breakfast</td>
<td>6 oz light yogurt</td>
</tr>
<tr>
<td>Snack</td>
<td>8 oz sugar-free, high-protein drink or protein bar</td>
</tr>
<tr>
<td>Lunch</td>
<td>1 oz chicken breast with fat-free gravy and ¼ cup cooked spinach</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz water or sugar-free beverage</td>
</tr>
<tr>
<td>Snack</td>
<td>¼ banana with 1 tablespoon peanut butter</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz skim milk</td>
</tr>
<tr>
<td>Dinner</td>
<td>1-2 oz white fish and ¼ cup tomato (chopped and peeled) with fat-free dressing</td>
</tr>
<tr>
<td>Fluid</td>
<td>8 oz water</td>
</tr>
<tr>
<td>Snack</td>
<td>8 oz instant breakfast drink (no sugar added)</td>
</tr>
</tbody>
</table>
| Fluid | 8 oz protein shake  
(Additional Supplement if needed) |

These menus are only samples. You may choose different foods or eat at different times. Notice that you will still be eating 3 meals and 2 to 3 snacks a day. Continue to wait 1 ½ to 2 hours between meals and snacks. Don’t graze. Also continue to separate eating and drinking. Don’t drink less than 10 minutes before eating and wait to drink 30 to 45 minutes after eating.
The importance of protein

Why is protein so important after surgery?
Protein is an important part of healthy eating for everyone, but it is especially important after gastric-bypass surgery. First, it helps your body heal. Second, it helps ensure that as you lose weight, you are losing fat, not muscle. And third, it helps prevent or reduce the hair loss that comes with rapid weight loss.

How much protein is enough?
We recommend you get at least 60 to 75 grams of protein every day after gastric bypass surgery (or more, as instructed by your dietitian). When you meet with the dietitian, this amount may be adjusted to meet your individual needs.

Which foods have protein?
Several types of foods tend to be high in protein:
- Meat, fish, poultry
- Meat alternatives (nuts, legumes, beans, eggs, tofu)
- Dairy foods (milk, yogurt, cheese)

<table>
<thead>
<tr>
<th>High-protein food</th>
<th>Amount</th>
<th>Grams of protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, fish, poultry</td>
<td>1 ounce</td>
<td>7 g</td>
</tr>
<tr>
<td>Nuts</td>
<td>1 ounce (1/4 cup)</td>
<td>5 g</td>
</tr>
<tr>
<td>Legumes, dried beans</td>
<td>¼ cup</td>
<td>3 g</td>
</tr>
<tr>
<td>Tofu</td>
<td>1 ounce</td>
<td>3 g</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td>6 g</td>
</tr>
<tr>
<td>Nonfat or 1% milk</td>
<td>8 fluid oz</td>
<td>8 g</td>
</tr>
<tr>
<td>Light yogurt</td>
<td>2 fluid oz</td>
<td>2 g</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>7 g</td>
</tr>
</tbody>
</table>

Another great tool to use to figure out protein content is the food label. Most food products have labels, and the labels are very reliable. Remember to check the serving size to know the amount the label is referring to. You will need to calculate the protein content for the amount of the food you are actually eating.
High-protein snacks

- 1 tablespoon peanut butter with 2 crackers
- 1/4 cup cottage cheese with unsweetened fruit
- 1 piece string cheese and ¼ cup fruit
- 1 oz cheese and 2 crackers
- 1/4 cup sugar-free yogurt
- 1 hardboiled or scrambled egg and 1 oz cheese
- ½ banana with 1 tablespoon peanut butter
- 1 tablespoon peanut butter with 1/4 cup sugar-free pudding
- 1/4 cup low-fat refried beans with 1 oz shredded cheese
- 8 oz nonfat milk mixed with
- 1 packet no sugar added Carnation Instant Breakfast

