



Why a MBSAQIP Accredited Center?

In an effort to maximize optimal care of bariatric surgery patients nationwide, the American Society for Bariatric and Metabolic Surgery (ASMBS) has developed a comprehensive screening process for identifying qualified institutions and surgeons who have demonstrated a high standard of care in the area of bariatric surgery. Patients considering bariatric surgery must consider a MBSAQIP Accredited Center as a requirement when seeking the surgery. Additional information on this accreditation can be found at www.mbsaqip.org.

What does the designation mean?

The MBSAQIP Accreditation designation ensures several expectations in standard of care.

- A multidisciplinary approach to treatment of bariatric surgery patients
- A program that meets the standards of both the NIH and ASBMS
- Certified centers with experienced bariatric surgeons tend to have better outcomes, including lower complication rates.

Patient Education Manual

We have created this manual for our patients to use as a guide during throughout the pre and post-operative journey. Please study the content of this manual carefully, and make note of any questions or concerns you may have. You should review this manual multiple times throughout this process.

In the first few pages of the manual you will find helpful information regarding the location of a variety of different appointment types. You'll also find a map of the hospital guiding you to the parking areas and into the offices of our different providers. It is best to review this information prior to your appointments so that you will have adequate time to call for clarification if you are unsure where to go.

Next you will find instructions for signing up for our MyCenturaHealth patient portal. This tool will be very helpful to you both for use with our department, and any other areas of Centura that you receive care.

Then you will find information regarding our supervised weight loss classes. Again, please review this info prior to your first appointment so you will understand what to expect during these classes.

Finally, you will find a form that can be used to track your required appointments before and after surgery. This is for your use only. We will be scheduling multiple appointments for your throughout this process, so some patients have found it helpful to track all those dates in one area.

Again, we welcome you into our program!

**Bariatric Services Guide
for New Patients**

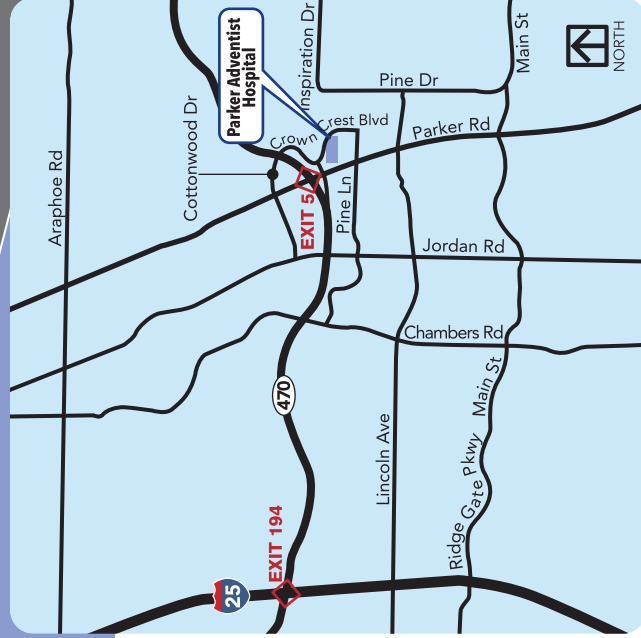
Center for Bariatric Surgery Parker Adventist Hospital



Location Guide for all Bariatric Appointments

Supervised Weight Loss Classes	Appointments with Your Surgeon	Appointments with the Dietitian and/or Counselor
• Unless otherwise specified in your reminder call, classes will take place in the conference rooms on the garden level of the hospital. • Signs will be posted in the hallway and on the TV monitors near the glass door entrance, directing you to the appropriate conference room for class. • The hospital is located at 9395 Crown Crest Blvd. Parker, CO 80138.	• Dr. Joshua Long and Sarah Palmer, PA: 9395 Crown Crest Blvd. Alpine Building, Suite 440 303-269-4370 • Dr. Thomas Brown: 9399 Crown Crest Blvd. Sierra Building, Suite 325 303-861-4505 • Dr. Matthew Metz: 10233 S. Parker Rd Suite 202 720-851-1610	• For your nutrition assessment and psychological evaluation you will come to our main office, located at 19284 Cottonwood Dr. Suite 201 Parker, CO 80138

If you are unsure where to arrive for your appointment, please do not hesitate to call us at 303-925-4290 or call your surgeons office directly.



Driving Directions

From Westbound E-470

Exit Parker Rd. and head south. Take an immediate left on Crown Crest Blvd. into the Crown Point Business Park. Parker Adventist Hospital will be on your right.

From Eastbound E-470

Exit on Parker Rd. and continue straight onto Crown Crest Blvd. into the Crown Point Business Park. Parker Adventist Hospital will be on your right.

Parking

Free valet parking is offered at the main hospital entrance (tipping not required or expected).

Valet hours

Monday - Friday, 7:30 a.m. - 5:30 p.m.

Self-parking is available around the hospital, including the west side with direct access to the Parker Hospital Conference Center

Peakview Café

Monday-Friday

Breakfast: 7 a.m. - 10 a.m.
Lunch & Dinner: 11 a.m. - 9 p.m.

Saturday & Sunday

Breakfast: 7 a.m. - 10 a.m.
Lunch & Dinner: 11 a.m. - 7 p.m.

Barista

Monday - Friday

7 a.m. to 7 p.m. (closed from 2 to 3 p.m.)

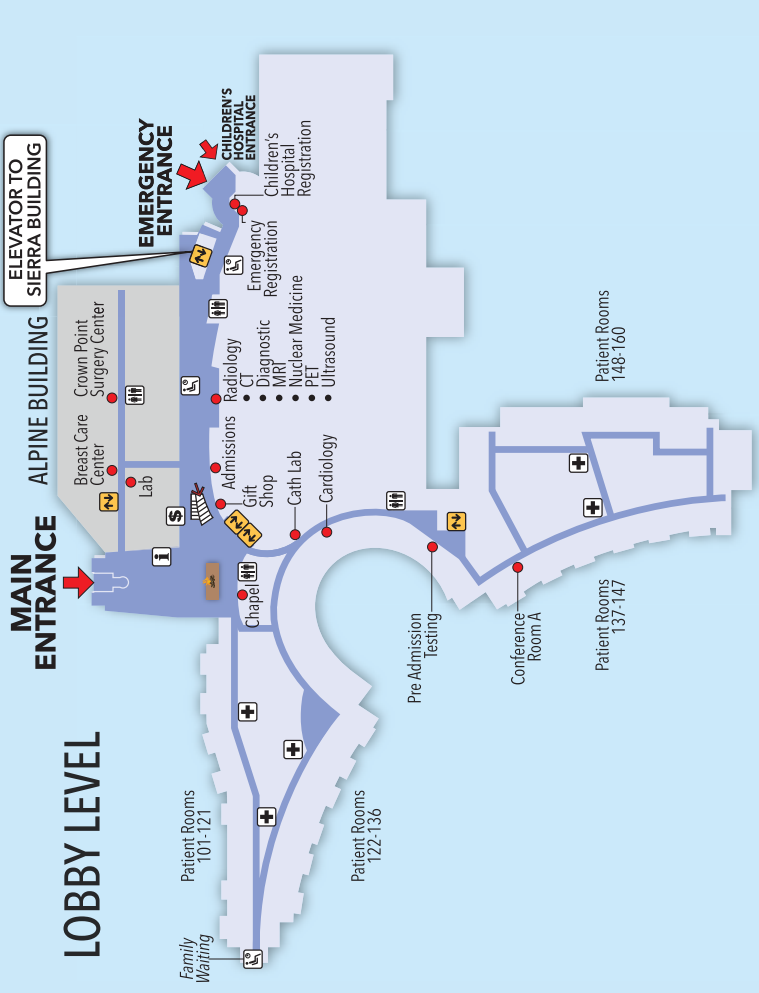
Saturday - Sunday

7 a.m. to 4 p.m. (closed from 2 to 3 p.m.)

