



Sleeve Gastrectomy & Gastric Bypass

Pre-op & Post-op Dietary Guidelines

- Follow these guidelines as instructed.
- Do not advance your diet too soon – any stage of the diet may be *extended* if you or your Dietitian feel is necessary. However, *none* of the stages are to be shortened or advanced ahead of schedule.
- **THERE ARE NO SHORTCUTS THROUGHOUT YOUR POST-OP DIET.** Advancing your diet too soon can increase your risk of serious complications.
- Become accustomed to the post-operative changes & meal strategies.

If you experience any problems contact our office *immediately*: 210-220-1726

The Pre-op Diet: How to eat in the weeks before your surgery

Duration	<ul style="list-style-type: none"> Start 14 days before your Weight Loss Surgery (WLS) date <i>Your surgeon and/or Nutritionist may alter the duration</i>
Goals	<ul style="list-style-type: none"> Reduce the size of the liver Prepare your home with all the tools/liquids/foods needed after surgery
Instructions	<ul style="list-style-type: none"> Replace 2 meals with a Bariatric Advantage protein shake and have 1 meal made from the foods listed in the chart below Drink at least 64oz fluids per day, with 32oz of this being plain water FOR THE 3 DAYS BEFORE SURGERY: REPLACE ALL MEALS WITH BARIATRIC ADVANTAGE PROTEIN SHAKES. (<i>Drinking only liquids ensures your stomach will not have any food in it during your operation.</i>)

Proteins: serving size 4oz	Vegetables: serving size 1 cup
<ul style="list-style-type: none"> Skinless chicken Steak Pork chop Fish filet Eggs <p>Avoid deep-fried, battered proteins. Grill, bake, broil, or sauté your meats in butter/oil with salt-free seasoning.</p>	<ul style="list-style-type: none"> Broccoli Green beans Iceberg, Romaine, Spring Mix Spinach Cucumber Brussels sprouts Asparagus Cabbage Cauliflower Swiss chard Yellow summer squash Zucchini Dressings for salad: Ranch, Caesar, Oil & Vinegar
Snacks (if needed): 2 per day <ul style="list-style-type: none"> Sugar-free gelatin (no fruit), sugar-free popsicles, 1 boiled egg, 1 cheese stick 	

Sample Menu

Breakfast: 8oz Bariatric Advantage protein shake
Lunch: Baked chicken breast, 1 cup spring mix salad w/ 1 Tbsp Ranch dressing
Snack: Sugar-free Jell-O
Dinner: 8oz Bariatric Advantage protein shake

! **If you are taking diabetic medications:** Please contact your primary care physician to discuss the possibility of adjusting your diabetic medications. You will be consuming a very low amount of carbohydrate on the pre-op liquid diet and after surgery, so you may **not** need your regular dose of diabetic medications.

It is your responsibility to contact your physician regarding your diabetic medications, and whether any changes are necessary.

South Texas Surgeons does not manage or prescribe diabetic medications.

Bariatric Advantage Meal Replacements

How do I make a protein shake?

1. Add 2 scoops of BA protein powder to 8 ounces (1 cup) of cold water.
2. Shake in plastic shaker or blend in a blender with ice.

Tips:

- Freeze the shakes for an ice cream consistency
- Add ice cubes
- Blend with ice cubes and allow to set in refrigerator for ~30 minutes; this creates a malt-like consistency



****DO NOT add juice, milk, fruit, ice cream, or any other food to the shake that will increase calories/carbohydrates****

