

# The Nutrition & Diabetes Management Center

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## GASTRIC BYPASS POST-OP DIET

The day of surgery, you cannot drink or eat. The day after surgery, you will have a Swallow Test to look for leaks or blockages. If your swallow test is OK, you will begin water. See Stage I guidelines below.

**A protein shake will be provided during your hospital admission.**

The surgeon and/or nutritionist will determine when it is best to advance your diet. You must keep all surgery and nutrition follow-up appointments in order to advance your diet safely and maintain healthy weight loss.

Once at home, if you have severe vomiting or nausea and cannot tolerate clear liquids lasting longer than 1 day, you need to call your surgeon. Should you need to go to the hospital, go to Wesley Long unless otherwise directed by your surgeon.

<b>Stage I:</b>	<b>LIQUIDS</b>
<b>AFTER SURGERY – (In Hospital)</b>	
<b>Surgery Day:</b>	<ul style="list-style-type: none"><li>• Nothing by mouth</li></ul>
<b>Post-op Day 1:</b>	<ul style="list-style-type: none"><li>• Once your swallow study is OK, you may sip 2 ounces of water, every 4 hours</li><li>• Sip slowly over a 1 hour period</li><li>• May have ice chips (this counts as part of the 2 ounces of water)</li></ul>
<b>Post-op Day 2 and beyond:</b>	<ul style="list-style-type: none"><li>• If no complications and your swallow study is OK, your diet will be: 2 ounces HIGH PROTEIN SHAKE, 4 times per day</li><li>• Increase the amount of protein shake you drink as tolerated</li><li>• Goal is to drink at about 8 ounces or more per day</li><li>• Continue clear liquids as tolerated</li></ul>

**NOTES: Liquids must be sugar-free, caffeine-free, non-carbonated. May use Sugar substitutes, use sparingly (limit to 6 – 8 packets per day).**

## Stage II

## LIQUIDS

### DISCHARGE DAY – 1 to 2 weeks (At Home)

#### Stage II Diet and Exercise Goals

#### 1. Protein

- Drink at least 2 ounces HIGH PROTEIN SHAKE, 5-6 times per day
- Each serving of protein shakes should have a minimum of **15 grams of protein** and no more than **5 grams of carbohydrate**
- Increase the amount of protein shake you drink as tolerated
- Protein powder may be added to fluids such as Non-fat milk or Lactaid milk (limit to 20 grams added protein powder per serving)

#### EXAMPLES OF PROTEIN SHAKES/DRINKS:

Syntrax Nectar	Adkins Advantage
EAS Edge HP	Unjury
Slimfast Low-Carb	Zero Carb Isopure

#### 2. Hydration

- Gradually increase the amount of **water** and other liquids as tolerated (See Acceptable Fluids)
- Gradually increase the amount of **protein shake** as tolerated
- Sip fluids slowly

#### **FLUID GOALS** (this may take some time to reach)

- At least 64 or more ounces of fluids daily
  - 32 oz (or more) clear liquids + 32 oz (or more) full liquids

**\*\*\*ALL FLUIDS NEED TO BE SUGAR-FREE, CAFFEINE-FREE, AND NO CARBONATED BEVERAGES!**

#### ACCEPTABLE FLUIDS

CLEAR LIQUIDS	FULL LIQUIDS
<b>***No Sweet Tea!</b>	<b>Protein Shakes/Drinks</b> Plus 2 other choices below
Water or Sugar-free flavored water, Fruit H <sub>2</sub> O	***Limit <b>2 choices</b> per day of other full liquids below
Decaffeinated coffee or tea (sugar-free)	***No more than 3 grams of Fat per serving ***No more than 12 grams of Carbs per serving
Crystal Lite, Wyler's Lite, Minute Maid Lite	Strained low-fat cream soup
Sugar-free Jell-O	Non-Fat milk
Bouillon or broth	Fat-free Lactaid Milk
Sugar-free Popsicle ***Less than <b>20</b> calories each; limit <b>1</b> per day	Sugar-free yogurt (blended)

## Stage II

### 3. Start Vitamins and Minerals

- 2 Chewable Multivitamin / Multimineral Supplement (i.e. CENTRUM for Adults)
- Chewable Calcium Citrate with Vitamin D-3. At least 1500 - 2000 mg each day.  
(Example: 3 Chewable Calcium Plus 600 with Vitamin D-3 can be found at GNC)
  - Do not mix multivitamins containing iron with calcium supplements; take 2 hours apart
  - Do not substitute Tums (calcium carbonate) for your calcium
- Vitamin B-12, 350 – 500 micrograms (oral tablet) each day
- \*Menstruating women and those at risk for anemia may need extra iron. Talk with your doctor to see if you need additional iron, if you need extra iron:
  - Total daily Iron recommendations (including Vitamins) = 50 – 100 mg Iron/day

**\*\*\*Do not stop taking or change** any vitamins or minerals until you talk to your nutritionist or surgeon. **\*Your nutritionist and / or physician must approve all vitamin and mineral supplements.**

#### **EXAMPLES OF CHEWABLE VITAMINS:**

Centrum Chewable Multivitamin / Multimineral Supplement  
Building Blocks  
Bariblend  
Viactiv  
Spring Valley (Walmart brand)

#### **Can be found at:**

Grocery Stores	Sam's
Costco	Wal-Mart
Drug Stores	The Vitamin Shop
GNC	Websites

#### **Websites:**

Bulk Nutrition	<a href="http://www.bulknutrition.com">www.bulknutrition.com</a>
The Health Food Portal	<a href="http://www.thehealthfoodportal.com">www.thehealthfoodportal.com</a>
Bariatric Eating	<a href="http://www.bariatriceating.com">www.bariatriceating.com</a>
Bariatric Choice	<a href="http://www.bariatricchoice.com">www.bariatricchoice.com</a>
Building Blocks	<a href="http://www.bbvitamins.com">www.bbvitamins.com</a>
BariBlend	<a href="http://www.bariblend.com">www.bariblend.com</a>

## Stage II

### 4. Exercise

\*\*\*For maximum success, begin exercising as soon as your Doctor recommends. Make sure your physician approves any physical activity!

- Depending on fitness level, begin with a simple walking program
- 5-15 minutes, 7 days per week.
- Slowly increase until you are walking 30-45 minutes per day

**The Moses Cone Health System – Outpatient Rehabilitation Center** can assist you with an exercise plan. You may contact them at (Phone: 336-271-4840) to receive personalized physical therapy. You must have a physician's prescription for "Physical Therapy" and this can be faxed to 336-271-4921.