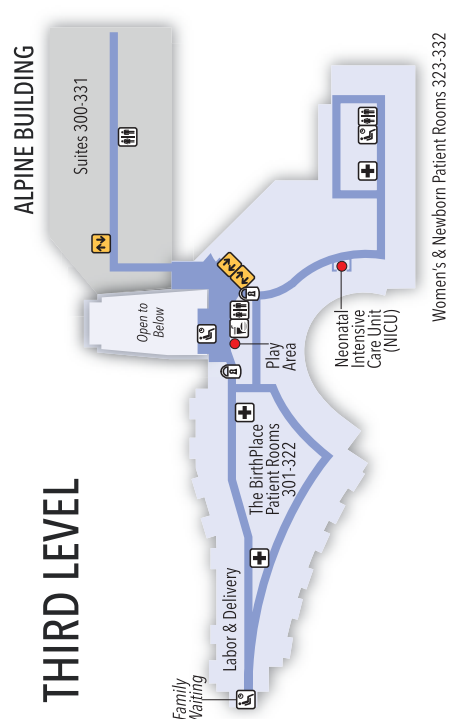
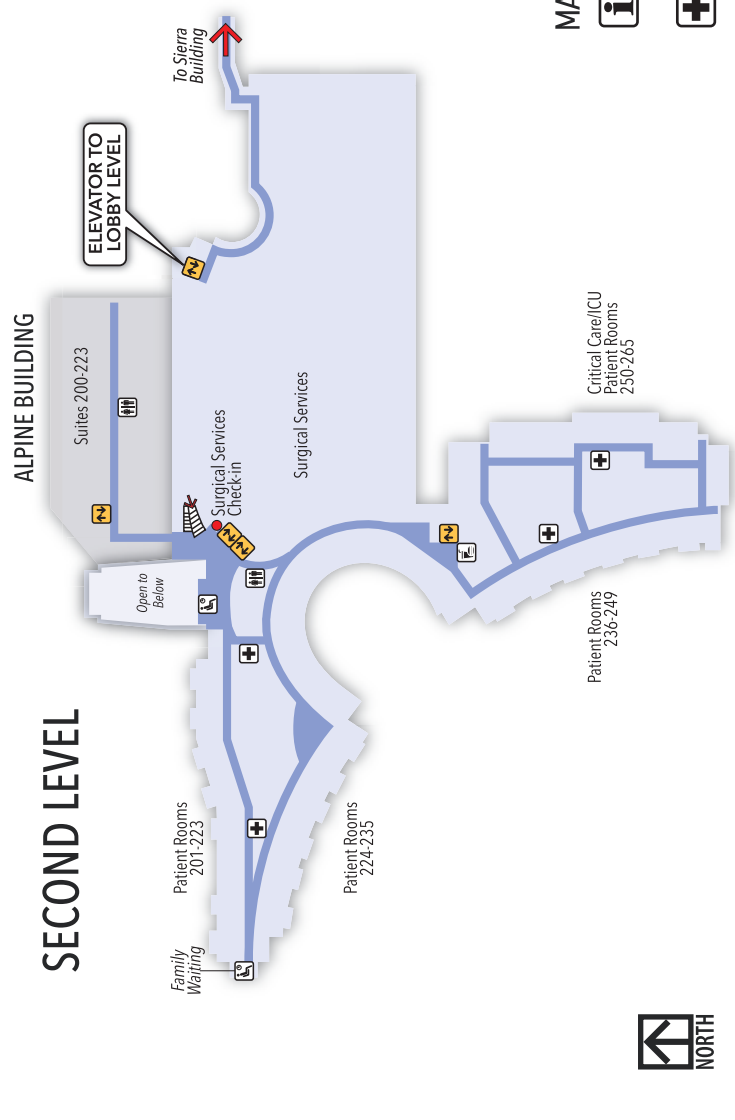
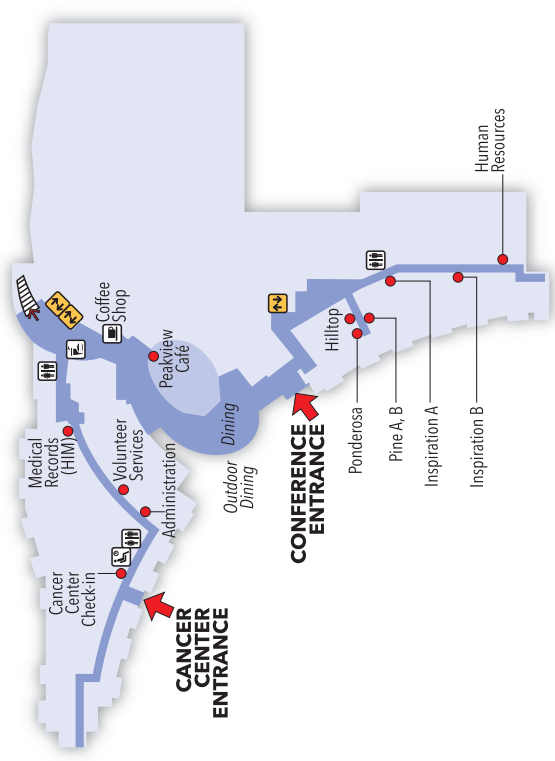
Important Phone Numbers

Main Hospital (303) 269-4000
Gift Shop (303) 269-4950
Scheduling Tests & Procedures (303) 269-4500
Physical Therapy, (303) 269-4590
Occupational Therapy & Speech
Breast Care Center (303) 269-4150
Billing Questions (303) 715-7000

MAIN HOSPITAL • 9395 Crown Crest Blvd., Parker, CO 80138
ALPINE BUILDING • 9397 Crown Crest Blvd., Parker, CO 80138
SIERRA BUILDING • 9399 Crown Crest Blvd., Parker, CO 80138



GARDEN LEVEL



- MAP KEY**
- Information
 - Nurse Station
 - Elevator
 - Vending
 - Stairs
 - ATM
 - Restrooms
 - Restricted Access
 - Waiting



Welcome to the new and improved MyCenturaHealth patient portal!

MyCenturaHealth is a secure, online portal that helps you conveniently manage your health. You can access your medical record from participating Centura Health hospitals and Centura Health Physician Group practices—all with one username and password.

Start using MyCenturaHealth today.

Getting registered is easy. Simply visit epic.mycenturahealth.org, and follow the instructions to either enter or request your personalized authorization code.



Find out more about enhanced features on MyCenturaHealth:

Get medical advice – When you have non-urgent questions that might not warrant an office visit, you can send secure messages with photos.

eCheck-In – This feature saves you time when you arrive at the clinic by allowing you to complete most of the check-in process from the convenience of home.

In MyCenturaHealth, patients can pay visit copays; verify insurance and demographics information; verify medications, allergies, and current health issues; and answer appointment-related questionnaires before a visit.

MyCenturaHealth mobile applications

You can also schedule and request appointments, review lab results, email directly with your provider or clinic, and review or pay your bill. Sign up today!

Need help? E-mail MyCenturaHealth@MyCenturaHealth.org or call 866-414-1562 to talk to our MyCenturaHealth staff. Remember, MyCenturaHealth is NOT to be used for urgent needs. For medical emergencies, **dial 911**.



MyCenturaHealth is also available to download on your mobile device.
Visit your iOS or Android app store and search for MyCenturaHealth to get started.



Center for Bariatric Surgery Parker Adventist Hospital



Supervised Weight Loss Class

Welcome to the Center for Bariatric Surgery supervised weight loss class! We look forward to working with you to meet your weight loss goals. Please read through the following information so that you will be well informed and ready to participate in these required classes.

Class Structure

The program is comprised of six different modules, each of which will help you to develop skills essential for healthy, long-term lifestyle changes. Each class will be taught by a registered dietitian or a mental health professional. Participation in class is encouraged and patients are encouraged to keep a written record of their progress between classes.

Class Schedule

Each class will be offered multiple times each month. Please arrive at class on time so that we can measure your height, weight, and BMI per insurance requirements. If you are unable to attend your scheduled class please contact the office immediately so we can reschedule your class in a time period that will maintain compliance with your insurance criteria.

Insurance Requirements

Please be advised that if you are here for insurance requirements, your insurance has specific conditions you must meet. Most insurance companies require that the six months be attained consecutively. Missing even one class will force you to start over from the beginning. Remember, it is *your* responsibility to understand and meet your insurance specifications.

If for some reason your insurance changes during this pre-operative period, it is recommended that you complete the classes since the documentation will be valid for one to two years (time-frame is dependent on your insurance plan.) This may save you from having to complete the program again should you get new insurance

Documentation

- At the end of each class, the dietitian will create a clinical chart note to document your attendance in class. These notes will be forwarded to your surgeon's office, and submitted to your insurance for surgery approval.

All classes will take place in the conference rooms on the garden level of the hospital. Signs will be posted in the hallway and on the TV monitors near the glass door entrance, directing you to the appropriate conference room for class.

If you have any questions please contact us!

Center for Bariatric Surgery at Parker Adventist Hospital
303-925-4290

**SWL Class Participation
Agreement**

CBS Program Participation Agreement

1. Weight gain during your supervised weight loss classes may disqualify you from having bariatric surgery. If you feel that you are struggling with weight loss/weight maintenance, please contact your dietitian immediately.
2. Although we encourage the support of friends and family throughout this process, we do need to know if you are bringing someone with you to class when you schedule your appointment. If space in the room is not available, please understand that patients will be given priority for registration.
3. Please make necessary arrangements for childcare during your appointments and classes. Children 12 years of age or more will be permitted to wait in our lobby or outside the conference room area during your appointment. For the safety of your children, those ages 12 years or under will not be permitted to wait alone. The information discussed in these classes/appointments is crucial for a successful surgical outcome. Caring for children during these appointments may impact your ability to focus on the material presented, and may distract other patients.
4. You must arrive on time. Staff will be working with all class participants to obtain vitals, which is a required component of your insurance criteria. This can take a significant amount of time, depending on the number of patients attending class. If all patients arrive early, class will begin early. If all participants have not arrived, please note class will begin on time. Those who arrive more than 5 minutes late will be asked to stay after class to complete documentation for attendance and obtain vitals. Those who arrive more than 15 minutes after class has begun will be required to reschedule.
5. If you are unable to attend your scheduled class, please call to reschedule as soon as possible. Most insurance companies have strict parameters regarding the time you are allowed to complete all of your classes. Failure to reschedule a missed class in a timely manner may result in a need to re-start the supervised weight loss class process.
6. Please arrive on time for clinic appointments. If you think you may be late, please call the office. We understand there can be unexpected delays and we will try to accommodate; however, if you are more than 10 minutes late we reserve the right to reschedule your appointment. The decision to reschedule will be made on a case by case basis in effort to respect the time of other patients and our staff.
7. We ask that you please be respectful of other class members and the class instructor. Specifically, please observe the following:
 - Let everyone in class share their ideas and opinions.
 - Be respectful of the time of others in class and the instructor.
 - Be willing to listen to other class members concerns.
 - Do not discuss any personal information shared in this class within anyone outside of the program.
 - Remain positive and encouraging to other class participants and to yourself!
8. You will be provided ONE copy of the patient binder. If you lose that copy, we will email you a digital version and you will be responsible for printing the binder at your own expense. You are required to bring your binder with you to all classes and appointments.

I have read and understand the above agreement. I agree to follow the guidelines as outlined, and any additional instructions provided by the bariatric staff.

Patient Printed Name: _____

Patient Signature: _____ Date: _____

Name: _____

Surgeon: _____

It's All About ME!



