



# **Comprehensive Obesity Management Program (COMP)**

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## **FINAL PREPARATION PACKET**

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# Vitamin and Mineral Supplements

## Why vitamins for life?

After surgery there is an increased risk for deficiencies due to factors including: absorption, reduced gastric acid production, decreases in food intake, possible aversions to foods. It's recommended you take vitamins for the rest of your life to avoid serious vitamin deficiencies.

Any form of vitamin (e.g., capsules, tablets, chews, and powders) is fine. It may be helpful to take chewables or liquids for the first few months after surgery, but this is not a requirement.

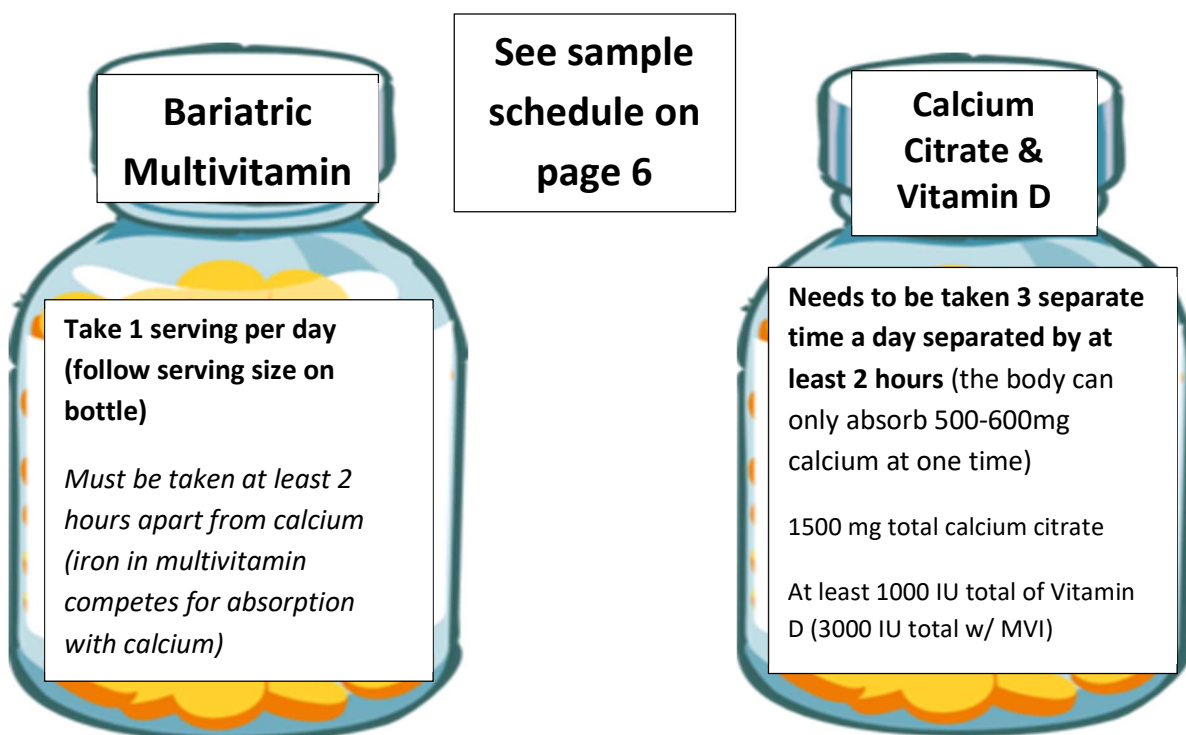
Eating before taking a multivitamin is helpful in preventing nausea.

## When to start taking them:

Start researching and comparing prices before surgery. Many companies have sample packs you can try before buying a larger container. It's required to start taking vitamins when you get home from surgery but you can practice now. Send your dietitian a picture or link of what you're looking at and they can help you build a schedule!

## What do I need to take?

Just 2 supplements are required: a bariatric multivitamin and a calcium citrate w/ vitamin D for both sleeve gastrectomy and roux-en-Y gastric bypass.



# Multivitamin (MVI)

(Pills, chews, chewables, and liquid may be used)

If you are taking a recommended bariatric MVI, take one serving per day. If you are taking an over-the-counter option (ex. Flinstones Complete), take two servings per day (these are only recommended if you cannot tolerate Bariatric Multivitamins). Consult your dietitian if you have any questions about how to take the MVI you have selected.

