

Post-Operative Bariatric Diet Advancement

Stage	Explanation
1	<p>This stage of the diet is 1 ounce of (30 cc medicine cup) ice chips every hour awake.</p>
2	<p>Clear liquids are essential to keep you hydrated during this phase of your diet progression. This stage consists of sugar-free and caffeine-free liquids (gelatin is included) that you can see light through.</p> <ul style="list-style-type: none"> ▶ When starting this stage of the diet progression, begin to sip one ounce over a 15-minute time frame. ▶ Stop drinking if you feel overfull, uncomfortable or nauseous. ▶ Some patients tolerate different types of clear liquids at various temperatures after surgery, so you may have to trial several to see what works for you. For example, very cold liquids can cause cramping. ▶ Remember! <ul style="list-style-type: none"> • Sip small amounts slowly. • NO straws! • When beginning this stage, allow 15 minutes to sip 1 ounce (30 cc medicine cup) for a total of 4 ounces per hour (120 cc or 4 medicine cups per hour). Doing this will help prevent distress to your new pouch, intestinal discomfort, excess gas and bloating. • Once you are able to comfortably drink 1 ounce over 15 minutes, advance as you tolerate to drinking 1 to 2 ounces of clear liquids over 15 minutes to start working toward your goal of 64-80 ounces of fluid per day.
3	<p>At this stage of the diet progression, if you have not already, begin to try and increase your clear liquids to 1 to 2 ounces every 15 minutes. This rate will provide an average intake of 6 to 8 ounces per hour.</p> <ul style="list-style-type: none"> ▶ Once you are able to drink 6 to 8 ounces of clear liquids per hour, start introducing liquid protein. ▶ Start with 1 to 2 ounces of protein shake, light soy milk, low-fat or fat-free milk or lactose-free milk per hour and the remaining ounces as clear liquid choices. Doing this will help reduce feeling overfull, bloated, nauseous and uncomfortable. ▶ Once you are able to tolerate 1 to 2 ounces per hour, start to slowly advance the amount you are drinking to goal of _____ shakes per day. ▶ When you are at your goal protein shake amount, aim to drink them as “meals.” For example, if your goal is 3 protein shakes per day, try to drink them as breakfast, lunch and dinner. This will help you to get back to structuring your meals.

Things to remember:

- ▶ Start your vitamins when you return home from the hospital. Take them as recommended on your vitamin schedule.
- ▶ If you are not tolerating liquid protein or vitamins, it is OK to reduce the amount or take a break from them. Focus on drinking clear liquids and try to restart protein and vitamins later.
- ▶ Journal all your fluids daily.
- ▶ Fluid goal is 64-80 ounces daily.
- ▶ If you are drinking 40 ounces or less of fluid daily, please call the Memorial Weight Loss & Wellness Center or your surgeon’s office.
- ▶ Dehydration is the number 1 reason post-bariatric surgery patients are readmitted to the hospital.
- ▶ Lactose intolerance can happen after bariatric surgery. If you are drinking low-fat or fat-free regular milk and you develop any gassiness, bloating or diarrhea. Try switching to light soy milk or lactose-free milk.
- ▶ Early Post-Op Priorities (first 7-10 days)
 1. Fluids
 2. Protein
 3. Vitamins