MY JOURNEY

MY Appointments for Initial Assessment	Surgeon	Dietitian	Counselor		

Expectations for MY appointments:

(Your appointments with the dietitian and counselor will be at the CBS office; 19284 Cottonwood Dr. Suite 201)

MY Classes Number of Classes Required: _____	SWL Class #1	SWL Class #2	SWL Class #3	SWL Class #4	SWL Class #5	SWL Class #6

Expectations for MY classes: (classes must be completed in consecutive months; please arrive to class on time; vitals will be taken at each class; classes are in the conference center of the hospital; see signs for room info.)

MY SURGERY

Projected Month	
Date of Surgery <i>(to be determined after completing SWL Classes)</i>	

Please note: Date is a projection only. Date is subject to change due to surgery schedule, delay in insurance approval, etc.

MY FOLLOW UP

2 weeks- Surgeon	4 weeks- Primary Care Physician	6 weeks- Dietitian and Counselor	3 months- Surgeon, Dietitian, Counselor	6 months- Surgeon, Dietitian, Counselor	1 year- Surgeon, Dietitian, Counselor
Contact surgeon for appointment	Contact your PCP for appointment				

Expectations for MY follow up: Follow up is expected for a minimum of 1 year. If you move or no longer plan to follow up with our program, please complete follow up visits with your primary care physician and have records of that follow up faxed to our office.

Pre-Operative Liquid Diet

You will be required to follow a liquid diet prior to surgery. The liquid diet will allow for initial weight loss, provide ample hydration, and most importantly will help to shrink your liver to allow your surgeon the best possible view of your stomach during surgery. We cannot sufficiently stress the importance of following this diet. Each surgeon has a different preference when it comes to what type of liquid diet you should follow and the length of time to follow the diet. Please locate your surgeon's name below in order to determine which liquid diet you should follow and for how long before surgery you should follow the diet. You must follow the liquid diet that is indicated for your specific surgeon.

Pre-Operative Liquid Diet for Patients of Dr. Brown and Dr. Metz

You will be required to follow a clear liquid diet for 3 days prior to surgery. During your clear liquid diet, you may consume the following:

Water	Broth (chicken, beef, vegetable)	Sugar free sports drinks
Sugar free flavored water	Decaffeinated tea	Sugar free gelatin
Sugar free popsicles	Ice chips	Diluted fruit juice*
		<i>*(4oz water mixed with 4 oz. grape/apple/cranberry juice)</i>

Instructions for following the preoperative diet:

1. Stay hydrated, drink at least 64 ounces of the above fluids daily.
2. No solid food whatsoever or other liquids that are not listed above.

Pre-Operative Liquid Diet for Patients of Dr. Long

You will be required to follow a protein shake diet for 7 days prior to surgery. Please utilize the nutrition facts label and ingredient lists when purchasing a protein drink for this diet. You may choose between pre-made protein drinks or protein powders so long as they fit the below criteria.

When reading the ingredients list on protein supplements look for:

- Whey protein isolate (best choice)
- Whey protein concentrate
- Whey protein
- Whey protein blends
- Casein protein
- Egg protein
- Soy protein
- Soy protein isolate

When reading the nutrition facts label look for:

- 5 grams of sugar or less per serving
- At least 15 grams of protein per serving

Instructions for following the preoperative diet:

1. Drink a total of 5 protein shakes a day.
2. If utilizing protein powder, each shake should contain 1 scoop of your protein powder, mix with either fat-free/skim milk, unflavored/unsweetened soy milk, lactaid milk, or water. Do not mix anything else into your shake (ie: fruit, peanut butter, ice cream, etc)
3. Drink 64 oz. of decaffeinated, non-carbonated, low calorie (≤ 20 calories/serving) beverages throughout the day in addition to your protein shakes.
4. No other liquid calories or solid foods are allowed during this time.

The Day of Surgery

When you arrive at the hospital you will proceed to admissions, which is on the first floor near the emergency room. You will be asked for your identification, and you will be asked to complete paperwork with the admission's secretaries. They will then escort you to a pre-operative area where they will start preparing you for surgery. You will receive instructions before and after surgery about blood clot prevention including the need to walk after surgery, and deep breathing techniques through the use of a breathing machine called an incentive spirometer. Please follow these instructions completely!

Your surgeon will visit you prior to surgery to ensure your questions are answered and that you are ready for surgery. The anesthesiologist who will be providing your care will also visit you and ask about your previous experiences with anesthesia. Please make sure you communicate any allergies or issues you have had with anesthesia (if any) so the doctor will be able to provide the best care for you. Once all the paperwork is completed and you have seen all of your providers you will be brought to the operating room. You will notice several people will be in the operating room including your surgeon, surgical tech, nurse, and anesthesiologist. Once you are transferred to the operating table the anesthesiologist will give you a mask that supplies oxygen, and will begin putting medication in your IV. In most cases the next thing you will remember will be waking-up in the recovery room.

Surgery takes approximately two hours. This will vary based on your past surgical history and anatomy. After surgery you will be brought to the recovery room where you will spend about 1-2 hours waking-up and getting comfortable. During this time your surgeon and provider care team will visit with your friends and family in the waiting room, or call them if a number is provided to us. Once you are awake, and your pain is under control, you will be brought to the dedicated bariatric floor in the hospital.

Recovery from Surgery -What to Expect

After you are cleared for transfer by the recovery room staff, you will be moved to the bariatric floor. There you will be encouraged to get-up and walk as soon as you are able, and you will be monitored closely by the nursing staff. All rooms are private so you will not have to share with a roommate.

The following morning your surgeon and/provider care team will come by to see how you are doing and answer any questions you may have. They will take a look at your incisions and see how you are feeling. Typically, your bladder catheter and IV will be removed the morning after surgery, and you will be allowed to start a bariatric clear liquid diet. The average length of stay for a patient is 2 days, but some patients go home on the first day after surgery, and some may require an additional day of observation.

Diet

When you are cleared by your surgical team, you will be allowed to start your liquid diet. You will be surprised by your lack of hunger. Be sure to progress slowly, sipping fluids until you have an idea of the volume you can consume. Do not drink too fast or gulp! Be sure to stay hydrated. The initial goal is at least 40 ounces of fluid daily with the ultimate goal of 64 ounces daily.

Walking

You MUST get up, walk around, and take deep breaths as much as possible after surgery. Walking not only helps to alleviate pain but helps resolve your nausea. It also helps prevent blood clots, lung collapse/pneumonia, and in fact gets your energy back sooner. Retained surgical gas (CO₂) is one of the most frequent causes of post-operative bloating and chest discomfort.

Incisions

There are generally 5 to 6 incisions on your abdomen after laparoscopic bariatric surgery. These are typically very small incisions that will be closed with an absorbable suture under your skin. Occasionally, you may see a knot of suture. Do not be concerned if this knot is visible as it will fall off when the hidden piece of suture dissolves. You will have square bandages over your incisions after surgery.

Pain

You will have some abdominal pain after surgery. Large, full thickness stitches are placed through all the layers of the abdominal wall to close the site after surgery, so movements like sitting up, bending over, twisting or even lying on your stomach while you sleep may be painful. Place an ice pack on the longer incision intermittently for the first few days after surgery. As the days go by the pain will subside. Your provider care team will work with you closely to help manage your pain and keep you comfortable.

Going Home after Surgery

Typically, bariatric surgery patients go home after about 2 days in the hospital. Upon discharge you will be given instructions. These will include the need to:

- Move around as much as possible. Do not just sit around, as this will increase your risk of blood clots and negatively affect your healing time.
- Stay hydrated. If it is helpful, bring the 1 oz. cups that were provided to you during your hospital stay home with you and make sure to drink at least 5 of them per hour while you are awake. If you become dehydrated, you may feel nauseated, lethargic, weak and even constipated.
- Take your pain medication as needed. Your surgeon will provide you with a prescription for the oral pain medications you were taking in the hospital. Generally, you will only need them for a few days after surgery if at all.
- Make an appointment to see your surgeon 2 weeks after surgery.
- Make an appointment to see your primary care physician 4 weeks after surgery.

Medications and Vitamins

Your surgeon will discuss any changes to medications before you are discharged.

Start your vitamins as soon as tolerated, typically this is between weeks 1 and 2 weeks post op for most patients. (See list of vitamins in the nutrition section).

The First Few Weeks after Surgery

Weight loss

During the first month or two after surgery you can expect to lose an average of a pound per day. Do not expect that every day you get on the scale you will be down one pound. There will be days where you may lose nothing (or even gain transiently) and days where you get on the scale and you are five pounds down. A weigh in no more than once per week is advisable.

Diet

Immediately following surgery, you will need to follow a specialized diet that will not only help you to lose weight but will also assist with healing. It is important that you follow the recommended diet very closely, do not advance your diet too soon! Swelling is part of the healing process, and maximum swelling occurs approximately 7 – 10 days after the surgery. Even if you think you are ready for more advanced food, allow your body the time it needs to heal properly. Additional instructions related to your post op diet progression will be provided by your dietitian and are detailed in the nutrition section of the binder.

What is dumping syndrome and will I get it?

“Dumping syndrome” can occur following some types of stomach surgery including gastric bypass surgery. It is triggered by rapid emptying of the stomach contents into the small intestine, commonly resulting from the consumption of sugary or high fat foods. For example, when sugar rapidly passes through the stomach into the intestine, it draws a large amount of fluid into the intestine from the vascular compartment. Dumping syndrome can cause increased heart rate, low blood pressure, weakness, sweating, dizziness, diarrhea, cramping and nausea. These symptoms can last for a few hours and can be very uncomfortable. The best way to avoid dumping syndrome is to avoid refined sugars and greasy foods. Not everyone gets dumping syndrome but don’t test the waters. It is better to just assume you cannot tolerate high sugar and high fat foods.

