

## OPTION 1

### **BARIATRIC ADVANTAGE HIGH PROTEIN MEAL REPLACEMENT PRODUCTS**

#### **MINIMUM 5/DAY**

**100% Whey Isolate, 27 grams of protein, 7 grams of carbohydrates, and 150 calories per serving. Come in variety of flavors-chocolate, vanilla, strawberry, banana, iced latte, and orange cream.**

**35 Serving Bag** = enough for one week liquid protein diet

- Zip lock bag preserves freshness and avoids spills
- Includes measuring scoop to ensure proper mixing
- Economical value solution-approximately \$1.70 per serving
- Ideal for 1 week program (5 servings per day for 7 days)

**Ready-to-Shake Single Serve Bottle** = will need to purchase 35 bottles for one week liquid protein diet

- Just add water; one step meal
- More convenient, higher cost-approximately \$3.25 per serving

**BARIATRIC ADVANTAGE HIGH PROTEIN MEAL REPLACEMENT AND MULTIVITAMINS ARE AVAILABLE AT: SSM RX EXPRESS PHARMACY IN DEPAUL MEDICAL BUILDING EAST, 314-344-7300**

## OPTION 2

High protein drinks may also be purchased at a retail store. If you choose this option, you must receive a list from the SSM Management Services dietician on acceptable high protein supplements. You may discuss this with the dietician at the preoperative education class or contact the dietician at 314-344-6157.

#### **Additional clear liquids allowed:**

1. Tea and coffee (decaf products preferred, you may use artificial sweeteners)
2. Crystal Light, sugar-free Kool-aid
3. Flavored waters, non-carbonated with zero calories
4. Clear broth, preferably low sodium
5. Sugar-free Jell-O
6. Sugar-free popsicles

# HIGH PROTEIN LIQUID DIET RECOMMENDATIONS

## **Important information for people taking insulin or other hypoglycemic medications:**

Your primary care provider (PCP) may have prescribed medication to help you control your blood sugar.

During weight loss, you may need to have these medications adjusted or discontinued to prevent possible side effects such as low blood sugars, dizziness, weakness, or fainting.

If you are taking insulin or other hypoglycemic medications, it is important that you have continued contact with your PCP to continue to evaluate your diabetic medications.

Your PCP will inform you of how frequently your blood sugar should be checked, and he/she will be responsible for making medication changes. Contact your PCP if you experience any symptoms of low blood sugar.

## **Important information for people who are taking diuretics (water pills) and other antihypertensive (high blood pressure) drugs:**

Your primary care provider (PCP) may have prescribed medication to help you control your hypertension (high blood pressure). Sometimes these medications are also prescribed for other reasons, such as for control of migraine headaches or for symptoms of benign prostatic hypertrophy (enlarged prostate).

During weight loss, you may need to have these medications adjusted or discontinued to prevent possible side effects such as dizziness, weakness, or fainting.

If you have had a history of high blood pressure, or are taking any blood pressure medications or diuretics, it is very important that you have continued contact with your PCP to continue to evaluate your blood pressure and medications.

Your PCP will inform you of how frequently your blood sugar should be checked, and he/she will be responsible for making medication changes. Contact your PCP if you experience any symptoms of low blood pressure, such as excessive fatigue or dizziness, especially upon changing positions quickly.

## **Important information for people who are taking the anticoagulant (blood-thinner) Coumadin® (warfarin):**

Some of these shake products may contain vitamin K which counteracts the effects of Coumadin on thinning your blood.

During weight loss you will need regular blood tests to evaluate the effectiveness of your medication, and your primary care provider (PCP) will make the necessary medication adjustments. Contact your PCP to schedule your lab work when you start the diet.