SWEETENERS, SUGAR SUBSTITUTES AND SUGAR ALCOHOL

Sugar substitutes/artificial sweeteners

- Do not have calories and do not cause dumping syndrome.
- Can be used for cooking. On its label, each brand tells you how much to use in place of regular sugar.
- The following have been approved by the FDA:

<table>
<thead>
<tr>
<th>SCIENTIFIC NAME</th>
<th>BRAND NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspartame</td>
<td>NutraSweet, Equal</td>
</tr>
<tr>
<td>Saccharin</td>
<td>Sweet-n-Low</td>
</tr>
<tr>
<td>Sucralose</td>
<td>Splenda</td>
</tr>
<tr>
<td>Acesulfame K</td>
<td>Sunnette, Sweet One</td>
</tr>
</tbody>
</table>

Sugar alcohols

<table>
<thead>
<tr>
<th>NAME</th>
<th>CHARACTERISTICS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mannitol</td>
<td>• Have calories but fewer than sugars</td>
</tr>
<tr>
<td>Sorbitol</td>
<td>• Laxative effect</td>
</tr>
<tr>
<td>Xylitol</td>
<td>• Possible cramping, gas, diarrhea, bloating</td>
</tr>
<tr>
<td>Starch hydrolysate</td>
<td></td>
</tr>
</tbody>
</table>

Products that often contain sugar alcohols:

- Sugar-free chocolates, gum and candy
- Some low-carbohydrate bars, baked goods, ice cream
- Syrup and diet products

Some products contain a mixture of artificial sweeteners and sugar alcohols. Stevia is an herbal sweetener that is generally recognized as safe by the FDA. Truvia is a mixture of stevia and a sugar alcohol (erythritol).
Recipes: protein powder
(Use whey isolate or soy-based protein powder!)

SHAKES WITH LACTOSE AND ARTIFICIAL SWEETENERS

Protein Powder Milkshake
1 to 2 scoops protein powder
8 oz skim, 1% or 2% milk
Mix in shaker.

Protein Powder Chocolate Supreme
1 to 2 scoops protein powder
1 scoop sugar-free cocoa, OR
1 scoop sugar-free, fat-free pudding mix
1 cup (8 oz) skim or 1% milk
Mix in shaker.

Protein Powder Yogurt Delights, Chocolate
1 to 2 scoops chocolate protein powder
8 oz carton light yogurt—cappuccino, white-chocolate raspberry or vanilla.
Stir to mix until well blended, about 1 minute. Chill or enjoy immediately.

Protein Powder Yogurt Delights, Vanilla
1 to 2 scoops vanilla protein powder
8 oz carton light yogurt—lemon chiffon, strawberry-banana or vanilla
Stir to mix until well blended, about 1 minute. Chill or enjoy immediately.

BEVERAGES WITHOUT ARTIFICIAL SWEETENERS

Protein Powder Pineapple-Orange Piña Colada
1 scoop vanilla protein powder
3 oz Dole Pineapple-Orange 100% unsweetened juice
Mix briefly in shaker. If you wish, serve with lemon twist.

Protein Powder Orange Crush
3 oz 100% unsweetened orange juice
½ cup ice
1 scoop protein powder
Blend juice and ice. Add protein powder. Shake briefly and enjoy.
Recipes: protein powder

(Use whey isolate or soy-based protein powder!)

**Protein Powder Apple Compote**
1 scoop vanilla protein powder
½ cup (4 oz) unsweetened applesauce
Stir briefly and add a pinch of cinnamon.

**Protein Powder Punch**
1 scoop vanilla protein powder
3 oz 100% juice blend with cranberry, apple and grape juice
Mix briefly in shaker.

Other beverages

**High-Protein Cocoa**
• 1 cup skim milk, heated
• 2 tablespoons nonfat dry milk
• 2 tablespoons sugar-free hot cocoa mix
Stir sugar-free hot cocoa mix and nonfat dry milk into the heated skim milk.