## Supplement Facts

Serving Size: 1 Capsule  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin A (as $\text{wm}^*$ retinyl palmitate and 50% as beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D [as $\text{wm}^*$ cholecalciferol (D3)]	75 mcg (3,000 IU)	375%
Vitamin E (as $\text{wm}^*$ d-alpha-tocopheryl acetate)	20 mg	133%
Vitamin K (as phyloquinone)	40 mcg	33%
Thiamin (as thiamin mononitrate)	12 mg	1,000%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	4 mg	235%
Folate (as calcium L-5-methyltetrahydrofolate)	1,333 mcg DFE	333%
Vitamin B <sub>12</sub> (as methylcobalamin & cyanocobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic acid (as D-calcium pantothenate)	20 mg	400%
Iron (as ferrous fumarate) <sup>†</sup>	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and as magnesium citrate)	100 mg	24%
Zinc (as zinc bisglycinate chelate)	15 mg	136%
Selenium (as selenium glycinate complex)	140 mcg	255%
Copper (as copper bisglycinate chelate)	2 mg	222%
Manganese (as manganese bisglycinate chelate)	2 mg	87%
Chromium (as chromium amino acid chelate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%

This is a bariatric MVI – you only need to take one dose (1 capsule for this example) per day



Note: some chewy and chewable MVI do NOT contain iron. You may need to take an extra iron supplement – see example to the right >>>>

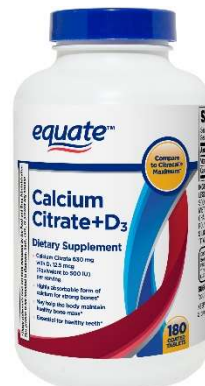
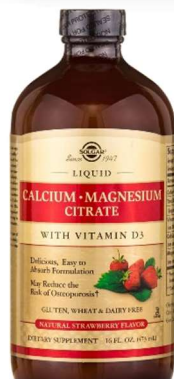
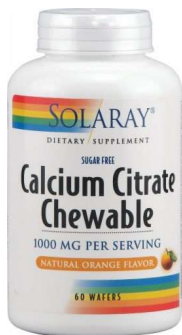
# Calcium Citrate + Vitamin D

(Pills, chews, chewables, and liquid may be used)

You'll need to take a total of **1500mg calcium citrate** per day! This will mean 2-3 servings per day, depending on the amount of calcium citrate per serving. Calcium carbonate may be acceptable if taken after a meal (carbonate will NOT absorb without food).

Example: If one serving is 500mg calcium, you'll take this 3x/day

$$500\text{mg/serving} \times 3 \text{ servings} = 1500\text{mg calcium citrate}$$



## Supplement Facts

Serving Size: 1 chew

	Amount Per Serving	% Daily Value*
Calories	15	
Total Carbohydrate	3 g	1%*
Dietary Fiber	0.5 g	2%*
Total Sugar	0 g	†
Includes 0g Added sugars		0%
Calcium (as Calcium Citrate)	500 mg	38%
Vitamin D3 (as Cholecalciferol)	12.5 mcg (500 IU)	63%

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily values not established.

OTHER INGREDIENTS: Maltitol syrup, inulin, natural flavors, soy lecithin, sunflower oil, gum blend (agar, modified corn starch, pectin (standardized with sucrose), cellulose gum, sodium citrate), citric acid, glycerin, curcumin for color, sucralose, paprika for color.

Most of the calcium supplements at the store are calcium *carbonate* which will not be absorbed without FOOD. Make sure to read the ingredient list carefully to buy calcium **CITRATE** or take carbonate with food.

## Where To Purchase

You can purchase your bariatric multivitamin w/ iron and calcium citrate w/ vitamin D from:

- Bariatric Advantage ([bariatricadvantage.com](http://bariatricadvantage.com)) – **validation code GBMC** (NOT promo code) will apply 15% off your purchase
- Celebrate Vitamins ([celebratevitamins.com](http://celebratevitamins.com))
- Bariatric Fusion ([bariatricfusion.com](http://bariatricfusion.com))
- Procure Health ([procurehealth.com](http://procurehealth.com))
- BariLife ([barilife.com](http://barilife.com))
- BariatricPal ([bariatricpal.com](http://bariatricpal.com))
- BariMelts ([barimelts.com](http://barimelts.com))

Many of these companies have sample packs to try!

### Requirements for vitamins:

Thiamin At least 12 mg / day \* At risk patients need at least 50 – 100 mg of thiamin daily. \*\*

Folic Acid 400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)

B12 Oral: 350 – 1,000 mcg / day

Vitamin D 3,000 IU (75 mcg)

Vitamin A 5,000 – 10,000 IU (1,500 – 3,000 mcg) / day

Vitamin E 15 mg / day

Vitamin K 90 – 120 mcg / day

Copper 1 mg / day from MVI

Zinc 8 – 11 mg / day from MVI Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

Iron (from all supplements) At least 18 – 60 mg / day \*\* CANNOT take with Calcium. Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had sleeve or RNY or those with anemia) need at least 45-60 mg of iron daily.

Calcium (from food and supplements) 1,200 mg (if you've never had a vitamin D or calcium deficiency) to 1,500 mg / day

- Take in divided doses

Calcium Citrate may be taken with or without meals, calcium carbonate must be taken with meals.