Bariatric Advantage High Protein Shake Recipes

Lemonade Shake <ul style="list-style-type: none"> • 8 ounces water • 1 packet Crystal Light on the Go Lemonade • 2 scoops vanilla protein powder 	Orange Creamsicle <ul style="list-style-type: none"> • 8 ounces water • One packet Crystal Light on the Go orange flavor • 2 scoops vanilla protein powder
Mocha/Vanilla Frappe <ul style="list-style-type: none"> • 4 ice cubes • 6 ounces coffee* • 2 scoops chocolate/vanilla protein powder 	Chocolate-Banana shake <ul style="list-style-type: none"> • 8 ounces water • 4-5 ice cubes • 1 scoop banana protein powder • 1 scoop chocolate protein powder
Tangerine Cream <ul style="list-style-type: none"> • 4 oz. Tangerine Diet Rite/Diet Orange Sunkist* • 4 ice cubes • 2 scoops vanilla protein powder 	Root Beer Float <ul style="list-style-type: none"> • 4 ounces diet Root Beer* • 4 ice cubes • 2 scoops vanilla protein powder
Pina Colada <ul style="list-style-type: none"> • 6 ounces water • 4 ice cubes • 1 tsp sugar-free coconut extract • 2 scoops vanilla protein powder 	Chocolate-covered Strawberries <ul style="list-style-type: none"> • 6 ounces water • 4-6 ice cubes • 1 scoop chocolate protein powder • 1 scoop strawberry protein powder

Common Questions about the Bariatric Advantage liquid diet:

(Q) "What flavors do the BA-Meal Replacements come in? (A) "Chocolate, Strawberry, Banana, Orange Cream, Latte and Vanilla"

(Q) "How many meals can I get from 1 container?" (A) "One bag will give you 35 meals."

(Q) "How much is one container?" (A) "\$55-- for 35 servings (1bag). A 2-week supply is \$110.00(2 bags)



ACCEPTABLE Over the Counter Medications after Surgery



Benadryl
 Robitussin
 Milk of Magnesia
 Peri-colace
 Claritin (NOT Claritin-D)
 Gas-X
 Tylenol Extra strength

Tylenol
 Dimetapp
 Phazyme
 Fleets-enema
 Colace
 Dulcolax-suppositories



Medications to AVOID taking on a Regular Basis after Surgery



ASA Enseals
 Advil
 Alka Seltzer
 Anacin
 Anaprox
 Ancid Ansaïd
 Ascriptin A/D caplets
 Asperbuf
 Aspergum Aspirin
 BC powder
 Bufferin
 Buffinol Cama
 Cataflam
 Clinoril
 Coricidin
 Cortisone

Daypro
 Dipyridamole
 Disclid
 Doan's Pills
 Dolobid
 Easpirin
 Ecotrin
 Emperin
 Excedrin
 Feldene
 Fiorinal
 Halfrin
 Ibuprofen
 Indocin
 Lodine Magnarpin

Maprin
 Measurin Mediprin
 Meclomen
 Midol Mobigesic
 Motrin
 Nalfon
 Naprosyn
 Norgesic
 Nyprin Caplets
 Orudis PAC analgesic
 Pamprin
 Pepto Bismol
 Persantine
 Tolectin
 Vanquish



ALL acceptable medications need to be in a chewable and/or liquid form for at least 3 weeks after your surgery.

If you have any questions regarding your medications, please call our office: 210-220-1726 (option1)

STAGE 1 POST-OP DIET: Liquids (Day 1 through 14)

**All vitamins and medications need to be in a chewable and/or liquid form.
For questions regarding your medications, please call our office: 210-220-1726 (option 1)**

Duration: Day 1 (day of Surgery) through day 14 (two weeks).

- Goals:**
- **Stay hydrated by drinking 48-64oz of fluid/day** (calorie-free, sugar-free, caffeine-free, non-carbonated) **Fluids used to make your protein shakes will count toward your fluid goal for the day**
** You may drink fluids through a straw, if desired.*
 - **Consume 50-60g of protein in the form of protein shakes**
 - To reach 50-60g protein/day, you will need to drink 2-3, 8-oz protein shakes
 - NOTE: Shakes might be too thick to comfortably swallow after your surgery. You may add more water to create a thinner consistency. You still need to reach your protein goal of 50-60g protein/day.
 - **Take chewable/liquid multivitamin**
 - If you feel nauseous after surgery or your vitamins are causing nausea, discontinue vitamins and resume when nausea goes away.

Liquid choices include:

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| <ul style="list-style-type: none"> • Water • Bariatric Advantage protein shakes • Decaf/caffeinated tea and coffee (it is recommended to limit your caffeine intake to 8-16oz a day) • Low-sodium broth or bouillon | <ul style="list-style-type: none"> • Crystal Light or fluids with artificial sweeteners (Truvia, Splenda) • Special K2O Protein Water Mixes • Atkins Advantage (available at grocery stores) • EAS AdvantEDGE Carb Control shakes • Designer Whey (available at grocery stores) • Sugar-free Jell-O or Popsicles |
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❖ **If you experience symptoms of dehydration such as; nausea, vomiting, low blood pressure, white fingertips, dry mouth and/or fast heartbeat; it is important to drink fluids with electrolytes.** Low-sugar fluids with electrolytes include: PowerAde Zero, Vitamin Water, Coconut Water, PediaLyte, Smart Water.

