

NUTRITION GUIDELINES FOR ENDOSCOPIC SLEEVE PROCEDURE

BEFORE YOUR PROCEDURE

All medications should be converted to either liquid or crushable taken with 1 tablespoon of applesauce. Ask your prescribing physician to make this change. We cannot change your prescriptions. You may return to your normal form of medications when you begin the soft foods portion of the diet

If you are undergoing a suturing procedure, you will need an Anesthesia Pre-operative appointment at the Weiner Center.

Contact information for questions:

General GI Clinic: 617-732-6389

Dietitian Phone Line: 617-732-8884

Typical Dietitian Appointment Schedule

Individual appointments are 30 minutes.

Before Surgery:

- Nutrition Assessment
- Nutrition Follow-Ups as needed

After Surgery

- 2 weeks
- 6 weeks
- 3 months
- 6 months
- 1 year

After 1 year, meet with dietitian twice per year (every 6 months) forever

Skills for Success

Endoscopic bariatric surgery is only a tool. You must commit to a healthy lifestyle (diet, exercise, behaviors) to stay successful forever.

Fluids

Choose sugar-free, non-carbonated fluids.
Sip fluids throughout the day, aiming for 48-64 ounces.
Know the signs of dehydration: headaches, dizziness, dark urine. No caffeine until stage 4.
Avoid alcohol 6-12 months after surgery.

Eating Behaviors

Take bites the size of a dime.
Chew, chew, chew; puree the food with your teeth.
Wait between bites to see how your stomach feels.
Aim for 30-40 minute meals.

Make Eating Mindful

Avoid grazing, nibbling, and picking throughout the day.
Have regularly scheduled eating events.
When you're eating, just eat! Avoid distractions. Eat off a smaller plate.

Separate Fluids from Solids

Wait to drink fluids until 30 minutes after you eat solid food. It's okay to drink before eating.
Why? Eating and drinking at the same time can overfill your stomach and make you feel sick.

Plan Ahead

Life is busy now and it will be busy after surgery too. You will make healthier choices when you plan ahead.
Chop/peel ingredients in advance and meal prep.
Pack food and fluids for busy days.
Bring your own food to social events if you aren't sure what will be served.

Stay Accountable

Track yourself: food and beverage choices, exercise, and weight are good places to start.
Keep your appointments with the CMBS team.
Let your support team know how they can help you stay on track.

Dumping Syndrome

Dumping syndrome is the body's reaction to eating and drinking foods and beverages with added sugar, such as cakes, cookies, candies, juice, and soda. The foods or beverages pass too quickly through the stomach pouch. This causes symptoms such as nausea, cramping, cold sweats, dizziness, extreme tiredness, and an increase in heart rate. Usually the symptoms will stop in 1-2 hours. Lying down can help patients to recover. Eating high-fat foods, such as fried foods, causes similar symptoms.

All patients are encouraged to avoid foods and beverages with added sugar and high-fat foods.

Getting Ready for Surgery

What to Buy Before Surgery

☐ **Measuring Cups & Spoons**

☐ Food Scale

☐ Sugar-free Fluids

☐ Personal scale for regular, at home, weight checks



☐ Protein Shakes*



☐ Vitamin & Mineral Supplements*



**Choose protein shakes and vitamin & mineral supplements from the shopping guides.*

STAGE 1: Nothing to Eat or Drink

Begin:	Day of Procedure
Duration:	12-24hrs
Fluid goal:	32 to 48 ounces
Instructions:	Patient should avoid all oral intake until the following day

STAGE 2: Water and Sugar Free Clear Liquids

Begin:	Morning after procedure
Duration:	1 day

Diet instructions:

- Fluids are the number one priority
- 2 ounces of non-caloric, non-carbonated, non-caffeinated liquids every hour for the first 6 hours
- Then 4oz per hour for the next 8 hours .
- Record all fluid intake
- Use 1 ounce medicine cup and take 1 sip every 5mins
- Sip slowly and stop as soon as you feel full
- Do not use straw

Fluid options:

- Water
- Crystal light
- Propel Fitness Water or G2
- Bouillon or broth
- Fruit₂O
- Decaffeinated coffee or tea (Diet Snapple)
- "Flat" decaffeinated diet soft drink or diet ginger ale
- Diet Jell-O
- Sugar – free popsicle (less than 20 calories each – limit 2-3 per day)