**Eggnog**
• 6 oz skim milk
• 1 carton egg substitute, liquid
• 1 pinch nutmeg or cinnamon
• 2 packets sugar substitute
• 1 teaspoon vanilla or rum extract
Place all ingredients in a blender. Blend on low speed until well blended.

**Southwest Refresher (Mock Bloody Mary)**
• 1 ½ cup low-sodium vegetable juice
• 1 tablespoon lime juice
• 1 cup ice cubes
• ½ cup cucumber
• ¼ tsp chili powder
• 4 cucumber slices
In a covered blender, combine the first 4 ingredients. Blend until smooth. Add ice cubes, 1 at a time, blending until finely crushed. Pour immediately into a chilled glass. Garnish with cucumber slices if desired. This is a very low-calorie beverage. Try it for something different between meals.
Other beverages

High-Protein Cream of Vegetable Soup
- 1 ¼ cup water
- 1 cup vegetables (chopped, fresh or frozen)
- ¾ teaspoon onion, dried
- 1/8 teaspoon basil and thyme, dried
- ¾ cup nonfat dry milk
- 1 cup skim milk
- 1 ½ tablespoons cornstarch
- dash of pepper
- ½ teaspoon instant bouillon

Combine vegetables and water in a saucepan. Cover and cook until vegetables are tender. Combine other ingredients. Mix well. Cook over low heat, stirring frequently to avoid scorching, until soup has thickened. Mix in blender until smooth. Heat thoroughly.

Tofu Smoothie (lactose-free)
- 1/3 cup quartered fresh blueberries
- 1 cup light vanilla soy milk
- 2 tablespoons pineapple juice concentrate
- ½ cup soft silken tofu
- ½ frozen banana, sliced

Combine the blueberries, soy milk and tofu in the blender. Add the banana and pineapple juice. Blend until smooth. Makes 2 servings.

Orange Protein Drink
- 3 oz 100% orange juice
- ½ cup ice cubes
- 2 tablespoons light whipped topping
- Nonfat dry milk or protein powder

Put all ingredients into a blender. Blend until completely smooth and protein powder is mixed thoroughly.

Fruit-Flavored Protein Smoothie
- 8 oz. light fruit-flavored or plain yogurt
- 1 scoop protein powder, or nonfat dry milk
- a dash of vanilla extract if desired

Place contents in blender and blend until completely smooth and protein powder is completely mixed.

Vanilla Shake
- ½ cup milk (skim, 1%, 2%)
- 2 packets sweetener
- 1 teaspoon vanilla extract
- 3 ice cubes
- 1 scoop protein powder or nonfat dry milk

Place all ingredients in blender and blend for about 2 minutes, or until ice cubes are melted.
Other beverages

**Chocolate Shake**
- ½ cup skim milk
- 2 tablespoons sugar-free cocoa
- 3 ice cubes
- 2 packets sugar substitute
- ½ teaspoon vanilla

Place all ingredients in blender and blend for about 2 minutes, or until ice cubes are melted.

**Instant Breakfast Drink Shake**
- 1 envelope of Carnation Instant Breakfast Drink no sugar added
- 6 oz skim milk
- ¼ cup nonfat cottage cheese
- Artificial sweetener to taste
- Vanilla or other flavored extract to taste
- 3 Ice Cubes

**Variations:**
- Mocha: Substitute 1½ teaspoons instant coffee and ½ cup mocha extract for vanilla
- Chocolate Cherry: Substitute 1 capful cherry extract for vanilla
- Chocolate Mint: Substitute ¼ capful mint extract for vanilla
- Chocolate Coconut: Substitute 1 capful coconut extract for vanilla
- Chocolate Rum Coconut: Substitute 1 capful rum extract and ½ capful coconut extract for vanilla
Recipes

