



SSM Weight Loss Institute

Pre-Operative Nutrition
Class

Key Principles: liquids

- No carbonated beverages
- Do not drink 15 min before and 30 min after eating
- Caffeine: limit to 16 ounces/day
- No alcohol for 1 year
- Fluid goal: 64 ounces/day

Key Principles: Solid foods

- Eat 3 meals/day
- Meal volume will increase from 1-2 oz. to 1 cup as tolerated
- Eat slowly
- Eat protein first
- Low fat, low sugar

Precautions...

- NO gum for 6 months
- Nausea, vomiting, pain → call the office
- Medication ?'s: speak with RN or MD
- NO aspirin (325 mg) or non-steroidal anti-inflammatory drugs

Pre-Operative Liquid Diet

- Prescribed by the physician
- Includes a minimum of 5 protein shakes/day
- Clear liquids allowed (i.e. decaf tea & coffee, Crystal Light, sugar free jello, non-carbonated sugar-free flavored water, low sodium broth, sugar free popsicles...)
- Non-adherence to liquid diet may result in surgery cancellation

Pre-Operative Liquid Diet Continued-

- 1-2 weeks prior to surgery date
- If you are diabetic or have high blood pressure, your medications may change. You want to speak with your MD and nurse about these changes as they occur.

Diet Phase 1:

- **Clear liquids:**

- ❖ Broth
- ❖ Juice: dilute 1:1 with water
- ❖ Sugar free Jello
- ❖ Sugar free popsicles, etc.
- ❖ Crystal Light

Diet Phase: 1

- **Protein shakes:**

- ❖ Low carb Slim Fast
- ❖ Atkins Advantage
- ❖ Whey protein powder
- ❖ Isopure
- ❖ Muscle Milk Light
- ❖ *Make sure 2x the amount of protein as grams of carb

Diet Phase: 2

- Diet: **semi-solid**
- Duration: ~3 weeks
- Physician clears you for this phase
- ½ cup=1 meal
- Protein supplements +
 - ❖ (ex: pureed oatmeal, yogurt, cottage cheese, pureed soups, sugar free pudding)

Diet phase: 3 & 4

- Diet phase: 3
 - ❖ Deli-shaved chicken, turkey or ham, moist white fish or water packed tuna, low-fat peanut butter, low fat cheese
 - ❖ Can have low fat crackers
- Diet phase: 4
 - ❖ Low sugar cold cereal, soft cooked vegetables (carrots, green beans), Canned (no syrup) fruit, raw lettuce

Diet phase: 5 & 6

- Diet phase 5:
 - ❖ 1 cup = meal
 - ❖ Whole grain bread, pasta, brown rice, beans, raw vegetables, raw fruit (peeled)
- Diet phase 6:
 - ❖ Grapes, nuts, low carbohydrate protein bars (Be aware of sugar alcohols!)

Post-operative Guidelines

- 3 months after surgery: citrus, lean meat, pork are allowed
- 6 months after surgery: sugar free gum (do not swallow!), some popcorn allowed
- Always avoid: coconut (it clumps, is tough and can get stuck in the pouch), no carbonated beverages

Protein

- **Why is protein so important?**
 - ❖ Wound healing
 - ❖ Maintenance of muscle mass

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- Men: **80 grams/day**
 - Women: **60 grams/day**

Protein Supplements

- Make sure they have 2 times the amount of protein to the amount of carbohydrate
- Beware of sugar alcohols
- No Boost, Ensure or Glucerna (look for 2grams of protein to 1gram of carb ratio)
- *Check labels for Vitamin K content if on the blood thinner Coumadin (Warfarin)

Post-Operative Concerns

- **Dumping Syndrome:** too many simple carbs or fatty foods enter the intestines quickly after eating
 - ❖ Simple carbohydrates: white sugar, ice cream, juice, candy, most desserts
 - ❖ Fatty foods: fried foods, sausages, fast foods
- **Symptoms:** abdominal fullness, nausea, cramping, abdominal pain, diarrhea

Post-Operative Concerns

- **Nausea/vomiting:** if this occurs, do not eat solid foods-return to clear liquids. If this persists for >24 hours, contact the physician
- **Lactose Intolerance**
- **Constipation:** drink fluids, fiber, stool softener if needed

Vitamins/minerals

- Bariatric Multivitamin daily for life
- B12- sublingual (daily), nasal spray (weekly) or injection (monthly) 1000 mcg for life
- Calcium Citrate 1200 -1500mg with Vitamin D daily for life in divided doses
- Vitamin D 1000 IU's daily
- B1 (Thiamine) 100mg daily for 3 months
- Prilosec (over the counter) for 6 months
- Biotin- optional for hair loss

Dining Out

- Plan ahead
- Be familiar with menu descriptions
- Skip the bread
- Get a to-go box with meal
- Ask about ingredients and preparation

Alcohol

- Alcoholic beverages are not only high in calories, but they can irritate the new stomach. After one year you may incorporate small amounts of alcohol occasionally, with MD approval only!

Keys to Success

- Life-long effort is required
- Always eat protein first
- Drink plenty of liquids (64 fluid oz. daily)
- Attend bariatric support group
- Exercise as directed

Support Group

- Bypass/sleeve/lap band:
 - ❖ 3rd Wed of the month at DePaul in the May Center from 5:30 PM-7:00 PM
 - ❖ Facebook: SSM Weight Loss
 - ❖ Website: ssmweightloss.com

Nutrition questions or concerns...

- The Dietitian can be reached at
 - ❖ 314-344-6157