STAGE 3: PROTEIN SHAKES

- Begin:** 48 hours after procedure
- Duration:** 45 days
- Fluid Goal:** **60** ounces per day
(protein drinks do NOT count towards fluid goal)
- Protein Goal:** **60** grams per day
- Calorie Goal:** **900 – 1000** calories per day
- Vitamins:** TWO chewable multivitamins (children's or adult)
- Centrum adult or children's complete chewable
 - Flintstone's complete chewable plus additional 500mcg Vitamin B12 daily

OR

TWO tablespoons of liquid multivitamin

- Centrum liquid

Calcium Supplement with Vitamin D 1200 – 1500mg per day

- Maximum 500 mg per dose
- Calcium Citrate is preferred due to better absorption

DO NOT take the multivitamin and calcium at the same time taking together may interfere with each other's absorption

Diet instructions:

- Record all fluid intake
- Use 1 ounce medicine cup and take 1 sip every 5mins
- Do not exceed **8** ounces per hour
- Sip slowly and stop as soon as you feel full
- Do not use straw
- Avoid gulping, it introduces air into your system and may cause gas pains
- Plan ahead and have the protein drinks ready to drink
- Do not drink with meals
- Fluids are the number one priority: It is VERY important that you stay hydrated

STAGE 3: PROTEIN SHAKES (CONTINUED)

Fluid options: All from Stage 2

- Water
- Crystal light
- Propel Fitness Water or G2
- Bouillon or broth
- Fruit₂O
- Decaffeinated coffee or tea (Diet Snapple)
- “Flat” decaffeinated diet soft drink or diet ginger ale
- Sugar – free popsicle (less than 20 calories each – limit 2-3 per day)

Sample Meal Plan:

8am	8oz Protein drink – 100-150cal
9am	8oz Water or low calorie beverage
10am	8oz Protein drink – 100-150cal
11am	8oz Water or low calorie beverage
12pm	8oz Protein drink – 100-150cal
1pm	8oz Water or low calorie beverage
2pm	8oz Protein drink – 100-150cal
3pm	8oz Water or low calorie beverage
4pm	8oz Protein drink – 100-150cal
5pm	8oz Water or low calorie beverage
6pm	8oz Protein drink – 100-150cal
7pm	8oz Water or low calorie beverage
8pm	8oz Protein drink – 100-150cal
9pm	8oz Water or low calorie beverage

Guidelines for High Protein Supplement:

- Calories: 150-200cal/serving
- Protein: minimum of 15gm/serving
- Sugar: maximum of 10gm/serving
- A typical protein shake is 8-11 ounces
- If you are using a protein powder, remember to add the protein, calories, and sugar from the liquid you are mixing with.
 - Example: 8 ounces of skim milk has: 8 grams of protein, 90 calories, 12 grams of sugar, and 12 grams of carbohydrates

STAGE 3: PROTEIN SHAKES (CONTINUED)

Here is where you will find these numbers:

Nutrition Facts		Nutrition Facts	
Serving Size 1 scoop (31g) Servings Per Container 29		Serving Size 1 Shake (14 fl oz) (414mL) Servings Per Container 1	
Amount Per Serving		Amount Per Serving	
Calories 110	Calories from Fat 0	Calories 160	Calories from Fat 30
% Daily Values*		% Daily Value*	
Total Fat 0g	0%	Total Fat 3g	5%
Saturated Fat 0g	0%	Saturated Fat 1g	5%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 15mg	6%	Cholesterol 20mg	7%
Potassium 90mg	2%	Sodium 410mg	17%
Sodium 170mg	8%	Potassium 560mg	16%
Total Carbohydrate 4g	1%	Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%	Dietary Fiber 3g	12%
Sugars <1g		Sugars 2g	
Protein 23g	46%	Protein 30g	60%

Lactose Intolerance:

Lactose is the natural sugar in milk. Sometimes after surgery, your body cannot digest this sugar. This causes problems like nausea, cramping, bloating, gas, and/or diarrhea. It is not normal to have these problems from drinking protein shakes. You might be experiencing lactose intolerance.

What if you are experiencing lactose intolerance?

