

Pre-Surgical Diet Education: Preparing for Safe, Successful Weight Loss Surgery

Objectives

- **Where do I find my information?**
- **What information do I need?**
- **What/when do I need vitamins?**
- **What protein shakes do I need?**
- **Where do I find these?**
- **What about this liquid diet?**
- **What about after surgery?**



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PATIENT EDUCATION

You are on your way to a healthier you! Below is detailed information about potential elements of your treatment plan your care providers want you to learn and understand. The information presented below is a self-guided content library to browse and read at your convenience.

Bariatric Procedure Booklets

- [Surgical Overview \(089-0208\)](#)
- [Important Medical Care Instructions \(089-0075\)](#)
- [Duodenal Jejunal Bypass with Sleeve Gastrectomy \(089-0246\)](#)
- [Duodenal Switch \(089-0223\)](#)

Patient Education Website

- Procedure Booklet
- Presurgical Diet Booklet
- Vitamin Schedule
- Vitamin Contract
- Daily Dose on Vitamins & Minerals

Memorial
WEIGHT LOSS & WELLNESS CENTER

Recommended Vitamin Schedule for Bypass

Name _____ DOB _____

Meal/ Snack	Time	Vitamin Schedule
Breakfast	_____ : _____	One Celebrate Multivitamin capsule + 500 mg Calcium Citrate
Lunch	_____ : _____	(All) One Celebrate Multivitamin capsule (Female Only) <input type="checkbox"/> 500 mg Calcium Citrate
Dinner	_____ : _____	One Celebrate Multivitamin capsule + 500 mg Calcium Citrate
Bedtime	_____ : _____	60 mg Iron + C tablet <input type="checkbox"/> Five days a week (men/post-menopausal female) 60 mg iron + C tablet <input type="checkbox"/> Seven days a week (menstruating female) Do not take iron within two hours of any dairy products, calcium supplements, coffee or tea
Bedtime		Vitamin B12 <input type="checkbox"/> 1,000 mcg (under the tongue) B12 every _____ (day of the week) <input type="checkbox"/> 1,000 mcg IM injection B12 once every month
		Other
Vitamin B12		Protein Needs _____ g protein per day = _____ protein shakes per day
Other		Calorie Needs 600-800 calories daily = your goal by one month post-op
Protein Needs		_____ g protein per _____
Calorie Needs		600-800 calories daily = your goal by one month post-op