DIET FOR LIFE

BROCCOLI WITH SESAME-GINGER SAUCE
Makes 7 servings (2/3 cup 4.3 oz.)
Preparation time: 10 minutes
Baking time: 5 minutes
Preparation time: 30 minutes
Marinade time: 30 minutes

Ingredients:
• 5 cups broccoli florets
• 1 tablespoon soy sauce
• 1 tablespoon rice vinegar
• 1 tablespoon peanut oil
• 1 tablespoon water
• 1 tablespoon tahini (pureed sesame seeds)
• 1 teaspoon chopped fresh ginger
• 1/2 teaspoon chopped garlic
• 1 tablespoon Splenda Granular
• Pinch red pepper flakes

Directions:
In a food processor, combine everything except the broccoli and mix until thoroughly blended. Set aside. Half-fill large skillet with water. Cover and bring to a boil. Add the broccoli and simmer until tender. Drain well but do not rinse. Transfer to a serving bowl. Pour the sauce over the hot broccoli and toss to coat. Serve warm or at room temperature.

FRESH TOMATO-HERB SAUCE
Makes 8 servings
Preparation time: 30 minutes
Marinade time: 30 minutes

Ingredients:
• 2 cups fresh tomatoes with seeds removed
• 1/3 cup finely-chopped red onion
• ¼ cup chopped fresh basil
• 2 tablespoons olive oil
• 1 tablespoon Equal Spoonful or 1 ½ packets Equal
• 1 tablespoon fresh oregano
• 1 teaspoon minced garlic
• Salt and pepper to taste
• ½ cup (2 oz.) crumbled feta cheese

Directions:
Combine all ingredients except for feta cheese. Let stand at room temperature for 30 minutes. Just before serving, add feta cheese. Toss with hot, cooked pasta or serve over chicken or fish. Also good on toasted Italian bread.
**Groups**

**Light for Life Bariatric Support Group**

Meets the last Monday of every month  
Poudre Valley Hospital, Café F (basement-level in back of cafeteria), Fort Collins  
6 to 8 p.m. | Free

This group is designed for patients and their families who have either had weight-loss surgery or are considering it. Becki Mudgett, RN, CBN, runs the meetings. One of the surgeons always attends to answer medical questions. Also, we often have a guest speaker on topics of interest to the group. The support group is a wonderful resource for you and we hope you will take advantage of it.

It’s important for your spouse, partner or family members to come to support group meetings, too. It’s normal for them to be nervous and sometimes not completely supportive of this surgery. At support group, they can talk to other patients, spouses and support people. This will make them more comfortable with your surgery.

If you don’t live in or near Fort Collins, visit our website (www.ncsurgical.net) to see if a support group has formed you. You can also see if another bariatric center in your area offers a support group. Ask if you can attend. Website chat rooms can be another helpful group resources. Try Obesityhelp.com and YahooOSSG.com.

**Living Positively After Bariatric Surgery**

Meets the second Monday of every month  
Poudre Valley Hospital, Spring Creek room, Fort Collins  
6:30 to 8 p.m. | $20 for patients; $30 for a patient and support person

Bariatric surgery doesn’t just change you physically. It affects you emotionally and psychologically, too. Dr. Betty Vanek, a psychologist, runs this support group, which is open to all NCSA and Bariatric Center of the Rockies patients who’ve had weight-loss surgery. Please contact Dr. Vanek at 970.396.9729 to sign up and for more information.

We feel that support groups are a very important part of our program. Please take advantage of the groups that we have established for you. Data shows people that take advantage of support groups tend to do better after the surgery.

