

GASTRIC BYPASS DIET #1

You are being discharged home after your gastric bypass procedure. This will be the first in a series of instruction sheets you will progress through until you are ready for “regular” food. It is important to adhere to these guidelines, as your tiny “new” stomach is not ready to be challenged with solid foods yet. Continue following this diet until your first postoperative visit.

HELPFUL HINTS:

1. This diet consists of low sugar/sugar free foods that are liquid or semi-liquid only. Low sugar diet is recommended to prevent dumping syndrome. Dumping syndrome can occur when concentrated sweets or hydrating liquids are consumed with a meal causing foods to rapidly pass into the small intestine in 10-15 minutes rather than gradually. Symptoms include rapid heartbeat, nausea, possibly diarrhea or feelings of cold and clammy.
*Some people will have diarrhea for a short time after surgery. Nausea is not uncommon even without “sweets”.
2. Remember you have a tiny “new” stomach so sip and eat liquids slowly. Plan on 30- 60 minutes at each meal.
3. Protein is the most important nutrient after surgery for healing. Liquid protein supplements may be substituted for a meal. The protein supplement should be sugar free with minimal carbohydrates (see attached).
4. You will always need multivitamins. You may take a complete multivitamin such as Thera-M or Centrum. “Flintstones” complete chewable multivitamin twice a day is a good alternative. Trinsicon capsules will also be prescribed which contains folate, iron, B-12 and intrinsic factor.
5. Adequate calcium is needed to reduce the risk of Osteoporosis in all adults. Calcium intake may be limited after surgery and if you are not consuming the recommended amount (1200 mg/day) then a calcium supplement is recommended in divided dosage (we can only absorb 500 mg at a time). More is not better, and intake should not exceed 2500 mg per day.
6. How do I take multiple medicines? Space out the pills at least 5-10 minutes apart.

7. Constipation may occur after surgery. Bowel movements can slow down due to reduced food intake. Symptoms include hard stools, feelings of nausea and fullness. Make sure you are drinking enough water or sugar-free liquids in-between meals as well as exercise as tolerated. You can take stool softener such as Colace or Senokot.

NO LAXATIVES

8. You may notice more belching and “gurgling”.

9. **Notes about Exercise and Activities of Daily Living:**

1. **EXERCISE.** Exercise daily. Walk for 15 minutes, resting when tired. Start slowly and increase as tolerated per MD recommendations. Exercise can help you maintain muscle mass and maximize your weight loss.

2. Do not carry or lift more than 10 pounds.

3. Participate in normal daily activities, as tolerated.

STAIRS You may use stairs.

SHOWER You may shower. (Your skin staples will be removed on your first postoperative visit). The skin may become reddened immediately around the staples. This is not abnormal. If you develop worsening redness, pain or drainage, call Dr. O’Malley’s office.

DRIVING Avoid driving until your first postoperative visit.

<p>Questions or Problems: Call the office (585) 341-6543 between 8:30 a.m. and 4:30 p.m. For after hour emergencies call the answering service at (585) 258-4949.</p>
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LIQUID DIET