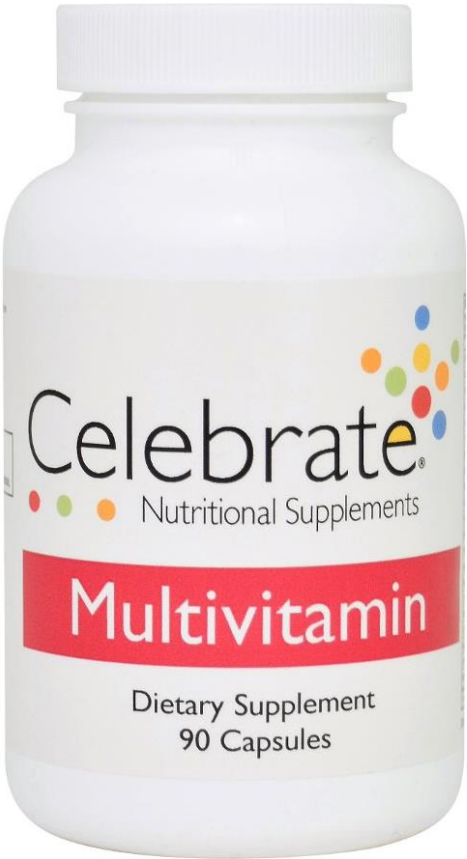
Vitamin Schedules

Sleeve Bypass DJB-S DS

Recommended Multivitamins



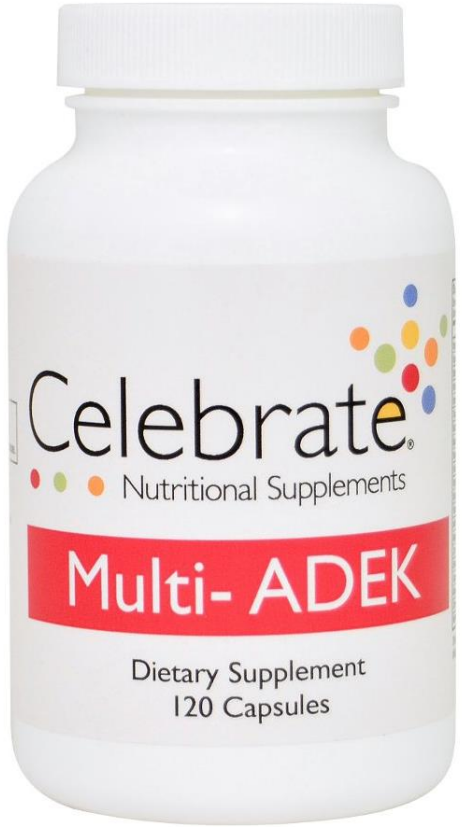
VSG



Bypass

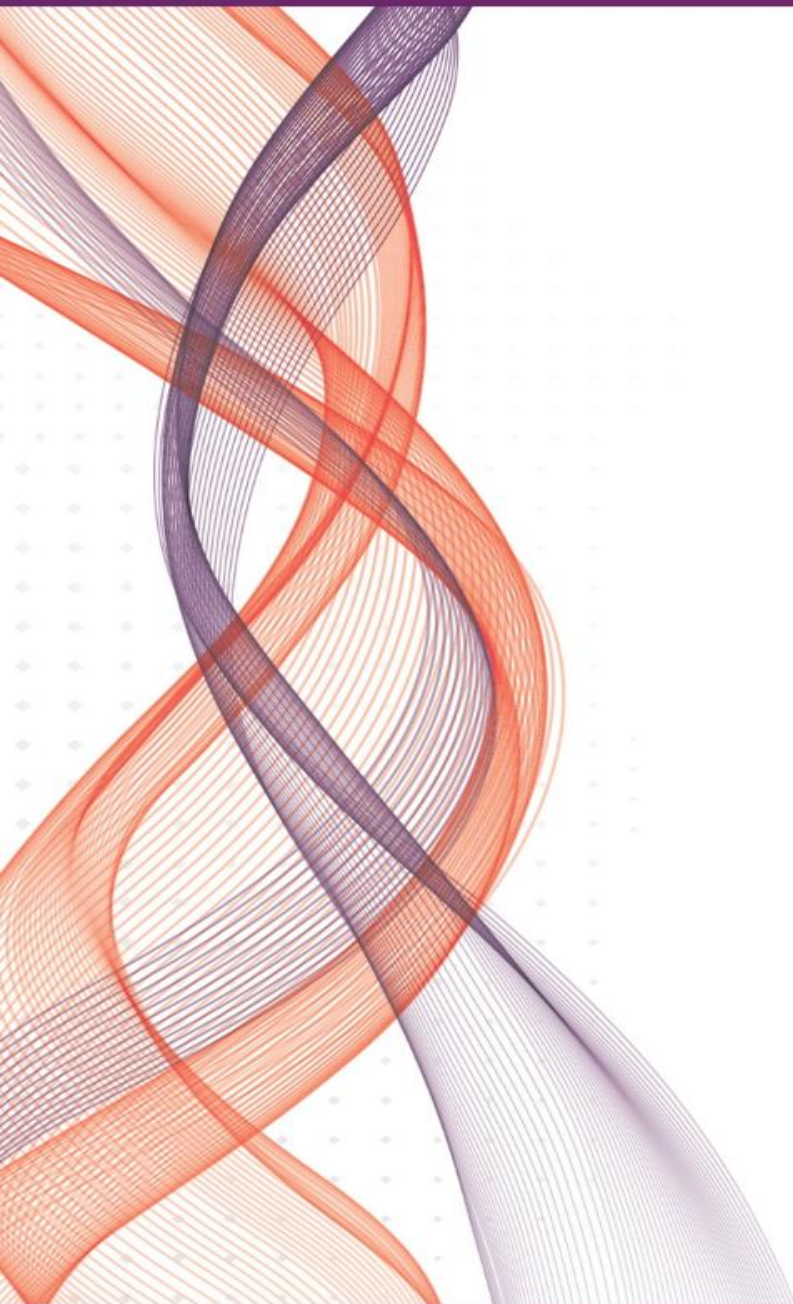


DS



DJB-S
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**Bariatric
Advantage**[®]
NUTRITIONAL SUPPLEMENTS


Celebrate[®]
● ● ● Nutritional Supplements

amazon




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Height	Protein Needs (g per day)	Protein Shakes/Day (if mixed with milk)
< 5'0"	50-65 g protein/day	2 shakes/day
5'0" – 5'4"	60-70 g protein/day	2 shakes/day
5'5" – 5'8"	70-80 g protein/day	2.5 shakes/day
5'9" – 6'0"	80-90 g protein/day	3 shakes/day
> 6'0"	90-120 g protein/day	4 shakes/day

Vitamin Contract

Name _____ DOB _____
 Provider _____ Date of service _____
 MRN _____

I agree to use only Bariatric Advantage or Celebrate multivitamin. I understand that vitamin gummies, patches, doTerra supplements, extended release formulas, Tespo pods, gel caps or vitamin capsules are not recommended.

I agree to purchase recommended doses and forms of vitamins and follow the vitamin prescription determined by a WLWC dietitian.

If I want to change my vitamins or my vitamin schedule, I will discuss desired changes with the WLWC dietitian first.

I understand if I do not follow the recommended vitamin schedule, I could develop lifelong nutritional deficiencies that may be irreversible and potentially life-threatening.

I will try to complete my labs two weeks prior to scheduled visits with the medical provider and/or dietitian. I understand if I complete labs after these visits, I may be asked to schedule with these providers again to review the results.

I understand my iron supplement cannot be taken within two hours of any dairy products, calcium supplements, coffee or tea, because it will reduce absorption of iron.

I understand that I cannot take multiple doses of my calcium supplement at the same time because I can only absorb a limited amount of calcium at one time.