Exercise

Move your body as much as you can. You will find that as your diet advances and you begin losing weight your energy level will increase. Use this increased energy to get out for a walk, go for a swim or hit the gym. Exercise is so important for your weight loss success.

Ketosis

The body typically burns carbohydrates (or glucose) for energy when it is available, maintaining fat stores and protein for the body. As you are rapidly losing weight your body will have to start burning the fat stores for energy instead. When the body starts to break down fat, rather than glucose, the levels of ketones in the blood will begin to increase. The body may attempt to liberate the excess amount of ketone byproducts through the lungs. This causes the breath to have a sweet, fruity smell. This can lead to symptoms of bad breath, metallic tastes, dry mouth, some nausea and the sensation that things that were once a little sweet are now disgustingly sweet. This ketosis phase will pass as the weight loss slows and your water will once again taste normal.

Things to help during the ketosis phase are:

- Drink lots of water- this will flush out the ketones through increased urine output
- Gargle with water or sugar free mouthwash
- Add some flavor (like a fresh lemon) to water to hide the metallic taste
- Make sure you are getting enough protein
- Use sugar free breath mints

Returning to work

The timeframe for returning to work varies based on the individual and what line of work they are in. Some patients who have desk jobs have returned after only 5 days while others have needed 5 weeks to feel adequately ready. On average, most patients return to work about 2 weeks after surgery. Those who have jobs that require lots of activity may want to take at least 2 weeks off to recover. The biggest issue is that you will be very tired after surgery due to healing and the limited caloric intake. As you advance your diet, and reach your daily protein goals, this will typically resolve. Since you can't be certain of how your body will react after surgery, allow yourself a day or two beyond what you think you will need. You can always return ahead of schedule if you're ready.

Hair Loss

One possible side effect associated with bariatric surgery is temporary hair loss. Hair loss is thought to occur secondary to calorie and protein depletion. Typically, this loss occurs during the first month to first year post op. Most patients experience hair regrowth within 8 to 12 months (pre-existing baldness does not resolve). Make sure you are getting enough protein, taking your vitamins and drinking enough water to minimize the loss.

What if I vomit after surgery?

If you are vomiting after surgery take a look at your diet. Things that may contribute to nausea and/or vomiting may include eating too fast, eating too much, advancing foods too soon, or not chewing food well. Frequent vomiting is not the norm after surgery. If you are vomiting several times per week, please contact your surgeon's office.

Can I get pregnant following bariatric surgery and is it safe?

Pregnancy can be very safe following surgery. However, it is recommended that a woman wait until she is **18 months post-operative** before getting pregnant to assure that her weight has stabilized. If you do become pregnant, make sure that your surgeon or practitioner is aware of your pregnancy so that he/she can make the appropriate referrals.

When should I Come in For Post-Operative Visits?

Long term follow up with your surgical team is crucial. Patients who follow up regularly tend to benefit from the best possible outcome after surgery.

You will be instructed to make a two-week post-operative visit upon discharge from the hospital. Please call your surgeon's office to schedule that appointment. The chart below outlines additional follow up visits.

Required Post-operative visits

Required Visit	Provider
2 week post op	Surgeon
4 week post op	Primary Care Physician
6 week post op	Dietitian*
3 month post op	Surgeon, Dietitian*
6 month post op	Surgeon, Dietitian*
12 month post op	Surgeon, Dietitian*
Annually	Surgeon, Dietitian*

*You may schedule with our bariatric counselor during the above visits as they are needed.

Post Op Diet Progression

Immediately following surgery, you will need to follow a specialized diet. This diet will not only help you to lose weight but will also assist with healing. It is important that you follow the recommended diet very closely, do not advance your diet too soon! Even if you think you are ready for more advanced food, allow your body the time it needs to heal properly. Please utilize the food lists to help you determine food choices during this time period. In addition, we have provided sample schedules to follow that may help you to stay on track with following your diet after surgery.

Full Liquid Diet

Follow for Weeks 1 and 2 After Surgery

*My dates to follow this diet are: _____

Instructions to follow this diet:

1. At each meal sip 2 oz. (1/4 cup), or more if tolerated, of a liquid protein source over the course of 20 minutes. You do not have to finish everything. When you feel full STOP! If you are not full, you can drink a bit more.
2. Drink at least 40 oz. (5 cups) and gradually increase to 64 oz. of water or low calorie beverages between protein drinks. Remember to avoid carbonation and caffeine.
3. Make sure you keep track of the amount of protein you consume each day.
4. Begin taking your bariatric vitamins within the first two weeks after surgery.

Liquid Foods Allowed:

Foods Allowed	Protein (g)	Foods to Avoid
Low sodium broth (chicken, beef or vegetable)	0 g	All other liquids and foods
Sugar-free Jell-O™	0 g	
Sugar-free popsicles	0 g	
Diet Ocean Spray™ (made w/Splenda)	0 g	
Decaffeinated tea	0 g	
Sugar-free Kool Aid™	0 g	
Crystal light™	0 g	
Water	0 g	
1 cup skim, 1%, or Lactaid milk	8 g	
1 cup unsweetened or light soy milk	6 g	
2 T non-fat powdered milk	6 g	
Protein shake (see below guidelines)	Varies	
1 cup low-fat unsweetened Kefir	6-8 g	
Drinkable yogurt	5-9 g	

*You can add protein powder to all of the above items to either provide or increase the protein content however please do not mix in other items (ie: fruit, vegetables, peanut butter, etc) into your food.

How to select a protein shake:

You may choose between pre-made protein shakes or protein powders so long as they fit the below criteria.

When reading the ingredients list on protein supplements look for:

- Whey protein isolate (best choice)
- Whey protein concentrate
- Whey protein
- Whey protein blends
- Casein protein
- Egg protein
- Soy protein
- Soy protein isolate

When reading the nutrition facts label look for:

- 5 grams of sugar or less per serving
- At least 15 grams of protein per serving

Sample Daily Schedule for Weeks 1 and 2:

Time	Portion	Food	Grams of Protein
8:00 AM	½ cup	Skim milk w/ ½ scoop 100% whey protein powder	14
Liquid between meal	1 cup	Water or low calorie beverage	
10:00 AM	¼ cup	Protein Shake	6
Liquid between meal	1 cup	Water or low calorie beverage	
12:00 PM	½ cup	Protein shake	14
Liquid between meal	1 cup	Water or low calorie beverage	
2:00 PM	¼ cup	Protein Shake	6
Liquid between meal	1 cup	Water or low calorie beverage	
4:00 PM	½ cup	Skim milk w/ ½ scoop 100% whey protein powder	14
Liquid between meal	1 cup	Water or low calorie beverage	
6:00 PM	¼ cup	Protein shake	6
Liquid between meal	1-2 cups	Water or low calorie beverage	
Total Protein			60

Pureed Diet **Follow During Week 3 After Surgery**

*My dates to follow this diet are: _____

Instructions to follow this diet:

1. Beginning week 3 after surgery, you may SLOWLY add foods of a pureed texture. All foods for the next week will be BLENDED, **please make sure that your blended foods do not have any chunks, the texture should be similar to baby food.**
2. You can continue to include foods from the full liquid diet (weeks 1-2) throughout this stage.
3. It is important to eat food slowly and take small bites. Try 2-4 Tbsp. of food at a time to see if it is tolerated. Each meal should consist of only 4 Tbsp. (1/4 cup) to 8 Tbsp. (1/2 cup) of food.
4. Remember to always eat protein first at each meal. Your recommendation is 60-80 grams each day.
5. Stay hydrated, drink 8 cups (64 oz.) of water or low calorie beverages between meals.
6. Continue to keep track of your protein intake and measure portions at every meal.
7. Continue to take your bariatric vitamins.

Important Tips:

- Add non-fat powdered milk or protein powder to your foods to increase protein content.
- Try one new food at a time. If you feel nauseated or experience gas or bloating after eating, then you are not ready for this food. Wait a few days before trying this food again.
- Portion sizes may vary depending on individual tolerances. Listen to your body. STOP eating when satisfied or full.

Tips for pureeing foods:

1. Use broth, fat free gravy, low-fat/low-sugar sauces, milk, diet fruit juice, or vegetable juice for liquid when blending foods to make the foods the right consistency.
2. Always add fluid when pureeing, mixing equal parts of solids and liquids.
3. Food may puree more easily when cut into small pieces before placing in blender or food processor.
4. Eat pureed food immediately, freeze or refrigerate (no more than 48 hours).
5. Use clean ice cubes trays when freezing pureed foods in 1-2 Tbsp. portions. Then, just pop the cubes into a glass bowl to microwave or reheat.