## Sample Schedule for Vitamins and Minerals

You don't have to take your vitamins in any particular order, they just must be spread out by AT LEAST 2 hours

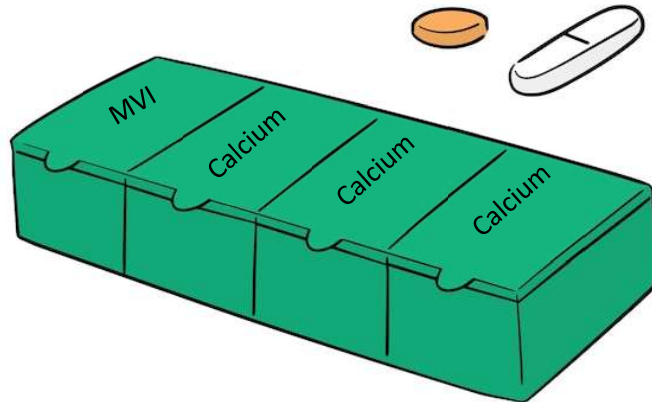
### Sample Schedule 1:

8am: 1 serving bariatric multivitamin

10am: 500mg calcium w/ vitamin D

12pm: 500mg calcium w/ vitamin D

2pm: 500mg calcium w/ vitamin D



### Sample Schedule 2:

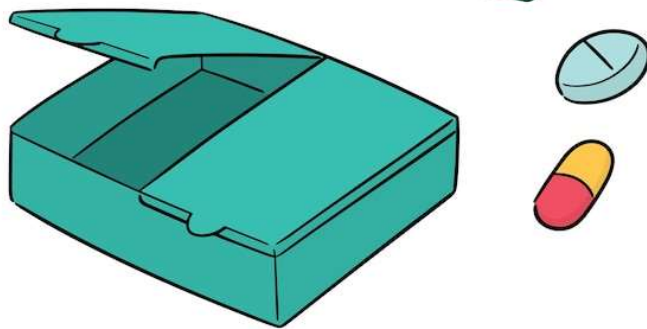
Take them with your meals/snacks:

Breakfast: 1 serving bariatric multivitamin

Lunch: 500mg calcium w/ vitamin D

Snack: 500mg calcium w/ vitamin D

Dinner: 500mg calcium w/ vitamin D



***Take your multivitamin on a FULL stomach – taking it without food may cause nausea!***

# To-Do List

## Primary Care Physician (PCP) Visit

- Schedule within 30 days of surgery
- History/Physical
- Lab work [(CBC, COMPLETE metabolic profile (NOT basic)], HbA1C
- EKG

### 1. Get organized!

- a. Have plenty of clear liquids to stay VERY HYDRATED during clear liquids TWO days prior to surgery. Your urine should be very light yellow or clear in the TWO days leading up to surgery.
  - Purchase multivitamin and calcium citrate for **LIFELONG** post-operative use. You will start this the day after you get home from the hospital.
  - Have full liquid diet approved items ready for post-operative use as soon as you get home from the hospital.
  - Make list of pureed, soft, and regular foods for when you advance to the next stage. You can find ideas on our Secret Facebook Support Page.
- b. Pick up **Omeprazole 40 mg ER, Promethazine (Phenergan), & Emend (Aprepitant)** from your pharmacy. After one week, they will restock these items from your pharmacy.
  - **Omeprazole 40 mg ER should** be taken daily (no matter what) for the first 90 days after surgery.
  - **Promethazine (Phenergan)** is to be taken only as needed for nausea – hopefully, you will never need it. Please note: Promethazine (Phenergan) will make you drowsy.
  - **Emend (Aprepitant) 125 mg** will be taken ONCE the morning of surgery with a sip of **WATER only (NOT with colored drinks and NOT with food!)** You will only receive a ONE TIME DOSE of this medication
  - Please bring your CPAP machine and mask with you.
  - You will also be ordered Gas X Chewable for gas pains, but walking is the most effective way to get rid of gas pains, but you can also ask for this medication.
  - Chewable Papaya Enzyme (optional) to help if food becomes stuck. If the food got stuck (chew on these to increase your secretions, back down to a previous stage to stay hydrated – clear liquids or full liquids as tolerated). Walk around.

## **2. The Doctor will review your medication**

- **It is OKAY** to continue long acting medications (DR, XL, XR, etc.)
- **You can swallow pills**
  - Please take your medications one at a time (**omeprazole**)
  - NO need to switch to liquid
- Some medications you should take the morning of surgery with a sip of water. Your surgeon will review these with you in the room.
- **Two (2) weeks** prior to surgery and **Four (4) weeks** after surgery stop all estrogen containing birth control (pills, patch, Nuva Ring) to avoid blood clots. You may use a barrier method [ex: condom, nexplanon or intrauterine device (Mirena)].