- Stop drinking protein shakes for 24 hours. Keep drinking your fluids.
- When you start drinking protein shakes again, avoid any shakes that have milk, 'whey protein **concentrate**,' or 'milk protein **concentrate**' in the ingredient list.
- Instead, choose a protein shake that is made from 'whey protein **isolate**.' The lactose has been filtered out of whey protein isolate.
- Call your dietitian if you need help finding lactose-free options.

STAGE 3: PROTEIN SHAKES (CONTINUED)

Other problems related to Protein Shakes?

If the taste is bothering you:

- Flavor your shakes with extracts. You can find extracts in the baking aisle at the grocery store. You only need a couple drops so go slowly and taste-test along the way.
- Flavor your shakes with sugar-free syrups. You can find sugar-free syrups at the grocery store but you will have more flavor options if you order online. Common brands are Da Vinci Gourmet and Torani.
- Flavor your shakes with spices such as cinnamon, ginger, nutmeg, and cloves.
- Flavor your shakes with unsweetened cocoa powder or powdered peanut butter; limit to 1 tablespoon total per day.

If the smell is bothering you:

- Drink your shake from a bottle with a small opening.
- Drink your shake using a straw.
- Drink your shake at a very cold temperature.

If you need to chew:

- Pour your protein shake into a popsicle or ice cube tray and freeze to make a protein popsicle.
- Semi-freeze your protein shake or blend it with ice to make a slushy.

Stage 3 Key Points:

- Be aware of signs of dehydration: sudden lightheadedness or dizziness, headaches, and urine color becoming darker throughout the day.
- If you're struggling to tolerate fluids, it's helpful to try different temperatures for your beverages. Some patients prefer ice cold while others prefer room temperature or warmer beverages. You can try warming up a protein shake up to 140 degrees; think "hot chocolate" or look for chicken and tomato soup flavored protein (see the Protein Shake Shopping Guide for more details).
- Keep track of the amount of protein shakes and fluids that you are drinking using a food log. If you cannot finish a protein shake in a 1 hour period, you can save it for the next meal time and log the amount you drank.

Changes in bowel regimens, such as less frequent movements or loose stools, are normal. If you are having discomfort, contact the endoscopic bariatric team or refer to page 22 for troubleshooting tips and solutions.

STAGE 3: PROTEIN SHAKES (CONTINUED)

Protein drink options:

- **Isopure** – 40gm protein (liquid beverage), 25gm protein (1 scoop powder)
- **Liquacel** – 16gm protein, 0gm sugar (available at Target)
- **Gelatein** – 20gm protein, 0gm sugar: <http://www.medtrition.com/products/prosource-gelatein>
- **Slim Fast High Protein** – 20gm protein, 2gm sugar
- **Premier Protein High Protein Shake** – 30gm protein, 1gm sugar
- **Muscle Milk Light** – 20gm protein, 0gm sugar
- **EAS Myoplex Lite** – 20gm protein, 4gm sugar
- **EAS Advant Edge Carb Control** – 17gm protein, 0gm sugar
- **Pure Protein** – 35gm protein, 1gm sugar
- **Body Fortress Whey Protein Powder** – 30gm protein, 1gm sugar
- **Ensure High Protein** – 25gm protein, 5gm sugar
- **Glucerna Hunger Smart Shake** – 15gm protein, 6gm sugar
- **Optisource** – 24gm protein, 0gm sugar
- **Optifast HP** – 26gm protein, 10gm sugar

High Protein Shake options

Gelatein 20

- Serving size 4 oz
- Calories 90
- Protein 20 gm
- Sugars 0 gm
- Available online only



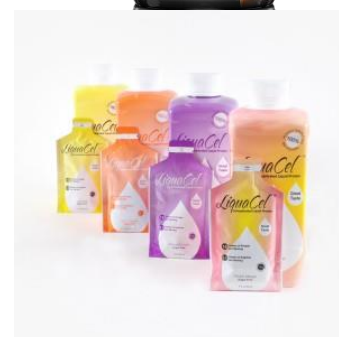
Six Star Whey Isolate

- Serving size 8 oz
- Calories 140
- Protein 30 gm
- Sugars 0 gm
- Available at Wal-Mart, Target, CVS pharmacy and