We encourage you to post any comments about your hospital stay, surgeon and our office staff on obesityhelp.com
Support group schedules

Light for Life Support Group
   Last Monday of every month
   Poudre Valley Hospital, Café F meeting room (basement)
   6:00 to 8:00 p.m.
   Facilitator: Becki Mudgett, RN, 970.482.6456

Living Positively After Bariatric Surgery
   Second Monday of each month
   Poudre Valley Hospital, Spring Creek meeting room (basement)
   $20 fee
   Must register for class in advance
   Contact: Betty Vanek, PhD 970.396.9729

Sheridan Support Group
   First Monday each month
   Sheridan County Memorial Hospital, Hospitality Room
   Contact: Marie Husman, 307.672.6596

Casper Support Group
   7 to 9 p.m. Second and fourth Tuesday of every month
   Wyoming Medical Center, Room A or B
   Contact: Joe Butler, 307.265.3518 or Tom and Ardyth Fritts, 307.234.3858

Laramie Support Group
   Contact: Melinda Allen, 307.745.8800

Denver Support Groups
   Contact: Kelly Elliott, 303.770.1222

Cortez Surgical Weight Loss Support Group
   Third Wednesday of every month
   6 to 7:30 p.m.
   Cortez Public Library
   Contact: Mary Mallernee, 970.739.1441
Products and vendors

We hope you’ll buy from these Fort Collins stores. They have been kind to offer unique and hard-to-find items for you.

**Carnation Instant Breakfast drink with no added sugar in a variety of flavors**
(See order sheet in blue section) Can usually be found in the following stores.
King Soopers — 2325 South College, stocked item or ask at customer service counter
Albertsons – 731 South Lemay, ask at service desk
Super Walmart – South Lemay
Most grocery stores will special order this product.

"Choice dm" (lactose-free)
Order by the case 12 cans per case. Vanilla Flavor
Albertson’s - 731 South Lemay, request from customer service counter, or pharmacy may need to order
King Soopers - 2325 South College, 970.482.8855, request from customer service, or pharmacy may need to order.

"Resource" (lactose-free)
Order from grocery store by the case
27 cartons per case
Vanilla, chocolate, strawberry

**Optisource Nutritional**s (supplements, vitamins, protein bars, high-protein/lactose-free beverage)
www.novartisnutrition.com/us/home
800.333.3785 option 3
or order from Walgreens at www.walgreens.com
800.828.9194

**Vitamins**
Vitamin World Inc., Wild Oats, GNC, Whole Foods, or any other vitamin store/pharmacy

**Bariatric Advantage Nutritional Supplements**
www.bariatricadvantage.com

**Metagenics (Bariatric Nutritional Support)**
Contact person: Jodi Nichols
800.692.9400 ext. 240

**Reliv. Supplements**
970.352.0500
reliv@comcast.net
Isopure Liquid or Powder
GNC Health Food Stores

**Trim Advantage (Nutrilite) protein bars/drinks**
Peggy Henry at 866.287.7894 or
Kenny Smith at 970.310.7419

**Bariatric Nutrition**
BariatricShop.com
Products and vendors

Product Connection (nutritious alternatives)
robard.com
800.222.9201

Pro Blend (protein)
postopprotein.com
mdlabs.com
800.883.3869

Smart Forme
SmartForme.com
877.895.3511

Large website for protein products
nutrition.com

Other protein choices:
(Available at health food stores)
• whey protein
• rice protein
• soy protein

Devrom Chewable tablets (helps with odor of gas)
800.453.8898

FitBALL 101: Exercises for Plus Size and Underactive Adults
DVD
800.752.2255
www.fitball.com
Excessive skin removal

(PANNICULECTOMY)

After weight loss, most patients have extra skin around their abdomen, arms and, sometimes, inner thighs. To help minimize the amount of extra skin, you must exercise regularly, including lifting weights. Drinking lots of water as you lose weight also helps.

If you have rashes, infections, pain or other troubles caused by extra skin, see your primary care doctor. If you want to have the extra skin removed surgically (called panniculectomy), you must have documentation from your primary care doctor about the health issues caused by the extra skin and the treatments you’ve tried.

Bring this documentation with you to your appointment with the surgeon. This makes the insurance process much faster.