## **3. Diabetes Medications**

- HOLD all ORAL diabetes medications or any oral hypoglycemic (ex: Metformin, Glipizide) **starting 2 DAYS BEFORE surgery. Your surgery will be CANCELLED** if you take any oral diabetes medications within 2 days of your surgery!
- Continue to hold all ORAL diabetes medications **after surgery.**
- If you're taking Insulin the doctor will talk to you in the room.
- Keep checking your blood sugar levels even if off medication. If your blood sugar levels are > 150 for THREE consecutive readings, please call the office for further instructions or contact your PCP or endocrinologist (whoever manages your diabetes).
  - If you are an insulin dependent diabetic, please follow the new instructions from the endocrinologist given during your hospital stay.



#### **4. Diuretic Medications**

- HOLD all diuretic medications (ex: Hydrochlorothiazide (HCTZ), Lasix, Spironolactone) **2 DAYS BEFORE surgery.**
- **If you take a combination pill like Lisinopril/HCTZ, you will need to request a blood pressure pill without the diuretic component from your PCP.**
- Continue to hold all diuretic medications unless your doctor/health professional tells you specifically otherwise.

#### **5. Pain**

- You can take Dilaudid 2 mg tablets as outlined on the bottle for **moderate or severe pain.**
- Narcotics can cause you to be drowsy and impaired – **Do NOT drive** if taking narcotic pain medications.
- Narcotics may constipate you.
- If you are having mild pain, you can take Tylenol 650 mg capsules or tablets. Please follow the directions on the bottle. No need to purchase pediatric strength.
- If you are having a problem swallowing the Tylenol capsules or tablets, you may ask the pharmacist for Tylenol Elixir (**it is also OTC**) – again, you do NOT need to get pediatric strength
- **Do NOT take NSAIDs!**

## **6. NSAIDs**

- Do NOT take anti-inflammatory medications (Aleve, Ibuprofen, Motrin, etc.) for 2 weeks prior to surgery.
- **Continue to AVOID NSAIDs for life.**
- If you must be on NSAIDs or steroids after surgery, please contact the office prior to taking!

## **7. Constipation**

- First, increase your fluid consumption – try to drink AT LEAST 64 ounces of fluid per day.
- You may safely take Miralax nightly.
- You may add Dulcolax every morning and Smooth Move Tea (contains Senna).
- If your stools are hard, add Colace (stool softener).

## **8. Anticoagulation**

- STOP Aspirin and fish oil 1 week before surgery to minimize your risk of bleeding.
- If you are taking Xarelto, Plavix, Coumadin, or any other blood thinner, please discuss this one-on-one with your surgeon.

## **9. Diet Pills**

- Stop ALL diet pills and herbal supplements at least 2 weeks before surgery.
- Do NOT take Phentermine for 2 weeks before surgery.

# Care After Surgery

## 1. Walking is important to your recovery!

- You **MUST** get up and walk twice an hour every hour after surgery, and continue to do this once you go home for at least one-week post op.
- You can (and should) go up and down stairs to stretch your calf muscles. This helps to prevent blood clots; **while awake**
- Walk several times a day.
- Hydration- keep yourself hydrated with at least 64 ounces (8 full glasses) of fluid per day!
- Resume normal activity as tolerated. No (**no heavy lifting**) lifting more than 10 - 15 pounds for the one to two weeks after surgery.

## 2. Incision Care

- You will have glue on your incisions. Please do not pick the glue off.
- Glue will usually start to come off within 7-10 days of surgery.
- Please wash your surgical sites in a stand-up shower for two weeks with soap and water.
- Do **NOT** take tub baths, immerse the incisions, or scrub the incisions for at least 2 weeks, and do not sit in water, swimming pools, or hot tubs for the first two weeks after surgery.

## 3. Driving

- No driving while taking narcotic pain medications or when you are in too much pain to perform emergency actions while driving the vehicle.

# Diet Progression Summary

3 weeks before surgery: starch free OR 50 gm NET carbs per day or less



**Before surgery:**  
**48 hours before**



## Clear Liquids

Any liquid you can see through: Water, sugar-free drinks, broth, sugar-free gelatin, sugar-free popsicles, **Premier Clear Protein water, Unjury chicken soup or Isopure**



**After surgery:**  
**Day 1 – Day 7**  
**at home**



## Full Liquids

Pourable liquids (**protein shakes, skim milk, unsweetened almond milk, yogurt smoothies, soups**)

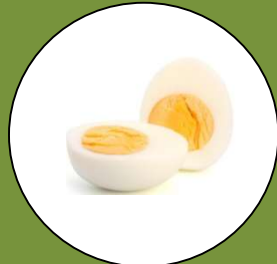
**After surgery**  
**Day 8 – Day 14**  
**at home**



## Pureed Diet

Full liquids plus **pureed cottage cheese, blended meats and blended soups etc.**