Liquacel

- Serving size 4 oz
- Calories 90
- Protein 16 gm
- Fat 0g



- Sugar 0gm
- Available online at Target.com

Muscle Milk Light Protein Shake

- Serving Size 8 oz
- Calories 100
- Protein 14 gm
- Sugars 6 gm
- Available at Wal-Mart, Target, GNC, Vitamin Shoppe and online



Muscle Milk Light Protein Powder

- Serving size 8 oz
- Calories 100
- Protein 14 gm
- Sugars 6 gm
- Available at Wal-Mart, Target, GNC, Vitamin Shoppe and online



Optisource: Very High Protein Drink

- Serving size 4 oz
- Calories 100
- Protein 12 gm
- Sugars 0 gm
- Available online only



Optifast HP

- Serving size 8 oz
- Calories 200
- Protein 26 gm
- Carbohydrate 10 gm
- Available online only



Glucerna Hunger Smart Shake

- Serving Size 11 oz
- Calories 180
- Protein 15 gm
- Sugars 6 gm
- Available at Wal-Mart, Target and online



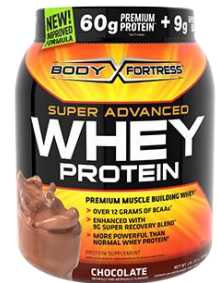
Ensure Active High Protein



- Serving size 14 oz
- Calories 210
- Protein 25 gm
- Sugars 5 gm
- Available at Wal-Mart, Target, Walgreens and online

Body Fortress Super Advanced Whey Protein

- Serving Size 1 scoop (50 gm) in 8 oz
- Calories 200
- Protein 30 gm
- Sugars 4 gm
- Available at Wal-Mart, Target,
- Walgreens pharmacy and online



Pure Protein Shake

- Serving size 11 oz
- Calories 170
- Protein 35 gm
- Sugars 1 gm
- Available at Wal-Mart, Target and online



Isopure Zero Carb Drink

- Serving size 10oz
- Calories 80
- Protein 20gm
- Sugars 0gm
- Available at GNC, Vitamin Shoppe and online



Isopure Low Carb Protein Powder

- Serving size 8oz
- Calories 210
- Protein 50gm
- Sugars 1gm
- Available at GNC, Vitamin Shoppe and online



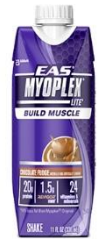
Premier Protein High Protein Shake



- Serving size 11oz
- Calories 160
- Protein 30gm
- Sugars 1gm
- Available at Wal-Mart, BJ's, Costco and online

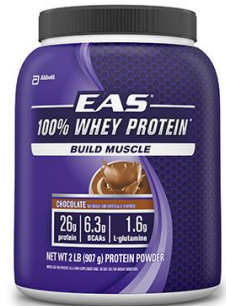
EAS Myoplex Lite

- Serving Size 11oz
- Calories 170
- Protein 20gm
- Sugars 4gm
- Available at Wal-Mart, Target, major grocery stores and online



EAS 100% Whey Protein

- Serving Size 1 scoop (39gm) in 8oz
- Calories 150
- Protein 26gm
- Sugars 2gm
- Available at Wal-Mart, Target, major grocery stores and online



STAGE 4: SOFT PROTEINS

Begin:	45 days after procedure
Duration:	2 weeks
Fluid Goal:	64 ounces (oz)per day of fluids from Stage 2 (protein drinks do NOT count towards fluid goal)
Protein Goal:	60 – 80 grams per day
Calorie Goal:	900-1000 calories per day
Vitamins:	2 chewable vitamins – Flintstones complete plus additional 500mcg Vitamin B12

Diet instructions:

- 3 oz of soft, moist protein foods 3 times per day PLUS 1-2 snacks per day
- Have a protein shake if you are unable to meet your protein needs through soft, solid food
- Maintain a food log. Record all oral intake.
- Eat slowly - 10 minutes per ounce.
- Use children’s utensils or chopsticks.
- Take small bites and put utensils down between bites.
- Remember to chew well, to applesauce consistency.
- If you feel full, stop eating – continuous overeating can stretch your pouch. Remember it may take 20 min for your brain to know you ate anything.
- Do not eat foods and drink any fluids at the same time. Wait at least 30 minutes before or after eating a meal to drink anything.
- Do not use straw
- Avoid foods that are high in sugar or fat as they may cause dumping syndrome.
- Marinated meats, boiled meats and the dark meat of chicken tends to be well tolerated
- Fibrous meats, such as dry turkey, chicken breast or hamburger, can be difficult to digest
- Do not fry your meats
 - Frying adds calories and can make foods hard to digest
 - Some people may experience dumping with fatty foods

