

GASTRIC SLEEVE POST-OP NUTRITION

WEEK 1

Day 1 (first day you wake up in your own bed)

Clear Liquids:

10 ounces every 4 hours during the day, or at least 40oz per day. Drink slowly and do not use a straw. It's OK if you can drink more than 40oz without difficulty. Liquids will not stretch your stomach pouch.

Water

Flavored water (less than 10 calories)

Iced or hot tea

SF (sugar-free) popsicles, fudgsicles

SF jello

MyWeight fruit drinks 2-3 servings per day (any flavor)

Clear broth, chicken, beef, vegetable (consomme Ok)

Crystal light or similar SF drink

If you are not nauseated you may have black coffee in small quantities (sugar substitute, no cream)

Day 2-4

Slowly increase clear liquids (above list) to 40 oz per day

You may add MyWeight Tomato Soup & PrescriptFit Chicken and Beef Soup

Day 5-7

Total daily fluid intake goal is at least 40 oz per day

Continue with the above clear liquids and soups.

After DAY 7 you may begin chewable vitamins **only** if you are not nauseated

Required Supplements:

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron (29mg) Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

You may be instructed by the surgeon to alter vitamin intake depending on your individual needs

GASTRIC SLEEVE POST-OP NUTRITION

WEEK 2

Day 7-10

Same as days 5-7

In addition to the above, you may now add protein supplement drinks and smoothies (no added fruit)

At this point you will be seen in the clinic for your **first follow-up appointment**.

Be prepared to discuss daily fluid and protein intake as well as all medications and vitamin supplements.

Day 10-14

Total daily fluid intake goal is at least 40 oz per day

Continue all of the above liquids

If you are not nauseated, you can slowly add the following full liquids:

Diet V8

Skim milk, 1% milk

Calorie Countdown milk

Soy milk or Almond milk (plain, low-fat)
(for lactose intolerant patients)

Low-fat yogurt

SF pudding (MyWeight pudding)

Lo fat cream soups (includes MyWeight and Prescript Fit soups)

Natural apple sauce (no sugar added)

A word about lactose intolerance:

If you become nauseated and/or feel bloated, eliminate milk products and go back to the previous liquid stage, Call the office for persistent nausea or vomiting

Supplements:

Protein goal is 40- 60 gms per day ONLY AS TOLERATED

(MyWeight fruit drink has 15 gms of protein per serving, MyWeight soup has 15gms per serving,

PrescriptFit soup has 13 gms of protein per scoop)

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron(29mg) Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

You may be instructed by the surgeon to alter vitamin intake depending on your individual needs

GASTRIC SLEEVE POST-OP NUTRITION

If you have nausea and vomiting, continue with previous stage. Do not move forward until you no longer have nausea. Call the office if nausea and vomiting persists.

Week 3 (days 15-21)

Total fluid intake greater than 48oz per day

Continue the previous stages and add

MUSHY FOODS:

Bananas (1/2 of a fresh banana is 1 serving)

Add fruit to protein smoothies

Baked sweet potato (1/4 to 1/2 of a small potato)

Oatmeal (protein fortified MyWeight)

Cream of wheat

NO GRITS

Supplements:

Add Protein Supplement up to 60-80 gms per day

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron (29mg) Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

Week 4

Total fluid intake greater than 48 oz per day

Continue the previous stages and add:

Low-fat cottage cheese

Lite canned fruit (no sugar added)

Well cooked vegetables and beans (no rice)

Low-fat cheese (such as skimmed milk mozzarella sticks)

Supplements:

Begin taking Calcium citrate + Vitamin D every day (400-500mg 3-4x/day)

Add Protein Supplement up to 60-80 gms per day

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron (29mg) Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

You may be instructed by the surgeon to alter vitamin intake depending on your individual needs

IF YOU ARE NOT HUNGRY...DON'T EAT

Focus on fluids, protein, vitamins & daily activity

GASTRIC SLEEVE POST-OP NUTRITION

The **1 month postop follow-up visit** usually occurs around this time.

You may have nutritional labwork done before this visit so you can discuss your nutrition at this visit.

Week 5

Pay more attention to chewing well and eating slowly as the food textures change.

Total fluid intake greater than 48 oz per day

Continue the previous stages and add:

Poached, scrambled or soft boiled egg

Melba toast

Multigrain crackers (low-fat)

Fresh fruit

Protein bars (MyWeight)

Supplements:

Calcium citrate + Vitamin D every day (400-500mg 3-4x/day)

Add Protein Supplement up to 60-80 gms per day

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron (29mg) Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

Week 6

Total fluid intake should 48-60oz per day

Continue the previous stages and add:

Low fat Omelet or Scrambled eggs (extra whites will increase protein)

Cooked vegetables

Canned tuna (packed in water)

Baked fish (no breading)

Fresh crab meat

Whole grain cereal and cereal bars (no sugar added, artificial sweeteners OK)

Supplements:

Calcium citrate + Vitamin D every day (400-500mg 3-4x/day)

Add Protein Supplement up to 60-80 gms per day

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron (29mg)Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

IF YOU ARE NOT HUNGRY ...DON'T EAT

Focus on fluids, protein, vitamins, daily activity

GASTRIC SLEEVE POST-OP NUTRITION

Week 7

Total fluid intake goal is 48-60 oz per day.

Continue the previous stages and move on to salads with minimal amounts of low calorie dressings. Add lean ground meats, such as turkey and beef (2-3oz serving) and then baked chicken (2-3oz servings) as long you are tolerating it.

Week 8 and Beyond

You should not try difficult meats such as roast and steak until at least 16 weeks (4 months) after surgery. They require very small bites and lots of chewing. Go slowly.

Continue to concentrate on high protein food choices and adequate no-calorie fluids. Take supplemental protein to get in 60-80 gms every day.

Plain or lightly salted nuts (One 2 oz serving per day) Almonds are the best choice.

No white or yeast breads. Limit breads to flat breads , whole wheat tortillas, sandwich rounds.

Avoid starches and simple sugars (cake, candy etc). No fried foods (chips, french fries, etc).

Beware of microwaved leftovers.

Many foods, especially meat, may become more dry and rubbery when reheated in a microwave. Add moisture such as broth or water.

Supplements:

Calcium citrate + Vitamin D every day (400-500mg 3-4x/day)

Add Protein Supplement up to 60-80 gms per day

Chewable Multivitamins every day (Take 2/day if taking Bariatric Advantage brand)

B complex 1x/day (included in Bariatric Advantage multivitamin)

Chewable Iron (29mg) Daily

Take B12 1000 mcg Sublingual (under the tongue) Daily

You may be instructed by the surgeon to alter vitamin intake depending on your individual needs.

IF YOU ARE NOT HUNGRY... DON'T EAT

Focus on fluids, protein, vitamins, daily activity