STAGE 1 POST-OP DIET: Sample Liquid Menu

	PROTEIN SHAKES	FLUIDS
Meal 1	8oz Bariatric Advantage protein shake*	SIP on water, calorie-free, caffeine-free, non-carbonated fluids throughout the day. Always have a bottle of water with you!
	Take Multivitamin	
Meal 2	8oz Bariatric Advantage protein shake*	
	Atkins protein shake	
Meal 3	8oz Bariatric Advantage protein shake*	
DAILY PROTEIN GOAL: 50-60g		DAILY FLUID GOAL: 48 - 64oz

**NOTE: It may take you more than 30 minutes to drink an 8-oz Bariatric Advantage protein shake due to the reduced capacity of your stomach and swelling from surgery. Drink slowly, and stop drinking if you feel uncomfortably full.*



Remember:

- You may add more water to protein shakes if you find them too thick to swallow comfortably.
- SIP all fluids slowly – this will help minimize the amount of air swallowed while drinking, and help you avoid bloating and cramping. ** You may drink fluids through a straw, if desired.*
- Avoid carbonated beverages—they cause bloating and cramping, which may be painful to your recently operated stomach.
- Walking can help alleviate gas discomfort, typically caused by a laparoscopic surgery. You may also use Gas-X® (Simethicone) strips or chewables.

STAGE 2 POST-OP DIET: Pureed Foods (Days 15 to 28)

All vitamins and medications need to be in a chewable and/or liquid form.
For questions regarding your medications, please call our office: 210-220-1726 (option 1)

Duration: Post-operative day 15 through day 28 (two weeks).

- Goals:**
- **Consume 60-80g protein/day from food and protein shakes**
 - **Drink 48-64oz of calorie-free, sugar-free, non-carbonated fluids** (refer to list from Stage 1)
 - **Continue/start taking your chewable/liquid multivitamin**

Pureed food choices include: Avoid foods that require chewing.

- All items from Stage 1
- Pureed proteins (chicken, beef, pork, fish) – *see instructions on next page*
- Cooked and pureed vegetables (green beans, squash, broccoli) – *see instructions on next page*
- Strained or pureed soups (egg-drop soup, Progresso Light soups – Italian meatball, pot roast)
- Sugar-free puddings
- Dannon Carb & Sugar Control Yogurt (Pureed so there are no fruit chunks)
- Low-fat or Light Greek yogurts (Pureed so there are no fruit chunks)
 - Chobani 0%, Fage 0%, Dannon Oikos
- Babyfood (Use protein and vegetable types)
- Well-mashed avocado (no chunks)
- **Remember to add protein powder to foods when possible. This will help you reach 60g protein/day.**

Liquid choices include:

- | | |
|---|---|
| <ul style="list-style-type: none"> • All items from Stage 1 • Bariatric Advantage High Protein Meal Replacement* • Premier Protein (available at Costco or SAM's) • Optisource* (Walgreens) • Isopure* (GNC) | <ul style="list-style-type: none"> • Atkins Advantage (available at grocery stores) • Designer Whey (available at grocery stores) • EAS AdvantEdge Carb Control (available at grocery stores) • Ensure High Protein (available at grocery stores) • Slim-fast High Protein (available at grocery stores) |
|---|---|
- *Lactose-free

STAGE 2 POST-OP DIET: Sample Pureed Foods Menu

		Protein	Fluids
Meal 1	2 Tbsp Cream of Wheat made with Mootopia milk (DMV)	10 g	Continue to sip on sugar-free, calorie-free, non-carbonated fluids throughout the day between your meals. >64-oz of fluid every day. DO NOT DRINK FLUIDS WHEN CHEWING FOOD.
Snack 1*	2 oz cottage cheese	8 g	
Meal 2	2-oz pureed chicken, pureed carrots	18 g	
Snack 2*	2-oz plain Greek yogurt	7 g	
Meal 3	2-oz pureed beef roast, pureed squash	18 g	
Snack 3*	4-oz protein shake	14 g	
Total protein		75 g	

*Snacks are optional. Use snacks if you are not able to meet your protein needs of 60g/day with your meals alone. Eat only when you are *physically hungry* (stomach is growling).