STAGE 4: SOFT PROTEINS (CONTINUED)

Soft Protein Food options:

- Tomato Cream Soup (made with skim milk) – 8oz: 6gm protein, 90cal
- Cottage Cheese (low fat) – 4oz (1/2 cup): 13gm protein, 100cal
- Egg whites/substitute (no vegetables) – 4oz(½ cup): 10gm protein, 100cal
- Hard-boiled egg white - mashed (no yolk)– 2 large 2oz:
6gm protein, 30cal
- Tuna (canned or fresh in water) – 3oz: 20-22gm protein, 95cal
- Salmon (canned or fresh) – 3oz: 20-22gm protein, 120-150cal
- Chicken or Turkey (canned or fresh) – moist, 3oz: 15-18gm protein, 120-150cal
- Imitation Seafood – 3oz: 10gm protein
- Tofu – 3oz: 12gm protein, 90cal

Try to meet the protein goal of 60-70 grams each day before choosing foods from the non-protein list. Your stomach will fill up quickly from the protein foods so you might not have room for the non-protein foods.

How to Count Grams of Protein

This is a container of Greek yogurt. The label says that the serving size is 3/4 cup. That means that each serving has 13 grams of protein. If you eat the whole serving, you have eaten 13 grams of protein. However, with your small stomach, you might not have room for the whole serving. If you eat half of the container, you have eaten 6.5 grams of protein.

Nutrition Facts

Serving size 3/4 cup (170g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 10g 13%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 75mg 3%

Total Carbohydrate 12g 4%

Dietary Fiber 0g 0%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 261mg 20%

Iron 1mg 4%

Potassium 343mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

STAGE 4A: PUREED FOODS AND SEMI-SOLIDS

Pureed Food Ideas: Pureed/Semi-Solid Foods

Type of Food	Amount	Protein (g)	Fat (g)	Calories
STARCHES				
Mashed potato	½ cup	2.0	4.4	111
Oatmeal	¾ cup	4.5	1.7	105
Farina	¾ cup	2.5	0.1	87
Cream of Wheat	¾ cup	3.3	0.4	115
FRUITS				
Applesauce (unsweetened)	½ cup	0.2	0.1	53
Peaches (canned in juice)	½ cup	0.8	0.05	55
VEGETABLE (½ cup whole = ¼ cup pureed)				
Green Beans (canned)	¼ cup pureed	0.8	0.1	13
Carrots (baby food)	2.5 oz (2 oz = ¼ cup)	0.0	0.0	30
Beets (canned)	¼ cup pureed	0.8	0.1	26
MILK				
Yogurt, nonfat	8 oz	8	0	90-120
Milk, skim or 1%	8 oz	8	0-3	80-110
MEAT				
Tuna, canned in water	1 oz (1 can = 6 oz)	7	1	40
Imitation crab meat	1 oz	3.5	<1	30
Cheese, low fat or fat free	1 oz	4	0-3	40-50
Cottage cheese, 1% or fat free	1 oz (4 oz = ½ cup)	3.5	<1	20
Egg, scrambled	1 oz	6	6	80
Chicken, pureed (dark meat)	1 oz	7	4.5	72
Turkey (baby food)	2.5 oz	8	5	90
FAT				
Butter	1 teaspoon	0	4.1	36
Olive oil	1 teaspoon	0	4.6	40
Mayonnaise, light	1 teaspoon	0	5	50

STAGE 5: SOLID CALORIE DIET

Start: 2 months postoperatively

Duration: Ongoing

Diet Instructions:

- 900 – 1200 calories a day
- Avoid all high calorie and soft, mushy foods that can easily pass through a dilated gastric pouch or dilated GJ outlet (stoma).
- Avoid any foods that dissolve in your mouth or do not require chewing
 - i.e. Crackers or pretzels; yogurt or ice cream or soup
- Avoid all highly refined or processed foods
 - i.e. Protein bars, fast food, frozen meals
- Avoid condiments
 - i.e. butter, gravy, cream cheese, peanut butter, oil
- Avoid liquid calories, all beverage should have zero calories
 - Crystal Light, Diet Snapple, Fruit 2O, water, etc are ok to drink

Important Information:

- Examples of foods to avoid:
 - Beverages high in calories
 - Fruit juice, fruit smoothie or frappes
 - power drinks, soda, coffee with added cream or sugar
 - Foods that do not require chewing
 - Soups, cottage cheese, yogurt, peanut butter, mashed potato
 - apple sauce, pudding, ice cream
 - Foods that dissolve in your mouth
 - White rice, white bread, crackers, chips, pretzel, cereal
 - Foods that are processed
 - Cookies, protein bar, prepackaged foods, frozen meals
 - Fast food, 100 calorie packs of any kind
 - Do not consume protein shakes unless directed to do so by your physician
 - **We encourage you to eat solid, bulky, high fiber, low fat foods.**

STAGE 5: SOLID CALORIE DIET (CONTINUED)

Sample Diet:

Meal	Food	Liquid	Calories	Protein
Breakfast	-1 scrambled egg		78	6
	-1 piece whole wheat toast		100	3
	-2 links turkey sausage		140	13
		8 oz Decaf coffee	5	0
		8 oz water		
Snack	1 serving fruit		60	0
	Chewable Calcium	8 oz water	0	0
Lunch				
	2 cups salad greens with non-starchy vegetables 4 oz grilled/steamed chicken 2 teaspoons oil 1 Tablespoon vinegar OR 1 Tablespoon light dressing Herbs, salt, pepper		250-330	21-28
Snack	Chewable Multivitamin	8 oz water	0	0
	1 hard boiled egg		78	6
Dinner		8 oz water	0	0
	-3 oz grilled/steamed/poached fish -1 cup steamed broccoli -1/3 cup sweet potato Sodium free herbs/seasoning		120-150 50 80 0	21 2 3 0
Snack	Chewable Calcium	8 oz water	0	0
	1 serving fruit		60	0
		8 oz water	0	0
Total		8 oz water		
		64 oz water	1021-1131	75-82g

STAGE 5: SOLID CALORIE DIET (CONTINUED)

Variations:

Instead of:

1 Egg
2 turkey sausages
1 piece whole wheat toast

Breakfast above

1 serving fruit in AM

Lunch above

2 teaspoons oil and
1 Tablespoon vinegar

1 hard boiled egg

Dinner above

1 cup cooked vegetables

Use:

¼ cup Egg beaters (30 calories, 6 g protein)
2 veggie sausages (120 calories, 13 g protein)
½ Whole wheat English Muffin

1 cup skim milk and ½ cup of steel cut or Irish oatmeal

½ cup grapes
1 cup cubed melon
1 cup fresh pineapple
½ whole pear

3-4 oz meat, fish, or poultry, a non-starchy vegetable,
and a starch (rice, pasta, potato)

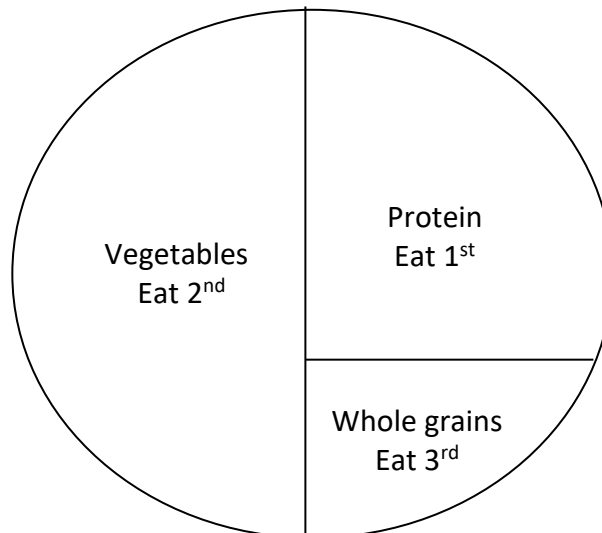
1 Tablespoon regular salad dressing
2 Tablespoons light salad dressing