Pureed Diet Allowed Foods:

Food Group	Foods Allowed	Protein per serving (approximate)	Foods to Avoid
Meat and meat substitutes	2 Tbsp. (1 oz.) blended meat (add broth, water, fat-free gravy, or low-fat low-sugar sauce) ¼ cup low-fat cottage cheese (small curd) ¼ cup low-fat ricotta cheese ½ cup soft tofu ½ cup mashed beans 2 Tbsp. baby food meat ½ cup protein drink	7 grams 7 grams 7 grams 7 grams 7 grams Varies Varies	All other foods
Milk	1 cup skim, 1%, or Lactaid milk 1 cup unsweetened or light soy milk 2 T non-fat powdered milk ¾ cup (6oz) low-sugar/low-fat yogurt or soy yogurt (15 grams of sugar or less, no fruit pieces) ¾ cup (6 oz.) Greek yogurt (15 grams of sugar or less, no fruit pieces) 1 cup sugar free pudding made w/ skim milk 1 cup low fat unsweetened Kefir	8 grams 6 grams 6 grams 5 grams 16 grams 8 grams 8 grams 8 grams	All other foods
Starch	½ cup cream of wheat or rice (make with skim milk to increase protein) ½ cup baby oatmeal (make with skim milk to increase protein)	3 grams *Add protein powder or non-fat powdered milk to increase protein	All other foods

Sample Daily Schedule for Week 3:

Time	Amount	Food	Grams of Protein
8:00 AM	¼ cup ¼ scoop	Low-fat cottage cheese (small curd) Unflavored protein powder mixed in cottage cheese	7 6
Liquid between meal	1-2 cup	Water or low-calorie beverage	
11:00 AM	¼ cup 2 Tbsp.	Sugar-free/low-fat yogurt Non-fat powdered milk	2 6
Liquid between meal	1-2 cup	Water or low-calorie beverage	
2:00 PM	¼ cup 2 Tbsp.	<u>Blended</u> low-fat cream based soup made with skim milk Mixed with Non-fat powdered milk	2 6
Liquid between meal	1 cup	Water or low-calorie beverage	
5:00 PM	¼ cup	Blended chicken with broth	7
Liquid between meal	1 cup	Skim milk	8
8:00 PM	¼ cup ¼ scoop	Sugar-free/low-fat yogurt Unflavored protein powder mixed in yogurt	2 6
Liquid between meal	1-2 cup	Water or low-calorie beverage	
Total Protein			52

Soft Food Diet
Follow During Weeks 4 to 6 After Surgery

*My dates to follow this diet are:_____

Instructions to follow this diet:

1. SLOWLY add foods that are soft in consistency. **Soft foods are foods that can be mashed easily with a fork.**
2. Eat 5-6 small meals a day to maximize protein intake. Do not eat in between these meals.
3. Always STOP eating when you start to feel full.
4. Drink 64 fl. oz. (8 cups) of water or low-calorie fluids between meals. Avoid drinking during meals and wait 30 minutes after meals to resume drinking.
5. Track your daily protein intake. Your minimum goal is 60 grams of protein per day.
6. Continue taking your bariatric vitamins.

Soft Diet Allowed Foods:

Food Group	Foods Allowed	Protein per serving	Foods to Avoid
Meat and meat substitutes *Average 7 grams of protein per serving*	2 Tbsp. (1 oz.) lean ground (turkey, chicken, beef) 2 Tbsp. (1 oz.) baked fish 2 Tbsp. (1oz) water packed tuna or chicken ¼ cup low-fat cottage cheese (small curd) ¼ cup low-fat ricotta cheese 1 oz. low-fat cheese (less than 6 grams of fat) ¼ cup egg substitute or 1 scrambled egg 2 Tbsp. natural nut butter (peanut, almond, soy) ½ cup tofu ¼ cup tempeh 1 ½ oz. soy based meatless burger or nuggets ½ cup pinto, black beans, lentils, edamame 1 cup protein shake	7 grams 7 grams 7 grams 7 grams 7 grams 7 grams 7 grams 8 grams 7+ grams 7+ grams 7 grams 7 grams Varies	Overcooked meats Crunchy peanut butter Sausage Bacon High-fat cheese (6 grams of fat or more per ounce)
Milk *Average 8 grams of protein per serving*	1 cup skim, 1%, or Lactaid milk 1 cup unsweetened or light soy milk 2 T non-fat powdered milk ¾ cup (6oz) low-fat yogurt/soy yogurt ($\leq$ 15 grams of sugar) ¾ cup (6 oz.) Greek yogurt ($\leq$ 15 grams of sugar) 1 cup sugar free pudding made with skim milk 1 cup Keifer	8 grams 6 grams 6 grams 5 grams 16 grams 8 grams 8 grams	Whole or 2% milk Chocolate milk Milkshakes Regular yogurt (more than 15 grams of sugar per serving)
Starch	½ cup cooked cereal (oatmeal, grits, cream of wheat or rice) made with skim milk	3 grams *Add protein powder or non-fat powdered milk to increase protein	Cold cereal Pizza dough Bread products Crackers Pastries

Sample Daily Schedule for Weeks 4 through 6:

Time	Amount	Food	Grams of Protein
8:00 AM	¼ cup	Scrambled egg	7
Liquid between meal	1-2 cup	Water or low-calorie beverage	
11:00 AM	¼ cup ¼ cup	Canned tuna (packed in water) Cooked carrots	14
Liquid between meal	1-2 cup	Water or low-calorie beverage	
2:00 PM	¼ cup 2 Tbsp.	Sugar-free/low-fat yogurt Mixed with Non-fat powdered milk	2 6
Liquid between meal	1 cup	Water or low-calorie beverage	
5:00 PM	¼ cup ¼ cup	Baked Fish Cooked green beans	14
Liquid between meal	1 cup	Water or low-calorie beverage	
8:00 PM	1 cup	Protein Shake (*grams of protein may vary)	20
Liquid between meal	1-2 cup	Water or low-calorie beverage	
Total Protein			63

Regular Diet
Follow From Week 6 and on after Surgery

*My dates to follow this diet are:_____

Instructions to follow this diet:

1. Starting 6 weeks after surgery focus on reaching your protein goal daily. **Please remember that grains such as bread, rice, cereal, and pasta should not be added until 12 weeks after surgery.** Grains are typically low in protein and protein containing foods should always be eaten first at any meal.
2. Your protein goal remains between 60-80 grams daily.
3. Continue to eat 5-6 small meals each day. Further out from surgery your portions may be about 1 cup of food per meal, therefore 3 meals and 1 high protein snack may be more appropriate.
4. Continue to take your bariatric vitamins daily for life.
5. Hydration is very important. Continue to drink at least 8 cups (64 oz.) of water or low calorie beverages daily. Avoid drinking during meals and wait 30 minutes after meals before you resume drinking.

Regular Diet Allowed Foods:

Food Group	Foods Allowed	Protein per serving	Foods to limit/avoid for best weight loss
Meat and meat substitutes	2 Tbsp. (1 oz.) cooked lean meat (chicken, fish, turkey, pork, beef) moist meats are tolerated best 2 Tbsp. (1oz) water packed tuna or chicken 1 oz. lean lunch meat (chicken, turkey) 1 oz. (1 slice) low-fat cheese ¼ cup cottage cheese ¼ c ricotta cheese ¼ cup egg substitute or 1 scrambled egg 2 Tbsp. natural creamy nut butter (peanut, almond, soy) 1 oz. nuts (in moderation) ½ cup beans, lentils, edamame ½ cup tofu ¼ cup tempeh 1 ½ oz. soy based meatless burger or nuggets 2/3 cup soy crumbles 1 oz. soy chick'n 1 cup protein shake Protein bar	7 grams 7 grams 7 grams 7 grams 7 grams 7 grams 7 grams ~ 7 grams depends on type of nut) 7 grams 7+ 7+ 7 10 7 Varies Varies	Over cooked meats Regular peanut butter High fat lunch meat Salami Bologna Hot dogs Bratwurst Bacon Sausage High fat ground meats High fat cheese (6 grams of fat or more per ounce)
Milk	1 cup skim, 1%, or Lactaid milk 1 cup unsweetened or light soy milk 2 T non-fat powdered milk ¾ cup (6oz) low-sugar/low-fat yogurt or soy yogurt ¾ cup (6 oz.) Greek style yogurt 1 cup low fat unsweetened Kefir 1 cup sugar free pudding made w/ skim milk 1 cup low-fat cream soup made w/ milk	8 grams 6 grams 6 grams 5 grams 16 grams 8 grams 8 grams 8 grams	Whole or 2% milk Chocolate milk Milkshake/ Ice cream Regular yogurt (sugar greater than 15 grams per serving)
Starch	½ cup cooked cereal made with milk (oatmeal, grits, cream of wheat or rice)	3 grams	Sweetened Cereal (sugar over 5 grams per serving) Pizza dough White bread Pastries Doughnuts Bagels White rice or pasta Instant noodles Chips Crackers Cake Cookies

Sample Daily Schedule for Weeks 6 and beyond:

Time	Amount	Food	Grams of Protein
8:00 AM	1 3 ounces 1 Tbsp.	Scrambled egg Low-fat/sugar-free yogurt ** add non-fat powdered milk for additional protein	7 8
Liquid between meal	1-2 cup	Water or low-calorie beverage	
11:00 AM	2 ounce 1 ounce ¼ cup	Lean lunch meat Low-fat cheese Vegetables	14 7
Liquid between meal	1-2 cup	Water or low-calorie beverage	
2:00 PM	1 ounce ¼ cup	Low-fat cheese Fruit (no added sugar)	7
Liquid between meal	1-2 cup	Water or low-calorie beverages	
5:00 PM	¼ cup ¼ cup	Baked Chicken Cooked vegetables	14
Liquid between meal	1 cup	Water or low-calorie beverage	
8:00 PM	½ cup	Skim milk	4
Liquid between meal	1-2 cup	Water or low-calorie beverage	
Total Protein			61

Required Vitamin and Mineral Supplements after Surgery

Taking daily vitamin and mineral supplements is a lifelong commitment after surgery to ensure your health and prevent possible deficiencies and their consequences. You should begin taking your vitamins within the first 2 weeks after surgery. You will need to take two types of vitamins daily (a multivitamin and calcium supplements) for the rest of your life following bariatric surgery. There are a number of different vitamins available over the counter; however, we recommend taking vitamins that are specially formulated for people who have had bariatric surgery. These vitamins have higher levels of certain nutrients and are formulated to be easier to digest and absorb. Please see our recommendations below for the bariatric vitamins that you should be taking daily after surgery.