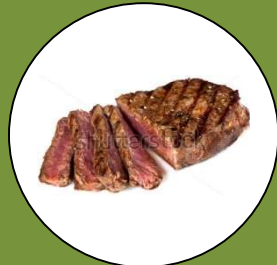
**After surgery**  
**Day 14 – Day 30**  
**at home**



## Soft Diet

Moist, soft foods **exclude** **tough meats, raw veggies or tough fruits with skins**

**1 Month and**  
**beyond**



## Regular Diet

Reintroduces tougher, drier meats and raw vegetables at 6-8 wk mark – **aim for 3 meals per day with ~30 grams of protein per meal**

# Clear Liquid Diet: 2 days (48 hours) before surgery

*(no food/drink after midnight the night before surgery!)*



- Liquids at this stage must be **see-through fluids** (NO pieces)
- **No sugar, carbonation, caffeine, or alcohol**
- **You should stay VERY hydrated at this stage, drinking every half hour**

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## Recommended Liquids

Water
Sugar-free flavored water (e.g. Crystal Light, Mio, True Lemon)
Herbal or decaf Tea (no caffeine)
Powerade Zero, Propel, Gatorade Zero, Vitamin Water Zero
Any kind of broth (NO pieces/chunks), bone broth or wonton soup broth
Diet (caffeine free) iced tea
Sugar-free Jello (any color)
Sugar-free popsicles (any color)
<b>Atkins' Lift Protein Water</b>
<b>Special K Protein Water (clear type)</b>
<b>Designer Whey 2 Go Protein Water</b>
<b>Premier Clear</b>
<b>Protein 2 O</b>
<b>Unjury Chicken Soup flavor</b>

# Full Liquid Diet: Day 1 – Day 7 at home (after surgery)

*Focus on 64 oz. fluid, MAY NOT meet protein goals at this stage*



- **BEGIN VITAMIN SUPPLEMENTS AT THIS STAGE (take multivitamin after protein shake – need some calories in stomach to avoid nausea)**
- Sip clear fluids every 10-15 minutes to prevent dehydration
- Be sure that liquids contain no chunks or pieces, no solid foods

Recommended Liquids (use these as your “meals” and stay hydrated with water and sugar free fluids in between)

Shakes made with **protein isolate**

Mix powder with skim or 1% Milk, unsweetened soy or unsweetened almond milk

Dannon Light and Fit Yogurt **drinks** (or yogurt watered down with milk or water)

Low Fat Cream Soups (strain the soup - no chunks) + scoop unflavored protein powder

Pacific or Imagine boxed soups (non-starchy veggie) + scoop unflavored protein powder

**See next page for sample schedule**

## Post-Op Day 1-7 Sample Day (Full Liquids)

8:00am – **4 ounces protein shake**  
8:30am – **4 ounces protein shake**  
9:00am - 4 ounces Crystal Light  
9:30am - 4 ounces Powerade Zero  
10:00am - Sugar-free popsicle  
10:30am - 4 ounces decaf tea  
11:00am – 4 ounces Vitamin Water Zero  
11:30am - **4 ounces protein shake**  
12:00pm - **4 ounces protein shake**  
12:30pm - 4 ounces Propel Zero  
1:00pm - 4 ounces Beef Broth  
1:30pm - 4 ounces water  
2:00pm - 4 ounces water  
2:30pm - **4 ounces protein shake**  
3:00pm – **4 ounces protein shake**  
3:30pm - 4 ounces chicken broth  
4:00pm - 4 ounces sugar free Mio flavored water  
4:30pm - 4 ounces 4C diet iced tea  
5:00pm - 4 ounces water flavored w/ Dasani Drops  
5:30pm - 4 ounces True Lemon water  
6:00pm - **4 ounces protein shake**  
6:30pm - **4 ounces protein shake**  
7:00pm - 4 ounces water  
7:30pm - 4 ounces Diet V8 Splash (not V8 light)  
8:00pm - 4 ounces Sugar Free Jell-O

7am: Omeprazole

8am: Bariatric Multivitamin (follow serving size)

10am: 500mg calcium citrate w/ vitamin D

12pm: 500mg calcium citrate w/ vitamin D

2pm: 500mg calcium citrate w/ vitamin D

Note: vitamins can be at any time, they just have to be at least two hours apart from each other.

### **TIP:**

- **YOU CAN SIP CLEAR LIQUIDS EVEN MORE OFTEN (EVERY 10-15 MINUTES) TO HELP YOU REACH YOUR FLUID GOALS!**

## Full Liquids Sample Menu

Focus on 64 oz fluid a day, and at least 70g protein (may not be able to meet this goal for first few weeks)!

Sample Menu #1	Protein
1 Cup water w/ 1 scoop Unjury strawberry protein powder	20 g
1.5 Cups Water	0 g
½ Cup (4 oz) sugar free Jello	0 g
1 cup water w/ 1 Scoop Bariatric Advantage protein powder	15 - 20 g
2 Cups Crystal Light	0 g
2 Cups Water	0 g
1 scoop Unjury with 1 cup water	21 g
2 Cups sugar-free Kool Aid	0 g
½ Cup sugar-free pudding thinned w/ skim milk	4 g

Remember that foods at this stage should be a “pourable” consistency!