¼ cup boiled edamame (soybeans)

3-4 oz meat, fish, or poultry, a non-starchy vegetable,
and a starch (brown rice, whole grain pasta, baked
potato)

2 cups raw vegetables (exclude starchy vegetables, such
as peas, corn, potatoes, lima beans, plantain, squash,
and yams)

Sample Plate:



VITAMIN AND MINERAL SUPPLEMENTS

Vitamin and Mineral Supplements:

You will need to take vitamin and mineral supplements for the rest of your life after surgery. We recommend that you start with chewable or liquid supplements until stage 4. Over time, if you are comfortable swallowing a 'petite' tablet or cutting a pill in half, you can swallow your supplements.

Multivitamin with Minerals:

- Take a 'complete' multivitamin(s) daily; dose will vary based on brand of multivitamin.
- Complete multivitamins contain iron, zinc, folic acid, and copper.
- Avoid gummy multivitamins – these don't have all the right nutrients.
- Separate multivitamin(s) with iron from calcium by at least 2 hours.

Vitamin B12:

- Take 350-500 micrograms vitamin B12 daily in the form of a tablet or liquid.
- You can take vitamin B12 at any time or with any other supplements.
- You can also get vitamin B12 in a nasal spray or injection.
- Your multivitamin might have enough vitamin B12 in it. This will be listed on your shopping guide.

Calcium Citrate with Vitamin D:

- Take 1200-1500 mg of calcium citrate daily split into 2-3 doses.
 - Your body can only absorb 600 mg of calcium at one time.
 - Check serving size on calcium nutrition facts label to determine how many to take at one time.
 - Separate calcium doses by at least 4 hours.
- Separate multivitamin(s) with iron from calcium by at least 2 hours.
- You can also meet your daily calcium needs from food and supplements. Talk to your dietitian.

Other Supplements:

Some patients may need extra vitamins and minerals, such as iron, vitamin D, or B vitamins. We will check your vitamin and mineral levels regularly through lab tests and discuss extra supplements as needed.

EXERCISE AND PHYSICAL ACTIVITY

Most people need to exercise at least 250 minutes (over 4 hours) each week to maintain weight loss. It takes time to build up to that amount of exercise but start where you're at. You can even break your exercise up into smaller amounts of time during the day. Remember, find an activity you enjoy!

Here are some ideas for increasing your physical activity before and after surgery.*

- ✓ Walk more! You may start walking immediately after surgery.
- ✓ Make exercise a family event. Go for a walk together after dinner or on the weekend.
- ✓ Keep exercise clothes in your car to make sure you will go to the gym.
- ✓ To decrease impact on your joints, try pool exercises, water aerobics, or a stationary bicycle.*
 - o Please refrain from swimming until your first appointment after surgery.
- ✓ Turn up the music and dance.
- ✓ Do yard work, gardening, or household chores that require brisk movement.
- ✓ Check out exercise videos online.
- ✓ Try chair exercises.
- ✓ Check out a new exercise class.

Consider using the FITT principle to progress in your physical routine.

Frequency	Intensity	Time	Type
How often you perform these exercises.	How hard you are exercising.	How long are you exercising for?	This refers to the type of exercise you do.
Start with 1-2 times per week and increase up to 3 times per week.	Instead of resting between exercises, go through an entire set of each exercise of the above routine then repeat 2-3 more times! Or, to progress, increase the weight as you are able.	Try to build up to the recommended amount of exercise.	Try to achieve a balance throughout your week of both aerobic and strength training exercise.

POSSIBLE PROBLEMS AND SOLUTIONS

We don't expect all of these problems to happen to you but if they do, we want you to know how to solve them. It is helpful to keep a record of anything unusual that occurs and what you did before and after it happened.

Dizziness, Headaches, Lightheadedness, Dark Urine (Signs of Dehydration)

- ✓ Drink fluids with electrolytes (like Propel Zero or Powerade Zero).
- ✓ Add salt to your foods.
- ✓ Drink salty bouillon or soup broth.

Call the Physician's Assistant phone line at 617-732-8882 if you are unable to catch up on your fluids.