MEDICATIONS:

ON DAY 22 you begin week 4 of your healing. At this point, you may swallow medications in a pill form ONLY if they fit through a normal size straw. **Otherwise, ALL medications need remain in chewable or liquid form for 2 more weeks.**

If you have any questions regarding your medications, please call our office: 210-220-1726 (option 1)



STAGE 2 POST-OP DIET: How to make your own Pureed foods

You will need:

- Fresh or frozen vegetables, uncooked proteins
- Food processor, Magic Bullet, Ninja, etc.
- Ice cube trays
- Ziploc bags or storage containers

1. **Cook vegetables by steaming, baking, microwaving or boiling until very tender. (Steaming veggies retains most of the vitamins and minerals) Boil, bake, or slow-cook your meats/proteins to retain moisture.**

**Reserve any leftover liquid from cooking*



2. **Blend your vegetables or protein in a food processor, Magic Bullet, blender, etc. until the food is very smooth and there are no chunks. Add reserved liquid from cooking to make pureed foods thinner, especially meats/proteins.**



**The reserved liquid contains vitamins and minerals lost during cooking of the vegetables or meats, so using this liquid you are able to add back extra vitamins and minerals.*

At this point you may eat what you prepared, and freeze leftovers for other meals.

3. **Once your pureed food is to the desired consistency, transfer to ice cube trays by filling each cube with your pureed food.**
4. **Place in freezer and when completely frozen, remove food cubes with a butter knife and place in Ziploc bags or storage containers and store in freezer.**



5. **For meals, microwave desired portion for a few seconds to 1 minute. Enjoy!**

STAGE 3 POST-OP DIET: Regular Foods (Day 29 & onward)

Please see page 6 regarding taking your medications, during this phase.
For questions regarding your medications, please call our office: 210-220-1726 (option 1)

Duration: Post-operative day 29 and onward (indefinite).

- Goals:**
- Consume 60-80g protein/day from combination regular food items and protein shakes
 - Consume solid, healthy foods at all meals
 - Continue to drink >64oz of calorie-free, sugar-free, non-carbonated fluids a day (refer to list from Stage 1)
 - Continue multivitamin and add calcium supplements

In this stage you may **gradually** reintroduce solid, healthy foods to your body. In the beginning of stage 3, you may feel more comfortable starting with soft, moist foods that require little chewing. *(see food chart on page 9 for detailed list)*

Soft foods include:

- Vegetables: that are cooked or steamed
- Fruits: without skin and seeds
- Proteins: ground meat/turkey, eggs, tuna, cottage cheese and tofu

You may broaden your menu gradually into solid foods at your own pace. *(see food chart on page 9 for detailed list)*

Solid foods include:

- Vegetables: raw
- Fruits: with skin and seeds
- Proteins: steak, pork and chicken breast.

Choosing healthy foods:

Consuming foods with a low Glycemic Index (GI) help you feel less hungry, provide you with more energy, can lead to long-term weight loss and reduce the risk of diseases such as diabetes. The GI number represents the **quality** of carbohydrates (not the quantity). Refer to the detailed food list on page 9, to guide you in making good nutritional decisions.

- The majority of the foods in your diet ought to have a low Glycemic Index(GI).
- Choose majority of your foods from the **Green group**
- Eat foods in the **Yellow group** with caution
- Avoid foods from the **Red group**



Remember: The mouth & teeth now become the “food processor!”