Sample Menu #2	Protein
1 Atkins’ Lift Protein Water	20g
2 Cups Powerade Zero	0 g
2 Cups water	0 g
1 cup skim milk mixed with 1/3 cup nonfat dry skim milk powder	16g
2 cups Crystal Light	0 g
1 Cup Diet V8 Splash mixed with 1 scoop Unjury unflavored protein powder	20g
1 carton (6 oz) Dannon Light and Fit yogurt thinned with 1/3 cup skim milk	15 g
Sugar Free Popsicle	0 g
½ cup sugar-free pudding thinned with skim milk	5 g
2 Cups Crystal Light	0g

Sample Menu #3	Protein
2 cups Crystal Light	0 g
1 Dannon Light n Fit yogurt thinned with 1/3 cup skim milk	15g
1 cup water + 2 scoops Bariatric Advantage High Protein Meal Replacement	27 g
2 Cups Water	0g
1 bottle Protein 2o	15g
1 cup V8 Splash + 1 scoop Unjury unflavored protein powder	20 g
2 Cups Water w/ SF Mio flavoring	0g
1 Atkins’ Lift Protein Water	20 g
1 sugar-free popsicle	0 g
1 Cup Powerade	0g



<b>Full Liquids Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
<b>COMMERCIAL PRODUCTS</b>		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
<b>SOUPS</b>		
<b>ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>Tomato soup may be too acidic at this point</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g



## Puree/Smooth Diet: 2<sup>nd</sup> Week at Home

### Goals for this stage:

- May not meet protein goals
- 64 oz. fluid each day
- 3-6 meals each day
- Eat slowly, and stop eating as soon as you feel satisfied
- Do not drink with meals or ½ hour after meals (may drink up to your meal)

### Meal size:

**$\frac{1}{4}$  cup -  $\frac{1}{2}$  cup**

**(Do not try to increase meal size)**

Recommended Foods
Greek Yogurt (no solid fruit pieces)
Meat soups pureed in blender AND strained to remove all pieces
Plain low/nonfat yogurt + protein powder
Pureed chicken, canned tuna, eggs, with low fat mayo (mash it w/ a fork, finely)
Scrambled eggs (mash it w/ a fork, finely)
Pureed non-starchy vegetables (e.g. cauliflower mash) + unflavored protein powder
Sugar free, fat free pudding + protein powder
Silken Tofu, Low/Nonfat Cottage Cheese pureed
Very soft low fat cheeses like laughing cow light wedges
Thicker smoothies with skim milk or unsweetened soy/almond, fruit, scoop of protein powder (You may choose to do this whole week with just smoothies and protein shakes – that’s ok! Move on to soft foods after this week)
Unsweetened applesauce + unflavored protein powder

**See next page for sample schedule**

## Post-Op Day 7-14 Sample Day (Puree/Smooth Foods)

8:00am – ¼ cup to ½ cup scrambled eggs mashed finely

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - ¼ cup to ½ cup of tuna with light mayo mashed finely

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounces water

2:00pm - 4 ounces True Lemon

2:30pm - ¼ cup to ½ cup of yogurt without pieces (and less than 15 grams of sugar)

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - ¼ cup to ½ cup of sugar free pudding with protein powder added (amount of powder will vary based on texture)

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces Skinny Water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7am: Omeprazole

8am: Bariatric Multivitamin (follow serving size)

10am: 500mg calcium citrate w/ vitamin D

12pm: 500mg calcium citrate w/ vitamin D

2pm: 500mg calcium citrate w/ vitamin D

Note: vitamins can be at any time, they just have to be at least two hours apart from each other.

### Notes:

- You may still have protein shakes or thicker smoothies for a meal
- Bite size should be the size of a dime or jelly bean
- Do not exceed ½ cup per meal
- Meals should last ~30-40 minutes maximum
- **You may eat 3 to 6 small meals per day – this is just a sample**

## Pureed/Smooth Foods Sample Menu (day 7-14 at home)

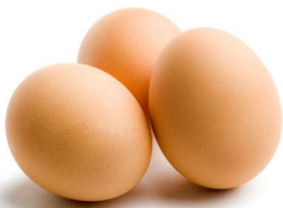
Meals are about ¼ cup to ½ cup

<b>Sample Menu #1</b>		<b>Protein</b>
<b>Breakfast</b>	1 scrambled Egg, mashed w/ fork	7 g
<b>Lunch</b>	1-2oz pureed/mashed ground turkey w/ 2 tbsp zucchini puree	7-14 g
<b>Dinner</b>	1 oz pureed pork tenderloin blended with ¼ cup low fat cream of mushroom soup	10 g 2 g
<b>Between Meals</b>	1 cup fat free milk Cauliflower puree w/ 1 scoop unflavored Unjury 64 oz calorie-free beverages (besides protein)	8 g 21 g 0 g