Vitamin 1: Multivitamin

		Loop Duodenal Switch	Gastric Bypass	Sleeve Gastrectomy
Bariatric Advantage Ultra Multi Formula with Iron	Dose:	3 capsules daily	3 capsules daily	2 capsules daily
OR				
Celebrate Multicomplete-45 (Chewable or Capsule)	Dose:	3 capsules daily Or 2 chewable tablets daily	3 capsules daily Or 2 chewable tablets daily	2 capsules daily OR 2 chewable tablets daily

Vitamin 2: Calcium Citrate

		Loop Duodenal Switch	Gastric Bypass	Sleeve Gastrectomy
Bariatric Advantage Calcium Citrate 500mg (Chewy Bite or Chewable Tablet)	Dose:	4 chewy bites OR 4 chewable tablets daily *See note below	3 chewy bites OR 3 chewable tablets daily *See note below	3 chewy bites OR 3 chewable tablets daily *See note below
OR				
Celebrate Calcium Citrate 500mg Chewable Tablet or Soft Chew	Dose:	4 chewable tablets OR 4 soft chews daily *See note below	3 chewable tablets OR 3 soft chews daily *See note below	3 chewable tablets OR 3 soft chews daily *See note below

*Note: Calcium and iron cannot be absorbed at the same time. Therefore, **do not** take your calcium citrate supplement at the same time as your multivitamin supplement, we recommend waiting at least two hours. Also, calcium should be taken one chewable or tablet at a time. Your body is only able to absorb a certain amount of calcium at once. This means you will need to take calcium either 3 or 4 times throughout the day in addition to your multivitamin. Lastly, if you are taking thyroid medication, you should not take vitamins at the same time as your thyroid medication, wait about four hours after taking thyroid medication to take vitamins. See the sample schedules below for a recommendation on how to incorporate vitamins into your daily routine.

How to order your vitamins:

You can order Bariatric Advantage or Celebrate vitamins online or by phone, they are also available at the Crown Crest Pharmacy, located within Parker Adventist Hospital.

Bariatric Advantage

www1.bariatricadvantage.com/catalog

1-800-898-6888

*For a discount use code: PARKER

Celebrate Nutritional Supplements

www.celebratevitamins.com

1-877-424-1953

Sample Supplement Schedule (Not taking Thyroid Medication)

At Breakfast Take:	Multivitamins
At Lunch Take:	Calcium
At Dinner Take:	Calcium
Before Bed Take:	Calcium

Sample Supplement Schedule (Taking Thyroid Medication)

At Breakfast Take:	NONE
At Lunch Take:	Calcium
Afternoon Snack Take:	Calcium
At Dinner Take:	Calcium
Before Bed Take:	Multivitamins

*Note: If you are having the loop duodenal switch, you will need to take one additional calcium supplement throughout the day for a total of four calcium supplements daily (2,000mg per day of calcium citrate).

Long Term Nutrition Guidelines

1. Drink a minimum of 64 fluid oz. (8 cups) of liquid every day
 - Sip permitted beverages slowly
 - All beverages should have ≤ 20 calories/serving.
 - Avoid alcoholic, carbonated and caffeinated beverages
2. Eat 5-6 small meals throughout the day. Long term, if your portions get close to 1 cup per meal, transition to 3 meals and 1 protein snack a day.
3. Eat protein first at all meals to help increase protein intake. The protein intake goal is 60-80 grams per day once on a regular diet.
4. Vitamins are required every day for the rest of your life. Bariatric formulated vitamins are recommended.
5. Eat small bites, chew well and take time between bites to prevent blockage and help break down your food. Eat slowly.
6. Stop eating when you start to feel full. Remember feeling full may not occur for up to 20-30 minutes. Indications of fullness include a feeling of pressure in the center of your upper abdomen, just below your rib cage.
7. Calorie-dense foods, drinks, and snacks need to be avoided in order to achieve and maintain optimal weight loss.
9. Exercise! Work toward a goal of 5-7 times per week for 30-60 minutes a day.

Label Reading Tips

Nutrition Facts	
Serving Size 1 cup (240ml)	
Servings Per Container 2	
Amount per serving	
Calories 230 Calories from Fat 70	
	%Daily Value*
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0.5g	
Cholesterol 30mg	10%
Sodium 870mg	36%
Total Carbohydrate 25gm	8%
Dietary Fiber 8g	32%
Sugars 5g	
Sugar Alcohol 0g	
Protein 15g	
Vitamin A 10%	Vitamin C 2%
Calcium 4%	Iron 10%

Start with the Serving size-

Look for both the serving size and the number of servings per container. All of the nutrition information on the label is for the listed serving size. If you eat more than one serving, you will get more calories and nutrients.

Calories-

Choose foods that help you get the nutrients you need without adding empty calories to your diet. Examples of “empty calories” include chips, sodas, candy and sweets.

Total fat, saturated fat and Trans fat-

- Try to choose foods that contain heart healthy fats such as mono- and polyunsaturated.
- Read the ingredient list. If you see the word hydrogenated or partially hydrogenated, then the product contains trans-fat and should be avoided!

Cholesterol- Eating too much cholesterol can contribute to your risk for heart disease.

Sodium- Some sodium is necessary for good health; however, too much sodium can contribute to heart disease. Total daily sodium should not exceed 2,000mg.

Total Carbohydrate and sugars- Carbohydrate needs vary from person to person. Try to avoid products with greater than 15gms of sugar per serving.

Dietary Fiber- A product with 5 grams or more per serving is considered a good source of fiber.

Sugar Alcohols- Many sugar free products will contain sugar alcohols which are sweetening agents that don't contribute to total calories because the body doesn't absorb them. Avoid excessive use of sugar alcohols because they can cause diarrhea. Sugar alcohols include sorbitol, maltitol, xylitol and isomalt. Erythritol is a sugar alcohol that does not cause any gastric side effects.

Protein- You want to pay attention to protein. Protein is important for sparing your lean body tissue (muscles and organs) during weight loss. How much you need varies per person, however, the general goal is to reach 60-80 grams each day. Remember to choose low-fat protein sources.

Ingredient list information-

- Foods with more than one ingredient must have an ingredient list on the label.
- Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.
- Manufacturers are required to clearly state if a food product contains any ingredients that contain foods derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Exercise after Weight Loss Surgery

Before starting any exercise program please consult with your primary care practitioner.

Exercise is vital to your weight loss and maintenance success!

You already know that surgery is merely a tool to help you with weight loss. Along with dietary and behavioral changes, exercise is one of the most important components in your weight loss success. Exercise not only helps you lose weight, it provides many physical, emotional and health benefits.

According to the American College of Sports Medicine Position Stand, 2009 and the Physical Activity Guidelines for Americans, 2008, by the U.S. Department of Health and Human Services:

- Healthy adults aged 18-65 years must participate in both aerobic and strengthening/ endurance exercise.
- Aerobic activity:
 - A **minimum** of 150 minutes of moderate-intensity activity, 75 minutes of vigorous-intensity activity, or an equivalent combination of moderate and vigorous-intensity activity per week for **health benefits**. Aerobic activity should be performed in bouts of at least 10 minutes and should, preferably, be spread throughout the week on at least 3 occasions.
 - For additional health benefits adults should participate in 300 minutes of moderate-intensity activity or 150 minutes of vigorous-intensity activity or a combination of moderate and vigorous-intensity activity per week.
 - For weight loss 150-250 minutes of moderate intensity activity per week provides modest weight loss. Greater than 250 minutes of moderate intensity activity per week may provide more significant weight loss.
 - For weight maintenance after weight loss, greater than 300 minutes of moderate intensity activity per week is recommended.
- Muscular strength and endurance: A **minimum** of 8-10 exercises performed on two or more nonconsecutive days each week using the major muscle groups. Resistance should allow for 8-12 repetitions of each exercise.

Potential Problems after Weight Loss Surgery

Weight Regain

Surgery is only a tool that requires proper nutrition and dietary changes to achieve and maintain weight loss. Grazing and snacking all day, going back to old eating habits, consuming high calorie beverages and eating high sugar and high fat foods **will result in weight gain**. In addition, regular exercise is necessary to facilitate weight loss and helps to prevent regain.

Suggestions:

- Do not consume high calorie beverages such as regular sodas, juices, and alcohol.
- Avoid high fat and high sugar foods.
- Do not graze between meals.
- Do not drink with meals.
- Exercise at least 30 minutes per day!

Constipation

- Constipation may occur due to a sudden change in your diet.
- This generally resolves as your diet progresses back to a regular diet.
- Drinking adequate fluids and regular exercise will help prevent constipation.
- You may need to add a fiber supplement (unsweetened Benefiber or Metamucil) or stool softener. Speak to your nurse or dietitian about available products.

Dehydration

- Dehydration may occur with inadequate fluid intake, persistent nausea, vomiting, or diarrhea. Drink at least 64 oz. (8 cups) of water or low-calorie drinks daily.
- Avoid caffeine as this may worsen dehydration.

Dumping Syndrome (nausea, weakness, rapid pulse, cold sweats, dizziness, diarrhea)

- Avoid all sweetened foods and beverages (read food labels carefully and keep grams of sugars to 5 grams or less per serving).
- Avoid high fat, fried, greasy foods.
- Do not drink fluids during meals and wait at least 30 minutes to drink beverages after meals.

Heartburn

- Avoid caffeine
- Avoid carbonated beverages
- Avoid spicy foods
- Contact your surgeon if your heartburn persists

Lactose Intolerance

- Occasionally lactose intolerance will develop after surgery.
- Try using lactose-free milk (Lactaid) or unsweetened soy milk; Almond and rice milk are not recommended because they are low in protein.

Nausea and Vomiting

- Eating or drinking too fast may cause nausea or vomiting.
- Insufficient chewing may cause nausea or vomiting.
- Dry meat or bread may cause nausea or vomiting.
- Contact your surgeon if nausea and vomiting persists.