I agree to read the entire handout: Daily Dose on Vitamins and Minerals.

I agree to notify the dietitian or WLWC medical staff of any signs or symptoms that could be associated with deficiencies listed in the Daily Dose on Vitamins and Minerals.

Patient signature _____ Date _____

194-0241 11/22/19

Daily Dose on Vitamins and Minerals

MULTIVITAMIN
 A multivitamin is recommended during certain stages of life including during weight loss and if experiencing certain disease states.

- General Health/Preoperative Guidelines:**
- ▶ 100-200% Recommended Dietary Intake (RDI)
 - ▶ Menstruating women: 18mg iron
 - ▶ Non-menstruating women: 8mg iron
 - ▶ No gummies, energy formulas or extra herbal supplements
 - ▶ Suggested options: Centrum, One a Day, Nature Made or generics of these brands
- Postoperative Bariatric Surgery:**
- ▶ Choose multivitamin from either Celebrate or Bariatric Advantage brands.



CALCIUM

Many people do not consume adequate amounts of calcium in their food. Daily recommended calcium intake in divided doses totaling 1000-1200mg. Common food sources include dairy products, dark leafy greens, fortified cereals and soy products. Other forms of calcium that are not recommended include calcium carbonate, Tums and coral calcium, due to the lower absorption content of these forms.

Common reasons for calcium deficiency:

- ▶ Low intake of calcium-rich foods
- ▶ Surgeries that affect absorption of nutrients
- ▶ Low vitamin D levels
- ▶ Long-term use of acid reduction drugs

General Health/Preoperative Guidelines:

- ▶ Anyone less than 50 years old: aim for 500mg twice daily for a total of 1000mg
- ▶ Women older than 50 or pregnant: aim for 600mg twice daily for a total of 1200-1500mg

Post-Operative Bariatric Surgery:

- ▶ Men: aim for 500mg twice daily for a total of 1000mg
- ▶ Women: aim for 500mg three times daily for a total of 1500mg

Common name brand forms of calcium citrate include Citrical and its generics.