- Broadening your menu is at your own pace, continuing to employ the principles of sound, healthy nutrition.
- The need for well-chewed meals and healthy food choices continues in this stage and throughout your lifetime! As it should for all health-conscious people.
- A diet rich in lean protein, vegetables and fruits is recommended.
- Avoiding flour products and starchy vegetables, is optimal for long-term weight loss and health.
- The need for protein supplements should decrease, as your protein intake will be obtained from regular and healthy food choices

STAGE 3 POST-OP DIET: Sample Menu With Soft Foods

		Protein	Fluids
Meal 1	1 scrambled egg with 1-oz cheese (DMV)	14 g	Continue to sip on sugar-free, calorie-free, non-carbonated fluids throughout the day between your meals. >64-oz of fluid every day. DO NOT DRINK FLUIDS WHEN CHEWING FOOD.
Snack	4oz BA protein shake	14 g	
Meal 2	2-oz tuna with 1 tsp mayo	14 g	
Snack	4oz BA protein shake (500 mg Ca ²⁺)	7 g	
Meal 3	2-oz shredded chicken with BBQ sauce	14 g	
Snack	4oz BA protein shake (500 mg Ca ²⁺)	14 g	
Total protein		70 g	

***Snacks are optional**; use snacks if you are not able to meet your protein needs of 60g/day with your meals alone. Eat only when you are *physically hungry* (stomach is growling).



Remember:

- These portion sizes are only *recommendations*; each patient tolerates food differently.
 - If you are not satisfied with the recommended portion sizes, increase your serving
 - If you are feeling nauseous or experience vomiting, reduce your portion size.
 - **Call South Texas Surgeons right away if feeling ill or any worrisome symptoms persist.**
- Advance your diet slowly by introducing a new food at each meal.
- Eat in the order: Protein, Vegetable, Starch
- Eat slow and chew your food 15-20x/bite
- Keep a food record to make sure you are meeting your protein and fluid goals.
- Begin to eliminate protein shakes; **use only if you are unable to meet your protein needs.** Limit yourself to 1 protein shake per day.
- Nausea, vomiting, light-headedness, dizziness, dehydration, and constipation are all possible at this stage. Refer to Common Problems and Solutions on pages 10 & 11

STAGE 3 POST-OP DIET: Sample Menu With Solid Food

		Protein	Fluids
Meal 1	1-egg omelet with 1-oz cheese (DMV)	14 g	Continue to sip on sugar-free, calorie-free, non-carbonated fluids throughout the day between your meals. >64-oz of fluid every day. DO NOT DRINK FLUIDS WHEN CHEWING FOOD.
Snack 1*	1 boiled egg (if needed)		
Meal 2	3-oz chicken breast, ¼ cup green beans	27 g	
Snack 2*	1 oz of cheddar cheese (if needed) (500 mg Ca ²⁺)		
Meal 3	3-oz steak, ¼ cup broccoli	27 g	
	(500 mg Ca ²⁺)		
Total protein		68 g	

***Snacks are optional**; use snacks if you are not able to meet your protein needs of 60g/day with your meals alone. Eat only when you are *physically hungry* (stomach is growling).



Remember:

- Your portions might be *very* small as you begin the solid food stage, so you might need snacks between your meals to meet your protein needs of 60-80g/day. If you need a snack, choose those that contain protein.
- As you continue to heal, your swelling will decrease and your portion sizes might increase. When you are meeting your protein needs with foods at your meals, begin to eliminate snacks.
- Start with small portions to avoid stuffing yourself. Your goal is to be *satisfied*, not "full" or feeling "stuffed."

STAGE 3 POST-OP DIET: Regular Foods (Grouped by Glycemic Index):

GREEN GROUP (GI 0-20): Eat Routinely

Steak	Shrimp	Chicken	Duck	Pork	Lamb
Fish	Turkey	Eggs	Scallops	Tofu	Veal
Green beans	Squash	Tomato	Zucchini	Okra	Turnips
Heart of Palm	Snow Peas	Water Chestnuts	Swiss Chard	Edamame	Spinach
Celery	Cucumber	Lettuce (all types)	Mushrooms	Peppers	Radishes
Artichoke	Asparagus	Brussels sprouts	Broccoli	Onion	Kale
Cauliflower	Eggplant	Cabbage	Olives	Cheese	Avocados
Atkins Protein	Water	Crystal Light	Sugar-Free/Diet flavored beverages	Sweeteners: Stevia, Splenda	