Stretching of the stomach pouch

- The normal pouch will stretch slightly over the course of the first year. This is normal. Overstretching or prematurely stretching your pouch defeats the purpose of your surgery and puts your weight loss/weight maintenance at risk.
- Avoid large portions of food at one time.
- Gradually increase the texture of foods in the early post-operative weeks.
- Follow recommendations for advancing your diet.

Keeping on Track

The following are suggestions to stay successful!

Follow-up is Key

During the first six months after surgery, weight loss is rapid. It is crucial to your success to implement the recommended lifestyle changes during this time. Eating a healthy diet, exercising and learning ways to manage emotional eating are key to maximizing success. The staff members at The Center for Bariatric Surgery at Parker Adventist are always here to support you.

You should also make an appointment with your dietitian at 6 weeks, 3 months and 6 months after surgery to go over your eating habits and keep you on track. You will see your surgeon very often the first year after surgery, you may reduce your appointments to annually later on (or more often, if needed). Do not forget your primary care physician (PCP). If you suffer or suffered from any other co-morbidities, you will need monitoring by your PCP as these may go into remission. Some medications may be discontinued or dosage decreased.

Support Groups Help

Support groups are held once a month. These meetings are a way for you to share your successes and struggles with others. You can also receive good advice from other patients.

Finally...

Congratulations on deciding to pursue a new and healthy lifestyle. Nothing is more gratifying for us than seeing our patients succeed. We are committed to providing you with all the necessary support throughout your journey.

Psychological Aspects of Bariatric Surgery

There are many things for which to prepare, both in getting ready for surgery itself and for making all of the necessary post-operative adjustments in order to be successful. It is not surprising to feel anxious or overwhelmed. Anticipating any type of operation can be anxiety provoking. Now is a good time to begin discussing your fears of the operation, life change expectations, and behavioral change requirements with the important people in your life (including your bariatric team). Remember, we are all here to help you through this process.

Knowing Your “Why”

Take a moment to write down your goals for having surgery and obtaining successful long-term weight loss.

What are the changes that will help you stay successful after surgery to reach and maintain your goal weight?

	My Home	My Work	Vacations	Holidays/Social	Patterns/Routines	Other
Changes I can begin to make today						
Changes I will start to make after surgery						
People who can help with this change?						
Additional Notes:						

It is recommended to keep the prior page posted somewhere you can access it regularly. This is a journey and there may be days that are more trying than others. Preparation will help to pave out a smoother journey with a clearer destination. When times get tough, your listed goals will serve as a reminder of why you decided to pursue this operation and hopefully help to boost motivation to stay on track.

What to Expect Immediately Before and After Surgery

There's more than just a physical change after surgery. An emotional change takes place too. This is a very individual journey and hard to know what each person will experience. Your overall mood may change for a while and you could experience an increase in depression and anxiety. Remember, if this happens, that it is completely normal and you are not alone in these feelings.

In the first few weeks after surgery, you may find that you feel exhausted or overwhelmed. You are adjusting to a new diet, your energy level feels off, and you have been on a liquid diet for quite some time (which can be

taxing emotionally). You may begin to wonder if you have done the right thing. This is a completely normal thought during this time and try to remember that this time frame is short lived. Remember during this time that you are recovering and be patient with the needs of your healing body.

What to Watch Out For:

Anxiety

- Feelings of fear or uneasiness
- Problems sleeping
- Cold or sweaty hands or feet
- Shortness of breath
- Heart palpitations
- Not being able to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Muscle tension

Depression

- Prolonged sadness or unexplained crying spells
- Significant changes in appetite and sleep patterns
- Irritability, anger, worry, agitation, anxiety
- Pessimism, indifference
- Loss of energy, persistent lethargy
- Feelings of guilt, worthlessness
- Inability to concentrate, indecisiveness
- Inability to take pleasure in former interests, social withdrawal

While studies indicate a general trend of improvements in mood long-term, acute exacerbation of depressive symptoms immediately following surgery is not uncommon. There are many things that may contribute to this (changes in neurotransmitters and hormones due to food changes, stress of lifestyle changes, discomfort and fatigue following surgery, inability to use food for comfort and mood regulation). Should you find you are experiencing any increase in depression or anxiety symptoms, please reach out to your bariatric counselor.

What to do

In the days before surgery

- Remind yourself why you are having surgery (pull out your goals)
- Distract yourself (read a book, hang out with friends, go see a movie)
- Just breathe – practice deep breathing can help curb anxiety before it starts. Take a minute to clear your mind and breath in and out (*remember this for after surgery too!*)

The weeks following surgery

- Give yourself time to rest and adjust
- Follow your food protocol (don't try to rush phases)
- Reach out to your supports (remember the support groups through this program)

****If you are taking medications for psychological issues, you should make sure your prescribing doctor is aware of your upcoming surgery. If you are in therapy, or have been advised to start therapy, you should plan to continue to meet with your therapist pre and post-surgery to help with the overall lifestyle adjustments. You will want to make sure your therapist is aware of your surgery as well.****

In the months following surgery

- Focus on what you need to be successful
- Have a plan and be prepared (for food needs and self-care needs)
- Stay in the moment
- Focus on what you are doing to follow protocol each day. The scale can help at times but also can evoke past thoughts of failure (especially as your weight loss begins to normalize). By focusing on what you are doing (as opposed to how you are doing), you can trust each day you have done what you can to equate to weight loss and a healthy lifestyle. This is also a way of life that will more easily carry over into weight maintenance.
- Celebrate the small victories. Keep a journal of how your life is changing and the exciting milestones along your journey
- Acknowledge the changes you are making in your life and any emotions that may present themselves as a result. For many there may be a grieving process that goes along with the daily changes made around food. Focus on how you can continue to find fun and reward in your life.
- Stay positive – come up with positive affirmations you can focus on each day

“I am worthy of all my goals”

“I am a success”

“I am on the right track. I am ok”

Addiction Following Bariatric Surgery

Growing awareness exists about the phenomenon in which bariatric patients have a predisposition to develop addictive behaviors such as drinking, gambling, or sexual indiscretion anywhere from 6 months to several years following their operations. Five to 30% of postsurgical bariatric patients are affected, so this is a potential area of concern about which all potential patients need to be aware.

Two main mechanisms exist that appear to contribute to an increased risk of developing addiction behaviors. The first is a physiological predisposition that some people simply have for engaging in compulsive behavior. For example, individuals who have a compulsive or addictive history with eating are at increased risk for addiction transfer. Addiction transfer simply means trading one compulsive behavior for another. When one compulsive behavior is substituted for another, it is usually in the context of being exposed to a continued stressful trigger. The original addictive behavior is no longer available; however, you need to find a way to deal with the stressful situation. In the case of a bariatric patient, eating, which may have been used to manage emotions and stressful situations, is no longer an option. Needing something to fill the gap, patients may turn to alcohol, tobacco, or other things.

The second mechanism of addictive behavior has to do with American culture’s relationship with food. Food has taken on many meanings in our lives and is everywhere. We use food to socialize, self-soothe, distract when we are bored, and unwind at the end of a long day. Food is connected with family traditions, holidays, and celebrations. Following surgery, food is no longer available in the same ways it was. It becomes important to evaluate the areas you have used food and find creative alternatives to embrace those areas in your life (social, tradition, etc) in a way that can bring new fun and new meaning.

It is important to pay attention to the areas where you are making changes to eating habits and make conscientious choices about the activities you are choosing to replace behaviors. This will help you to make

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healthy choices and avoid the risk of unhealthy options sneaking in. If this is an area you are struggling with after surgery, please reach out to your bariatric counselor for help.

Stress

Remember, stress will not be eliminated after surgery, it will most likely be increased as you adjust to surgery and the changes afterward. If you have used food to cope with stress in the past you will be without one of your coping techniques. It is important in the weeks and months prior to surgery to identify new healthy coping techniques for stress. It is recommended you write these new techniques down so you can easily access them in the days and weeks after surgery. Be aware of the signs of stress which include:

- Irritability
- Sleeping problems
- Headaches/muscle tension
- Concentration problems
- Anger/Emotional overreaction
- Fidgeting and other nervous habits
- Apathy
- Withdrawal
- Feeling overwhelmed
- Desiring to eat “emotionally”
- Decreasing self-care

Remember to take one day at a time. This can be a lot and it helps to stay focused on what you can do today. Let's face it: some people are simply uncomfortable with change. While others may support your decision to have bariatric surgery, and understand that your lifestyle will change, they may have difficulty accepting the fact that you need more time for self-care; and, thus, are interacting with them in new ways. An employer who expects you to work through lunch, or a friend who wants you to continue to meet at the buffet are not going to be happy that this way of living may no longer be functional for you. Stand firm with what you need to be successful and find balance where you can. Remember that these people are not necessarily upset with you, but that they are upset that their lives have been altered and they can no longer access you in the same old ways. Find a way to explain the change to them and try to come up with new suggestions that support your new lifestyle. Also lean on your positive supports to balance the stressors. Remember, it is not only your right to minimize the stress in your life, it is your responsibility.

Potential Stressors after Surgery	Techniques to address the stressor	Supports that can help
Taking time for meals at work to stay on track.	Plan meals. Set timers in my phone. Talk to my boss	My coworker friend. My spouse to have a meal prep time together.