IRON

Iron is a mineral in your body that is important for building red blood cells, carrying oxygen, proper immune system function, detoxification and growth and development. When your iron becomes too low, you may develop iron deficiency/anemia, which means your body does not have enough iron to make blood cells normally. Common foods that are high in iron include meat, beans, nuts and broccoli.

- Common reasons for iron deficiency include:**
- ▶ Long-term use of acid-reducing drugs
 - ▶ Heavy menstrual cycles
 - ▶ Limited intake of iron-rich foods
 - ▶ Bleeding inside your body
 - ▶ Bariatric surgery

- Four tests make up an iron panel:**
- ▶ Iron: measures iron circulating in your blood stream
 - ▶ TIBC: searches for extra iron in the body and accessibility of iron stores
 - ▶ Ferritin: measures liver stores of iron
 - ▶ Percent saturation: measures amount of iron bound to red blood cells

- Symptoms of iron deficiency may include:**
- ▶ Shortness of breath
 - ▶ Feeling dizzy/lightheaded
 - ▶ Headache
 - ▶ Brittle nails
 - ▶ Hair loss
 - ▶ Restless leg syndrome
 - ▶ Cravings for ice or other non-food items

If iron deficiency persists, it can increase the risk for developing an infection and heart problems. Do not take iron and calcium supplements together as they compete for absorption; take them two hours apart. Also, do not take iron with any coffee or tea products.

VITAMIN D

Vitamin D is fat-soluble and is found in calcium-rich foods such as milk, yogurt and fatty fish like salmon and tuna. Your skin can also make it after sun exposure. Vitamin D helps the body absorb calcium from food and supplements. Also, it is important for immunity, growth and development.



Two Weeks Before Surgery: Presurgical Diet

4 Protein Shakes Per Day



2 Protein Shakes
with Milk

2 Protein Shakes
with Clear Liquids



6 Servings of Carbs Per Day



Unlimited Non-Starchy Vegetables



meal plan. read labels. measure. food log.



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	
Sodium 470mg	10%
Total Carbohydrate 31g	20%
Dietary Fiber 0g	10%
Sugars 5g	0%
Protein 5g	
Vitamin A	
Vitamin C	4%
Calcium	2%
Iron	20%
	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g



If you have diabetes:



**Invokana, Farxiga,
or Jardiance**



Post-Op day (PO D)# _____

	Fluid Intake	Walking	Anti-Embolic Exercises	Pain Rating (1-10)	Incentive Spirometer
12:00 AM					
1:00 AM					
2:00 AM					
3:00 AM					
4:00 AM					
5:00 AM					
6:00 AM					
7:00 AM					
8:00 AM					
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM					
1:00 PM					
2:00 PM					
3:00 PM					
4:00 PM					
5:00 PM					
6:00 PM					
7:00 PM					
8:00 PM					
9:00 PM					
10:00 PM					
11:00 PM					