At your appointment with your surgeon, be prepared to have pictures of your excess skin taken. These will be sent to your insurance company. After your consultation, it may take a few weeks to get insurance approval. Our insurance specialist will keep you posted.

If you’re considering this surgery, please understand that:

- Your weight must be stable.
- Your weight-loss surgery must have been at least 12 to 18 months ago.
- You may have drains in place for a long time after the skin-removal surgery.
- You may need to visit the doctor’s office several times after surgery to have fluid drained.
- You may have swelling and discomfort for up to 6 months after the surgery.
- You may have some healing problems that require wound care.
- Even after the skin-removal surgery, you may still have some extra skin. You may not have the “perfect” cosmetic result you were hoping for.
Frequently asked questions

Will I lose hair?
Probably. Rapid weight loss usually causes hair loss. This varies with each person. To minimize hair loss, get enough protein, drink lots of water and take your vitamins. Hair loss usually happens 3 to 9 months after surgery. It will slow down once you’ve lost most of your weight. The good news is that it does grow back.

Will I stop losing weight sometimes?
Probably. This too, varies with each person. A leveling-off of weight loss, called a “plateau,” is normal. It means your body needs time to catch up and rest a bit. Plateaus can last from 1 to 4 weeks. Keep doing what you know is right, and you will start losing weight again. You may need to increase or change your exercise routine. And make sure you’re getting enough protein.

When can I go back to work?
You can return to work after 2 to 6 weeks. The amount of time depends on the demands of your job and how quickly you recover.

Do I need to crush my pills?
If your pill is bigger than an aspirin, you must crush or break it in half for the first few weeks. Discuss this with your doctor.

When should I start taking my medications again?
Your doctor will go over this with you before you leave the hospital. Your diabetes and blood pressure medications may be stopped or lowered.

Will I need to have excess skin removed?
When you have lost most of your extra weight and your weight is stable, you might consider having your excess skin removed. This is another big surgery and a very personal decision. Discuss it with your surgeon when the time is right, usually 1 to 2 years after surgery.

Will the surgery change my menstrual cycle?
If you haven’t had your period for a while, surgery may bring it on. Often, losing weight restarts menstruation and increases fertility. On the other hand, the surgery may make you irregular for a while. If you have menstrual problems, see your primary care doctor or gynecologist.

How will my body know when to stop losing weight?
Patients usually stop losing weight a little sooner than they want. Your body will find a balance of energy in versus energy out. This usually happens 12 to 24 months after surgery.
Helpful hints from other patients

Before and after
- Face your fears and know that surgery is the best thing for you.
- After surgery, take a picture of yourself once a month. The change will surprise and delight you.
- During the “adjustment period” after surgery, remember why you had it. Make a list of reasons and look at them when you get down.
- Enjoy the journey. Many changes will happen in the first year. Enjoy the compliments.
- Write down your accomplishments. For instance, today I was able to cross my legs or sit in a movie theater seat.

Clothes
- Enjoy clothes shopping and get what you like—not just what fits.
- Always have the next-smaller size ready to go in your closet.
- Keep at least one pair of old pants. When you’re not losing weight as quickly as you’d like, put them on. It really helps.

Doctors
- Always keep your appointment with your doctor, even if you’re feeling good.

Eating out
- Order an appetizer or a side dish, or split a meal with someone.
- Ask for a “take-out” box right away. When your food comes, put at least half of your food in it.

Eating tips
- In the beginning, use a baby spoon, baby fork and timer. Set the timer for 2 minutes between bites. This forces you to take small bites, chew well and pause between each bite.
- Use small dinner plates.
- Eat in a peaceful setting. It helps your digestion.
- Burping can be a sign that you’re taking in too much air. Try breathing through your nose.
- If you’re eating and something feels “stuck,” sip on warm fluids to help relax your pouch and go for a fast walk. This will help the food pass.
- Use a “Happy Baby Food Grinder.” (Available at The Cupboard in Fort Collins.)
- Journal what you eat and drink daily.
- Plan your meals and snacks ahead.