Eating When You Are Not Hungry

The purpose of food is to give us strength and energy so that we can live our lives. Prior to surgery, learn how to ask yourself “am I hungry?” This can help you to identify if your desire for food is about something else. Unfortunately, we often eat for reasons other than physical bodily hunger. We can categorize this type of eating into 2 camps: eating for emotions/thoughts and situational/patterned eating. Eating for emotions/thoughts involves consuming food in order to soothe or distract from unpleasant feelings or cognitions. We have all experienced this, however, after surgery, it will be important for you to identify new ways to manage emotions that arise. Situational/patterned eating is eating which is done because it has become associated with a specific time, place or activity. This can be dangerous after surgery if not identified because these events typically don’t involve a lot of thought prior to. You eat just because. Take a moment to list some of your most common emotional and situational eating habits and identify some replacement activities you can do instead.

Emotional Eating Habit	What does it look like now? What types of food do you eat? Patterns to your eating?	What can you do instead?
Ex. I had a difficult day at work.	I grab the ice cream as soon as I get home. Just the carton and a spoon. It has been a VERY difficult day!	Sit outside and enjoy the fresh air. Go for a walk. Play with my kids at the park.
Situational/Pattern Habit		
Ex. Thanksgiving Dinner	I have to have that sweet potato casserole or it is not Thanksgiving. That is Grandma’s recipe and we ALWAYS have it.	Research a bariatric friendly recipe that can replace it. Change up what we do for Thanksgiving. Play a game of football or go on a trip this year.
Ex. It’s 12 noon so I have to have lunch		

The Emotional Journey After Surgery

As you are preparing for a major life journey, keep in mind that there is both a physical journey and an emotional journey that take place following bariatric surgery. These journeys are not intertwined and it is important to keep focus on the emotional journey as your physical body transforms. Some of the themes that may arise as after surgery include:

- Reaching your goal weight. For many you may be reaching a weight that you never thought was possible. What does that mean to be successful with this part of your life? Are there fears associated with success?

Messages I have about success	Replacement affirmations
"If I succeed than it's only a matter of time before the other foot drops and I can't stand that anxiety"	"If I keep taking healthy steps there is no reason why any "shoe" should drop. Healthy steps lead to healthy outcomes."

- Learning to love yourself. A history of weight loss attempts can come with frustration and personal self-judgment and shame. As you begin this weight loss journey pay attention to the messages you say to yourself and the things you believe about yourself. We can be harder on ourselves than anyone else ever has been. What are some of things you have come to say about yourself and how can you change those messages as you learn to love yourself.

Negative Self Message	New positive belief
Ex. "I am a failure. I can't do anything right."	"I have done lots of things right and it is ok to make a mistake. I get back on track."

- Staying connected to the changing you. If you have developed an identity to the body you have now, it can be scary to wonder "will I still be me" as I lose the weight. When our weight has become a primary focus of our life, it can be easy to forget who you are as a whole person. What are some of the things that make you, You? What do you like/dislike? What are your hobbies/interests? What other characteristics about yourself do you identify with?

Who Am I? (list all the things you like about yourself and some things you are excited about that will come from your weight loss)

- This is not a private journey. As your body changes you may draw unsolicited attention to yourself. This can be a struggle for some if you have tried not to draw attention to yourself in the past because it came with hurtful comments. How will you manage questions and comments? Are there safe areas/people you can turn to if it becomes overwhelming? If someone has experience trauma in the past,

this added attention can be difficult and uncomfortable. If this is an area you find yourself struggling after surgery, please reach out to your bariatric counselor.

- **Body image** – Many times people are not able to see their own weight loss change that others do after surgery. The weight loss can be rapid in the beginning and people see their “old self” when they look in the mirror. In addition, as you lose weight there are still images out there that show what people “should look like” with unhealthy ideals of “perfection.” Remember to be patient with this process. Again, the emotional journey is not on the same track that the physical journey is and it can take longer to adjust emotionally to the change for some. Sometimes taking monthly pictures can help to see the changes. Also buying clothes one size down can help you to notice the physical transformation of the weight loss or other non-scale victories to track your journey. As you get to your goal weight, if this is an area you are continuing to struggle with, please reach out to your bariatric counselor.

Remember that you are not alone on this journey. Your bariatric team is here to help you through the different milestones you may encounter as you work toward your goal weight. In addition to your bariatric team, know your own personal support team. Who around you will help you with the different parts of this process? Take a moment to write down the different people in your support team and list how they can help (for instance, are they good listeners? Are they good problem solvers? Are they funny and help to distract you when you are having a bad day?). As you get closer to your surgery date, reach out to your support people and help them to know how they can support you. Communication will be important after surgery to be able to let others know what you need.

My Support Team

Who	How they can help	Times I may need them

Practice putting one foot in front of the other with each step of this process. It doesn't help to get ahead of yourself, and it doesn't help to get wrapped up in guilt about past mistakes. If you can practice doing what is right for your body, your eating habits, your emotions, your mind and your health in this moment (the only moment you actually have any power in controlling) the better your overall outcomes will be. You will soon find that this moment of healthy living leads to the next moment of healthy living, to the next, and then, ultimately to your goal.

It took a lot of courage to make it here and you made it here! Know that you have the courage to encounter any obstacle that may show up in the future. Always remember, we are here to support you and empower you. We wish you great success on this journey!

Additional Resources/Websites

Monthly Support group with the Dietitian and Social Worker:

Our clinic offers support groups available to all patients (pre- and post-op), friends and family members. Support group is offered once per month. Please contact our clinic for the latest schedule. Hope to see you there!

Nutrition and Fitness Apps for the iPhone and Android:

- **Eatminder:** This app allows you to set the number of times you want to eat in a day. When it's time for you to eat, the app displays a notification. This can be helpful after bariatric surgery as sometimes patients no longer "feel hungry" and need a reminder to eat. This app may also be helpful before surgery in helping you to develop structure in your eating patterns throughout the day.
- **Before I Eat, Moment in the Zone:** This app can help with emotional and binge eating by allowing you to build a customized plan that is available to help you manage food cravings and eating urges. It also includes over 100 minutes of coach-led audio sessions.
- **RxmindMe Prescription/Medication Reminders:** Allows you to enter both prescriptions and vitamins by setting up reminders about when to take them. The app also allows you to track historical data which can be very helpful for post op visits with our office.
- **HealthyOut:** Is designed to help you locate healthy restaurants and order healthy meals at restaurants.
- **Eat Slower:** Provides an adjustable timer which you can use to pace yourself while you eat, the app allows for various tones to signal when to take the next bite or use the vibrate feature. Eating slowly is very important in helping you to chew your food very well as well as giving you the time to recognize when you are full.
- **My Fitness Pal:** A food and exercise tracker that allows you to enter personalized goals and track your progress with reports and charts. The app contains a large food and nutrition database as well as over 350 cardiovascular and strength training exercises.

Bariatric Cookbooks

Title	Author	Available at
90 Ways to Ditch Your Diet	Chef David Fouts	amazon.com
Before & After. Living & Eating Well After Weight Loss Surgery	Susan Maria Leach	bariatriceating.com
Cook Wise with Chef Dave	Chef David Fouts	amazon.com
Cooking for Weight Loss Surgery Patients	Dick Stucki	amazon.com
Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient	Chef David Fouts	amazon.com
Eating Well After Weight Loss Surgery	Patt Levine	amazon.com
Extraordinary Taste: A Festive Guide for Life After Weight Loss Surgery	Shannon Owens-Malett, RD	bariatricadvantage.com
Hungry Girl 1-2-3	Lisa Lillien	amazon.com
Recipes for Life After Weight Loss Surgery	Margaret M. Furtado, RD	amazon.com
Shakin' It Up	Chef David Fouts	amazon.com
Smooth Foods	Chef David Fouts	amazon.com
Soft Foods	Chef David Fouts	amazon.com
The Complete Idiots Guide to Eating Well After Weight Loss Surgery	Margaret Furtado, RD	amazon.com
The Everything Post Weight Loss Surgery Cookbook	Jennifer Heisler	amazon.com
The Volumetrics Eating Plan	Barbara Rolls, Ph.D	amazon.com
Weight Loss Surgery Cookbook for Dummies	Brian K Davidson, David Fouts	amazon.com bariatricadvantage.com

Supervised Weight Loss Class Notes and Goals

Please use the following section as you see fit. You may find it useful to take notes during your supervised weight loss classes so you can utilize the information you learn during class in the future. You can also use this section as a place to write down your goals and track your progress as you progress towards surgery.

Class #1 Topic: _____ **Date Attended:** _____

Class Notes:

Goals for this coming month:

Class #2 Topic:_____ **Date Attended:**_____

Class Notes:

Goals for this coming month:

Progress on goals from last month:

Class #3 Topic:_____ **Date Attended:**_____

Class Notes:

Goals for this coming month:

Progress on goals from last month:

Class #4 Topic:_____ **Date Attended:**_____

Class Notes:

Goals for this coming month:

Progress on goals from last month:

Class #5 Topic:_____ **Date Attended:**_____

Class Notes:

Goals for this coming month:

Progress on goals from last month:

Class #6 Topic:_____ **Date Attended:**_____

Class Notes:

Goals for this coming month:

Progress on goals from last month:

Support Group Schedule

PARKER ADVENTIST HOSPITAL

Center for Bariatric Surgery Patient Support Group



Support Group Schedule

The learning, sharing and support you receive from your peers is a great way to keep your weight loss motivation high. By participating in weight loss surgery support groups, you are more likely to reach your goals than if you tried alone.

Support groups are open to everyone! Whether you have had surgery, are thinking about surgery, or are supporting someone who has had surgery, we welcome you!

Support groups are typically held on the first Thursday of every month, from 5:30-7:00pm. A current schedule is available in our office.

*Participation in groups on-site is preferred, and offers greater benefit to you. However, if you are unable to attend, you may participate by phone. **

Call 866-382-0408 Access Code: 9254293

**A call in option is not guaranteed for all meetings.*

Parker Adventist Hospital



9395 Crown Crest Blvd.
Parker, CO 80138
www.parkerhospital.org