<b>Sample Menu #2</b>		<b>Protein</b>
<b>Breakfast</b>	3 oz Light n Fit Yogurt w/ 1 scoop Unjury protein powder	3 g 21 g
<b>Lunch</b>	1-2 oz pureed ham	7-14 g
<b>Dinner</b>	1/2 cup butternut squash soup + 1/2 scoop <i>chicken soup</i> Unjury protein powder	11g
<b>Between Meals</b>	32 oz Crystal Light 1 Atkins' Lift Protein Water 1 Cup Diet V8 Splash with 1 scoop Unjury unflavored protein powder 32 oz Water	0 g 20 g 20 g 0g

<b>Sample Menu #3</b>		<b>Protein</b>
<b>Breakfast</b>	½ cup pureed cottage cheese w/ 1 tbsp sugar free jelly	12 g
<b>Lunch</b>	1-2 oz pureed chicken thigh blended with ¼ cup fat free poultry gravy	8-15 g
<b>Dinner</b>	1-2 oz canned water-packed tuna pureed w/ low fat mayo 1 oz low fat mozzarella cheese, melted	7-14 g 7g
<b>Between Meals</b>	1 cup skim milk mixed w/ 1 scoop Unjury vanilla powder 1 Yogurt smoothie (yogurt + milk + protein powder blended) 64 oz calorie-free beverages (besides protein waters)	20 g ~20 g 0 g

<b>Puree Diet Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>VEGETABLES</b>		
Any vegetable that can be cooked very tender ( <i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i> )	¼ cup	< 1 g
<b>FRUIT</b>		
Unsweetened Applesauce	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low fat cottage cheese	¼ cup	7 g
Fat free or low fat ricotta cheese	¼ cup	7 g
Fat free or low fat shredded cheese	¼ cup	7 g
<b>COMMERCIAL PRODUCTS</b>		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
<b>MEAT AND PROTEIN</b>		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats (sliced extra thin)	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
NOTE: All must be finely mashed or pureed when consumed		
<b>SOUPS</b>		
<b>ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash	1 cup	0 g



## Soft Diet: 3<sup>rd</sup>/4<sup>th</sup> Week at Home

Serving size: ½ cup

Bite size – size of a dime

**CHEW 30 TIMES, swallow, wait 30 seconds for next bite!**

- All proteins should be moist and soft
- At meals, protein should be consumed first, followed by non-starchy vegetables, followed by small amounts of fruit
- Raw vegetables and tougher meats should not be introduced during this stage as they are difficult to digest (wait 6-8 weeks after surgery for this)

Recommended Foods
Moist, soft proteins
Scrambled or hard boiled eggs
Shredded chicken/tuna w/ light mayo
Tofu
Baked or steamed fish
Soft/microwaved protein bars for 10 sec
Thinly sliced lean meats or low fat cheeses
Reduced fat string cheese or cottage cheese
Softly cooked vegetables (eat protein first)

Note: Keeping a food journal at this stage forward can be very helpful to refer back to if you feel that you did not tolerate food well on a certain day.

**See next page for sample schedule**

**EAT PROTEIN  
FOODS FIRST!**

## Post-Op Day 14-30 Sample Day (Soft Foods)

8:00am – ½ cup ricotta bake casserole (look up recipe)

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - ½ cup cut up turkey with sugar free cranberry sauce

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounce water

2:00pm - 4 ounces True Lemon

2:30pm - ½ cup sliced deli ham and low fat sliced cheese

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Mio drops

5:30pm - 4 ounces True Lemon water

6:00pm - ½ cup chicken salad with low fat mayo

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7am: Omeprazole

8am: Bariatric Multivitamin (follow serving size)

10am: 500mg calcium citrate w/ vitamin D

12pm: 500mg calcium citrate w/ vitamin D

2pm: 500mg calcium citrate w/ vitamin D

Note: vitamins can be at any time, they just have to be at least two hours apart from each other.

### Notes:

- Bite size should be size of a dime or jelly bean
- Chew 25-30 times
- Everything should fit into ½ cup
- **You may eat 3 to 6 small meals per day – this is just a sample schedule**
- Eat your protein first!

## Soft Foods Sample Menu

Meals are no more than  $\frac{3}{4}$  cup and protein foods are at least 75% of the meal  
Eat SLOWLY over 30 min and chew well!