Continue to track these behaviors when you get home

Post-Op Diet Advancement

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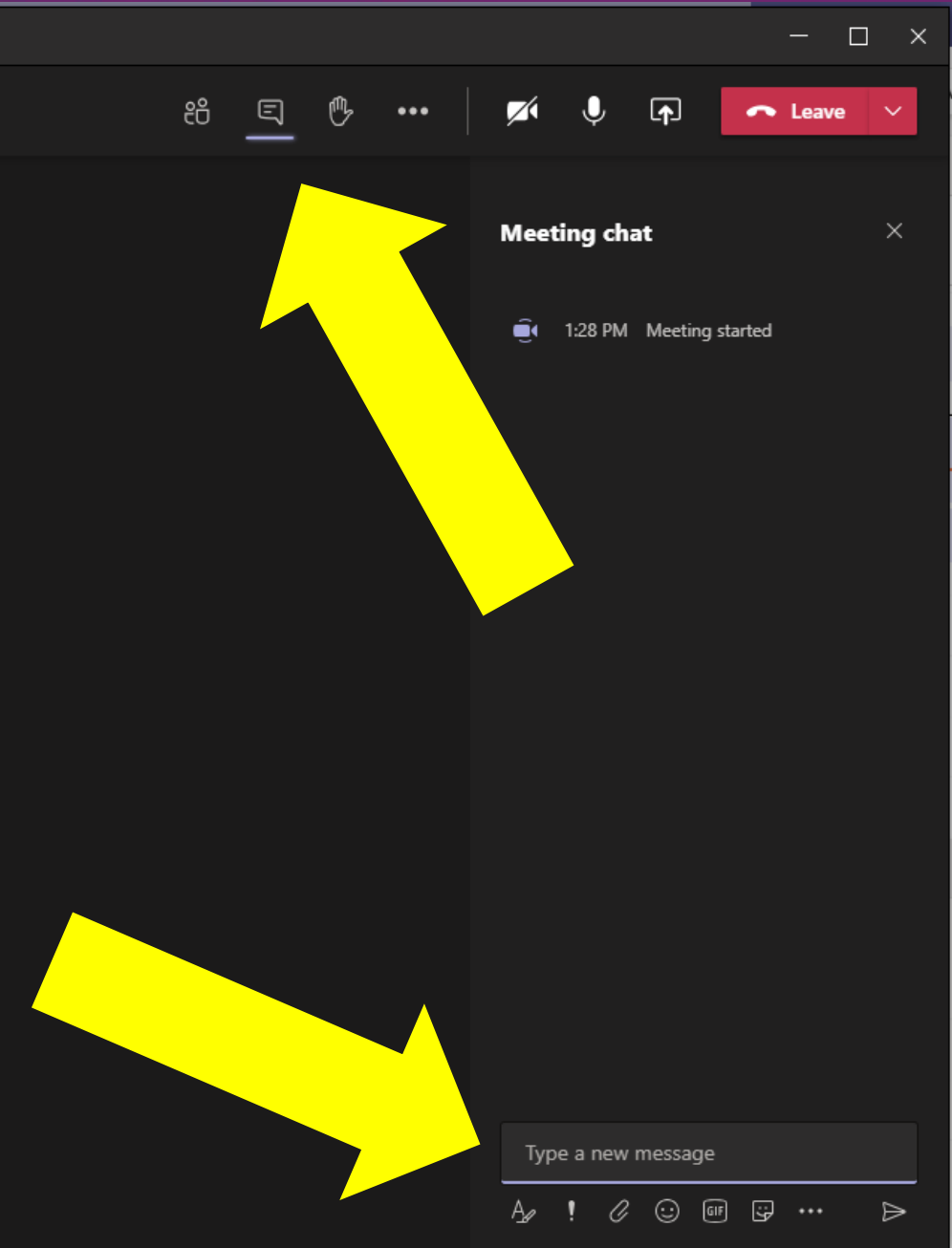
Post-Operative Bariatric Diet Advancement

Stage	Explanation
1	<p>This stage of the diet is 1 ounce of (30 cc medicine cup) ice chips every hour awake.</p> <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. <p>▶ Remember!</p> <ul style="list-style-type: none"> • Sip small amounts slowly. • NO straws!
2	<ul style="list-style-type: none"> • 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. <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.
3	<p>Things to remember:</p> <ul style="list-style-type: none"> ▶ 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 your 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 gasiness, bloating or diarrhea. Try switching to light soy milk or lactose-free milk.



Following Today's Group:

- Save today's handouts to refer back to
- Watch the Behavioral Health video
 - Prepare your home
- Purchase post op meds/vitamins
- Await the scheduling surgery call
- Prepare/complete 2 week diet



Questions?

Type them in the chat feature
(note: everyone can see them)