YELLOW GROUP (GI 21-50): Eat Occasionally

Yogurt	Cottage Cheese	Walnuts, Pecans	Macadamia Nuts	Pistachios	Sunflower Seeds
Almonds	Lima Beans	Pinto Beans	Green Lentils	Red Lentils	Kidney Beans
Butter	Navy Beans	Black Beans	Special K Protein	Slim Fast Protein	BA Protein
Beans	Blackberries	Blueberries	Raspberries	Pear	Orange
Peach	Strawberries	Grapefruit	Apple	Nectarine	Apricot
Cherries	Oatmeal	All Bran Cereal	English Muffin (100% Whole Wheat)	Tortilla (100% Whole Wheat)	

RED GROUP (GI 51+): To Be Avoided

Peas	Carrots	Potato	Sweet Potato	Pumpkin	Corn
Beets	Milk	Muscle Milk Protein	Ensure Protein	Pineapple	Watermelon
Kiwi	Mango	Raisins	Cantaloupe	Banana	Grapes
Tortillas	Pasta	Rice	Bread	Crackers	Cookies
Chips	Corn Flakes	Fruit Loops	Grapenuts Cereal	Fruit Juice	Cream of Wheat
Cheerios	Chocolate	Ice Cream	Mac N Cheese	Battered Foods	Granola Bars
"100 Calorie Packs"	Rice Cakes	Sport Drinks	Kool-Aid	Sweet Tea	Soda

Common problem foods

Listed below are foods reported by patients that tend to be difficult to tolerate. **MANY OF THESE YOU KNOW TO BE UNHEALTHY.**

- Dry or tough meats (chicken breast, shrimp, clams, oysters, tougher cuts of beef, dry pork)
- Doughy bread
- Membranes of citrus fruits (these can obstruct your stomach)
- Skins and seeds of fruits (apple, pear)
- Fibrous vegetables (celery, asparagus, corn, peapods)
- Popcorn
- Nuts and Peanut Butter
- Rice
- Pasta
- The casings of processed meats (hot dogs, sausage)

Vitamins and Calcium

Multivitamins:

You will need to take a quality multi-vitamin every day, before and after you have your surgery. In addition to a life-changing operation, you will be consuming a lot less food and will not be able to meet all of your vitamin and mineral needs.

ALL VITAMINS MUST BE CHEWABLE.

- Read the directions on your vitamins; you may have to take more than 1 tablet to complete the vitamin.
 - You may take both tablets at the same time.
- Remember to take your vitamins *everyday!*
 - Set an alarm on your phone
 - Take your vitamins when you brush your teeth in the morning
 - Set them on your nightstand

Calcium:

It is recommended you have 1500mg of calcium per day. Your multivitamin will provide approximately 500mg of calcium, so you will need to supplement the rest. This can be done with pills or chews.

- Your body absorbs only about 600mg of Calcium at a time
 - Calcium must be taken at different times of the day (unless it is a "slow release" product).
 - Space doses about 4 hours apart
 - Do not take calcium at the same time as your multivitamin
- Calcium Citrate can be absorbed with or without food

Acceptable brands:

South Texas Surgeons recommends Bariatric Advantage Vitamins and Calcium products as they are the highest quality, most bioavailable nutrient forms; *designed specifically for people with Bariatric surgery*. It is designed to be hypoallergenic, great tasting, and easy to digest and absorb.



- **Multivitamin Capsules:**
 - Ultra Multi Formula w/ Iron \$20/ 1 month supply **OR** \$50/ 3 month supply
- **Chewable Multivitamins: Mixed Berry, Watermelon**
 - Advanced Multi EA: \$40/ 1 month supply
- **Chewable Calcium: Chocolate, Raspberry, Caramel, Strawberry, Coconut, Lemon, Peanut Butter**
 - \$12/ 1 month supply **OR** \$30/ 1 month supply

Where can I get Bariatric Advantage?

1. In our office. All products are available for purchase at our front desk during normal business hours.
2. Online. Visit www.stxsurgeons.com, click on the Bariatric Advantage logo and you will be directed to our E-Store.
3. Phone. Call 1-800-898-6888, refer to South Texas Surgeon's **Referral Code: BA39772744**, and customer service will assist you.

Common Problems and Solutions

Dehydration: symptoms include; nausea, vomiting, low blood pressure, white fingertips, dry mouth and/or fast heartbeat; it is important to drink fluids with electrolytes.