FOOD GROUP	ALLOWED	AVOID	TIPS
BEVERAGES • Try to consume total 6-8 (8oz.)Cups	<ul style="list-style-type: none"> • Water • Coffee, 1 Cup • Tea • Non-carbonated sugar free (0 calorie) drinks ex. Crystal Light, Fruit 2 0 	<ul style="list-style-type: none"> • Carbonated beverages for 2 months or more; too gassy • Alcohol for 2 months; irritates stomach • Sweetened fruit beverages and drinks 	<ul style="list-style-type: none"> • Sip these liquids slowly in between meals only
JUICES • 1/2 Cup serving	<ul style="list-style-type: none"> • Fruit juices (no pulp) diluted 1 Tbsp. juice to 3 Tbsp. water • Low sodium V-8 and tomato juice 	<ul style="list-style-type: none"> • Fruit drinks and punches • V-8 Splash 	
DAIRY GROUP • 1/2 Cup Serving *Protein Source	<ul style="list-style-type: none"> • Skim milk, 1% milk • Lowfat Lactaid milk • Low fat Soymilk • Smooth low fat yogurt and no added sugar made with Nutrasweet, Aspartame or splenda: light on label • Carnation Instant Breakfast (no sugar added) 	<ul style="list-style-type: none"> *2% milk or whole milk *Chocolate milk *Chunks of fruit in yogurt must be strained 	<ul style="list-style-type: none"> • You may have gas, cramps and/or diarrhea after milk ingestion. If this occurs drink Lactaid, soy milk or use Lactaid pills with milk products: yogurt should be tolerated.
SOUPS • 1/2 Cup Serving *protein source	<ul style="list-style-type: none"> • Low sodium beef or chicken consommé and broth • Strained soups • Cream soups made with skim milk, no chunks 	<ul style="list-style-type: none"> • Bouillion cubes 	<ul style="list-style-type: none"> • Use tea strainer to strain soups
SNACKS/DESSERTS • 1/2 Cup Serving	<ul style="list-style-type: none"> • Sugar free jello • Sugar free puddings(also protein source) • Sugar free popsicles *Sugar free Hot Chocolate made with skim milk (protein source) • Sugar substitutes - Equal, Splenda, and Sweet n Low 	<ul style="list-style-type: none"> *Regular sugar, brown sugar, honey, maple syrup, High fructose corn syrup 	

EXAMPLES OF HIGH PROTEIN SUPPLEMENTS

NAME	SERVING SIZE/ CALORIES	PROTEIN (gm)	<u>CALCIUM/mg</u>	AVAILABLE
Carnation Instant Breakfast (no sugar added) made with skim milk	1 cup/ 150 calories	12	500	Blue box in cereal aisle of grocery store.
Naturade NRG Protein Booster (contains soy, whey, egg products)	1/3 cup in 8 oz. water/ 110 calories	20	100	Wegmans-Nature Marketplace
Atkins Vanilla Shake Mix	2 scoops in 8 oz. water/ 170 calories	24	700	Wegmans-Nature Marketplace
P rocel – to mix in Crystal Light, hot cereal, yogurt, soups	1 scoop/ 28 calories	5	-	Highland Hospital Apothecary 877 South Ave.
Dry skim milk powder – to mix in milk, hot cereal, yogurt, soup, sugarfree pudding	2 Tbsps./ 32 calories	3	110	In baking aisle of grocery store.
Mct Rx – Extreme chocolate	1 pkt. mix in 16 oz. water/ 240 calories	38	1000	General Nutrition Center
Met Rx – Protein Plus	3 scoops mix in 16 oz. water/ 210 calories	46	730	General Nutrition Center
PRO Blend 55	2 scoops in 8-12 oz. cold water/ 270 calories	55	-	General Nutrition Center
Optisource/ Lactose Free	1 container(4 oz.)/ 100 calories	12	150	Walgreens 1-800-828-9194 www.resource.walgreens.com

Above are examples based on criteria for high protein low sugar.

No Ensure, Boost, or Slimfast – these supplements contain too much sugar and not enough protein.

Avoid supplements with ephedra.

SAMPLE MEAL PLAN:

***Each day you will eat five times. Always START with the protein source when eating. Remember to eat slowly and stop when you feel full.**

BREAKFAST: (7 a.m.)

**½ Cup Carnation Instant Breakfast (no sugar added)-
*made with skim milk***

½ Cup Sugar free jello

Mid-morning: (10 a.m.)

½ Cup diluted fruit juice

LUNCH: (12 noon)

½ Cup smooth no sugar added, low fat “light” yogurt

½ Cup broth

Mid-afternoon (3:00 p.m.)

Sugar free Popsicle

DINNER: (6:00 p.m.)

½ Cup strained cream soup made with skim milk

½ Cup low sodium V-8 juice