

The Nutrition & Diabetes Management Center

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ADJUSTABLE GASTRIC BANDING POST-OP DIET

The day of surgery, you will be allowed to drink water only.

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.

Stage I:	LIQUIDS
AFTER SURGERY	
Surgery Day:	<ul style="list-style-type: none">• You may sip 2 ounces of water, every 4 hours• Sip slowly over a 1 hour period• May have ice chips (this counts as part of the 2 ounces of water)
Post-op Day 1 and beyond:	<ul style="list-style-type: none">• If no complications and you tolerate water, your diet will be: 2 ounces HIGH PROTEIN SHAKE, 4 times per day• Increase the amount of protein shake you drink as tolerated• Goal is to drink at about 8 ounces or more per day• Continue clear liquids as tolerated

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

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
***No Sweet Tea!	Protein Shakes/Drinks Plus 2 other choices below
Water or Sugar-free flavored water, Fruit H ₂ O	*** Limit 2 choices 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 20 calories each; limit 1 per day	Sugar-free yogurt (blended)

Stage II

3. Start Vitamins and Minerals

- 1 Chewable Multivitamin / Multimineral Supplement (i.e. CENTRUM for Adults)
- Chewable Calcium Citrate with Vitamin D-3. Take 1500 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

*****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	www.bulknutrition.com
The Health Food Portal	www.thehealthfoodportal.com
Bariatric Eating	www.bariatriceating.com
Bariatric Choice	www.bariatricchoice.com
Building Blocks	www.bbvitamins.com
BariBlend	www.bariblend.com

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.