- Low-sugar fluids with electrolytes include: PowerAde Zero, Vitamin Water, Coconut Water, PediaLyte, Smart Water.

Nausea

- Avoid overeating
- Drink 48-64oz of fluids every day
- Eat slowly and chew thoroughly
- Avoid carbonated beverages
- Avoid foods you cannot tolerate
- Avoid foods with lactose (dairy)

Vomiting

- Return to an earlier stage that you can tolerate
- Eat slowly and chew thoroughly
- Avoid overeating
- Eat foods that are moist or add a sauce/gravy

Bloating/Cramping

- Avoid overeating
- Avoid carbonated beverages
- Increase walking
- Avoid sugar alcohols (sugar-free gum, sugar-free candy, malitol)

Heartburn

- Avoid caffeinated and alcohol beverages
- Avoid spicy foods
- Avoid aspirin or other NSAIDS
- Take antacids (Tums)
- Avoid foods that are very hot or very cold
- Check the side effects of your medications
- Avoid lying down for 2 hours after eating

Diarrhea

- Limit or avoid foods with lactose (dairy). Your risk of developing a lactose intolerance after surgery increases.
- Eat slowly and chew thoroughly
- Avoid high-fat, high-sugar, and spicy foods
- Limit sugar-free products; eating too many of these can have a laxative effect.
- Decrease caffeine
- Try a probiotic—ask your dietitian for suggestions
- Call South Texas Surgeons right away if unexplained diarrhea occurs within 30 days of operation, or is associated with fever or bloody stools, or if you feel you are becoming dehydrated.
- Add a powdered fiber supplement, such as Metamucil, to diet. *Before adding a fiber supplement please contact your Doctor or Nutritionist.*

Intolerance to dairy products

- If this happens while you are still drinking protein shakes, make sure you are drinking a lactose-free protein shake. See page 3 for suggestions.
- Use lactaid tablets or drops. These can be purchased over-the-counter at your grocery store.

Constipation

- Drink at least 64oz of water per day
- Add a sugar-free fiber supplement (Metamucil, Benefiber, Citrucel) If you are adding a fiber supplement you make sure you are drinking at least 64oz of water per day. If you are not drinking enough water and add a fiber supplement it may lead to even worse constipation.
- Increase walking or physical activity
- Have 1 Tablespoon of Milk of Magnesia
- Increase your fiber through vegetables, fruits, and whole grains if you are in the correct diet stage.

Dizziness or Headache (persistent or sudden onset)

- Drink at least 64oz of water
- Make sure you are meeting your protein needs of 60-80g per day
- Add other low-calorie fluids with electrolytes (Propel Zero, G2, Powerade Zero)
- Drink regular broth (not the low-sodium)
- Avoid standing up too fast
- Stay cool and avoid situations where you may get overheated.
- If you feel these symptoms while showering, consider a cooler shower.
- Call South Texas Surgeons right away if dizziness persists, or if any concerns whatsoever.

Tired and Weak

- Drink at least 64oz of fluids per day and avoid caffeine
- Take your vitamins daily
- Sleep on a regular schedule
- Stay physically active
- Meet your protein needs of 60-80g per day
- Call South Texas Surgeons right away if fatigue or weakness does not improve *promptly*.

Leg cramps

- Eat a balanced diet
- Increase your intake of potassium-rich foods
- Take your vitamins daily
- Stay physically active
- Drink at least 64 oz of fluids per day
- If leg cramps occur the day after beginning an exercise regimen, this could be your muscles recovering
- Call your doctor if leg cramps persist or if one or both legs begin to swell

Excessive hair loss: Hair loss is normal in the first few months after surgery because your body is adjusting to a new calorie intake; this will level out over time

- Make sure you are getting your protein needs of 60-80g per day
- Drink at least 64 oz of fluid per day
- Take your multivitamins daily. You may take a biotin or zinc supplement to increase health of hair and nails
- Try Nioxin shampoo (sold at beauty salons)

**IF YOU HAVE ANY CONCERNS OR EXPERIENCE ANY OF THESE PROBLEMS FOR MORE THAN 24 HRS,
CALL OUR OFFICE IMMEDIATELY.**