Constipation

Short-term Solutions

- ✓ Increase your fluids – aim for 64 ounces daily.
- ✓ Try a laxative, such as Milk of Magnesia or Miralax, and take a stool softener up to 3 times daily.
- ✓ Try psyllium, a natural soluble fiber.

Long-term Solutions

- ✓ Increase your fluids – aim for 64 ounces daily.
- ✓ Increase your fiber intake.
 - Eat more fruits, vegetables, and whole grains if your diet stage permits.
 - If you are unable to add more fiber through your diet, try a fiber supplement, such as Benefiber or Metamucil.
 - Slow and steady is the key to adding fiber to your diet. Start with a small amount, such as one serving of fiber supplement or one extra serving of food with fiber. Stick with that amount for 1-2 weeks before increasing as needed.
- ✓ Stay physically active.
- ✓ Continue taking a stool softener as needed.

Diarrhea

- ✓ Limit or avoid foods with lactose. Lactose intolerance can occur after surgery. Please see page 8 for more details.
- ✓ Eat slowly and chew thoroughly.
- ✓ Do not drink fluids with meals.
- ✓ Avoid high sugar, high fat, and spicy foods.
- ✓ Limit the amount of sugar-free products (like sugar-free candies). These products may contain sugar alcohols (artificial sweeteners that end with -ol such as malitol, sorbitol, xylitol, etc.) that can cause diarrhea.
- ✓ Limit caffeinated beverages.
- ✓ Try a probiotic supplement – ask your dietitian for suggestions.
- ✓ Try psyllium, a natural soluble fiber.

POSSIBLE PROBLEMS AND SOLUTIONS (CONTINUED)

Nausea and/or Vomiting

- ✓ Tune into your eating behaviors. Take small bites, chew thoroughly and pause after each bite.
- ✓ Stop eating or drinking at the first sign of fullness, which may feel like pressure in your upper chest.
- ✓ Stay hydrated. Drink at least 48-64 ounces of fluids.
- ✓ Keep foods tender and moist.
- ✓ Determine whether you might have lactose intolerance (page 8).
- ✓ Avoid eating and drinking at the same time.
- ✓ If these suggestions do not work, or you vomit bright red or dark brown liquid, please call the PA line or your surgeon's office.

Bloating/Gas/Cramping

- ✓ Limit or avoid foods with lactose. Lactose intolerance can occur after surgery. Please see page 8 for more details.
- ✓ Limit or avoid sugar alcohols (artificial sweeteners that end with -ol such as malitol, sorbitol, xylitol, etc.).
- ✓ Avoid carbonated beverages.
- ✓ If drinking through a straw causes these problems, avoid using one.

Heartburn

- ✓ Every person has different food and beverage triggers of heartburn. Make a list of the ones that trigger heartburn for you and avoid them.
- ✓ Take your prescribed heartburn medication.
- ✓ Tune into your eating behaviors. Take small bites, chew thoroughly and pause after each bite.
- ✓ Avoid lying down for 3-4 hours after eating.

Hair Loss

- ✓ Hair loss after bariatric surgery is called 'telogen effluvium' and generally occurs around 3-6 months. This happens because some of your hair follicles are in resting stage (telogen phase) during the time of surgery, and the stress of significant weight loss can cause that hair to stay in the resting stage.
- ✓ There's generally not much you can do about hair loss at 3-6 months post-op except minimize washing and brushing to prevent extra fallout.
- ✓ If hair loss continues after month 6, speak to your dietitian. It could be related to iron, copper, zinc, or B vitamin deficiencies or not eating enough protein.
- ✓ You can also try Nioxin shampoo.

POSSIBLE PROBLEMS AND SOLUTIONS (CONTINUED)

Dental Health

- ✓ Because you won't be eating and drinking together after surgery, you may be at a higher risk for dental carries. Also, acid reflux may damage your teeth, so consider the following:
- ✓ Swish your mouth out with water/mouth wash (don't swallow!) and spit after eating to remove food particles.
- ✓ Floss regularly.
- ✓ Consider brushing 3 times daily.
- ✓ Talk to your dentist about your bariatric surgery, especially if you have acid reflux.
- ✓ Consider adding a 3rd cleaning; instead of every 6 months, schedule a cleaning for every 4 months.