Emotions
- Your health psychologist can help guide you on your journey.
- Don’t get discouraged. Your body will adjust.
- Don’t believe all the negative comments you hear.
- Have a sense of humor. Learn to laugh at yourself.

Family
- You and your family will worry that you’re not getting enough to eat. Remember, a normal person does not eat a lot.

Fluids
- Don’t drink carbonated beverages.
- Don’t drink with meals.
Helpful hints from other patients

Follow the rules
- Read this Patient Guide once a month.
- Exercise.
- Follow “The Rules to Success.” They work.
- Make the commitment. Just do it!

Food choices
- You will start to crave healthier foods a few weeks after your surgery.
- If a certain food doesn’t work, try it again in a few weeks.
- Always have something on hand that you know works for you, like soup.
- Meat MUST be tender and moist to be digested.
- Medifast.com (good products)
- Products: Crystal Light white grape, Voskos Greek Yogurt, Ocean Spray diet juice, Atkins protein shakes/bars, Pure Protein bars.

Patience
- Give yourself a few weeks to figure things out. Everything will eventually make sense.
- Be patient. You didn’t gain weight overnight, and you won’t lose it overnight.
- Sometimes the answer to your question is “time.” Everything gets better with time.

Plateaus
- Take your measurements before surgery. When you hit a plateau (and you will), you can see how far you’ve come and love yourself through it.
- Plateaus are normal. Don’t panic! Your body needs time to adjust.
- Every day gets better.

Protein
- Add protein powder to foods and beverages.
- Keep protein bars with you all the time so you can have one if your next meal is delayed.
- Be creative with protein: lunch meats, edamame, soy nuts, nut butters.
- Protein is your priority, but remember to eat a well-balanced diet.

Skin
- No one has ever died from excess skin. People die from obesity. Have the surgery and deal with the skin later.

Sleeping
- You might be more comfortable sleeping in a recliner after surgery.
- Sleeping on your right side might be more comfortable for a while.
- Stop eating at least hour before bed.

Support group
- Come to support group.
- Get educated and stay motivated. Get a bariatric surgery buddy.

Throwing up
- Sometimes you might feel better if you throw up.
- Some days, food just won’t want to stay down. It’s OK. Tomorrow is a new day.

Vitamins
- Make sure to take your vitamins forever.
Phone numbers/emails

Northern Colorado Surgical Associates
970.482.6456
888.699.6272
ncsa@ix.netcom.com

NCSA Nurses (Becki, Lisa, Kasey, Barb)
nursesncsa@hotmail.com

PVH Bariatric Program Navigator
866.495.7579 (leave message)
Bariatricnav@pvhs.org

PVH Dietitians
970.495.8205
cj@pvhs.org

Discount Lodging
Jonathan Salazar, PVH Concierge
970.495.8582

Exercise Support
Poudre Valley Medical Fitness – Rebecca Crocker 970.675.6500
Colorado State University - Kellie Walters 970.491.0928
Miramont Health Center – Lindsay 970.672.1558
Fitness Program – Dr. Kate Beville 970.481.8641

Curves For Women
3 locations in Fort Collins
1 location in Loveland

Final comments

We hope this guide gives you useful information about gastric-bypass surgery. It was created to explain our process before, during and after surgery and help our patients be successful. It is only for patients of Northern Colorado Surgical Associates.

On your day of surgery, please bring this guide, your incentive spirometer, a list of your medications and dosages, and any inhalers you may have with you to the hospital. If you use a C-pap or Bi-pap machine, bring it with you to the hospital along with the correct setting. (Please clean the machine before bringing it into the hospital.)

If you have any questions or concerns about your surgery, please call us. See your primary care doctor for regular medical care.

Visit ncsurgical.net for more information, articles and testimonials about bariatric surgery.