Sample Menu #1		Protein
Breakfast	Omelet (2 eggs, 1 oz low fat cheese, $\frac{1}{4}$ cup sautéed veg)	19 g
Lunch	3 oz deli ham wrapped around low fat string cheese stick	30 g
Dinner	$\frac{1}{2}$ cup chili (no beans) made with lean beef	13 g
Between Meals	1-2 cups Diet V8 Splash + 1 Scoop Nectar protein powder 64 oz calorie-free beverages (besides protein)	23g 0 g
Sample Menu #2		Protein
Breakfast	$\frac{1}{2}$ cup low-fat cottage cheese	14 g
	1 tbsp canned peaches (canned in own juice, not syrup)	0 g
Lunch	2 oz lean deli turkey breast	13 g
	1 oz stick string cheese	7 g
Dinner	$\frac{1}{3}$ to $\frac{1}{2}$ cup tuna salad made w/ low fat mayo	15 g
	2-3 small pieces <i>very well-cooked</i> steamed mixed veggies	1 g
Between Meals	2 scoops Bariatric Advantage protein powder + 1 cup skim milk 64 oz calorie-free beverages (besides protein)	35 g 0 g
Sample Menu #3		Protein
Breakfast	1 oz Canadian Bacon	7g
	1 Large egg, poached	6g
Lunch	1 small turkey burger (3 oz)	21 g
	1 slice low fat American cheese (1 oz)	7 g
Dinner	3 oz shrimp (grilled, boiled or steamed)	20 g
	2-3 pieces <i>very well cooked</i> steamed mixed veggies	1 g
Between Meals	64 oz calorie-free beverages (besides protein) Dannon Light n' Fit 1 Cup Skim milk	0 g 5 g 8 g



<b>Soft Foods Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>VEGETABLES</b>		
Any vegetable that can be cooked very tender ( <i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i> )	¼ cup	< 1 g
<b>FRUIT</b>		
Soft Fresh Fruit	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low fat cottage cheese	¼ cup	7 g
Fat free or low fat ricotta cheese	¼ cup	7 g
Fat free or low fat shredded cheese	¼ cup	7 g
<b>COMMERCIAL PRODUCTS</b>		
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
Atkins' Lift Protein Water	1 bottle	20 g
<b>MEAT AND PROTEIN</b>		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Light Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
<b>SOUPS</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello Gelatin	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash	1 cup	0 g

## Regular Diet: 1 Month Post-Op

Incorporate 1-2 new foods a day

**Meal size:**

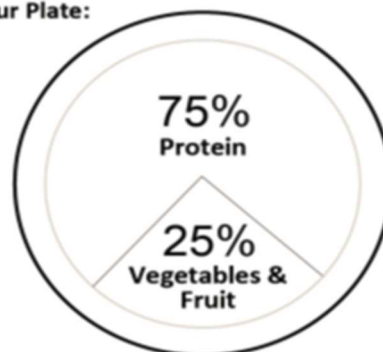
**$\frac{1}{2}$  cup –  $\frac{3}{4}$  cup**

### REMEMBER

- Avoid grazing between meals
- Choose low fat protein sources as much as possible
- Wait until **6-8 weeks** to bring back dry or tough meat—like steak, pork chop, or veal—and fibrous produce like raw broccoli, salad, apples, etc.
- **AVOID ALL STARCHES until post-op month six, and then low starch indefinitely**
- **You will eventually get up to 1 cup of food at a time. Stay there! Do not exceed 1.5 cups at a sitting.**
- Try one new food at a time, and try keeping a journal documenting intake/symptoms to see how you tolerate each food
- **If you feel like you're hungry often and you're getting all of your protein in, try increasing your intake of non-starchy veggies. These are very satisfying for very few calories.**
- Try to slowly reduce the number of protein shakes you consume and replace them with solid food sources of protein. Patients who consume more solid protein tend to see better long-term weight loss than those who get most of their protein from liquid shakes.

If you do vomit or feel that food is "stuck," stop eating and return to a liquid diet until symptoms resolve.

Your Plate:



**See next page for sample menu**

## Post-Op Day 30 and beyond Sample Day (Regular Foods)

8:00am – ½ cup to ¾ cup boiled eggs and turkey bacon

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am – ½ cup to ¾ cup chicken with Sugar Free BBQ sauce and grilled vegetables

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounces water

2:00pm - 4 ounces True Lemon

2:30pm - ½ **protein bar**

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - ½ cup to ¾ cup turkey meatball and cauliflower mash

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces Skinny Water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7:00am – Omeprazole

8:00am – 2 servings Multivitamin

10:00am – 500mg Calcium Citrate

12:00pm – 500mg Calcium Citrate

2:00pm – 500mg Calcium Citrate

### Notes:

- Wait 6-8 weeks for crispy, raw vegetables and fruits (including salads) and dry, tough meats like steak
- **You will eventually reach up to 1 cup of food at a time**
- **Do not exceed 1.5 cups at any meal**
- Always eat your protein first!

# Cautious Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines:

## Avoid Overeating

Eating too much food at a meal can cause discomfort, vomiting and your stomach to stretch (which can lead to weight regain). In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Limiting meal size to  $\frac{1}{2}$  cup initially and work up to  $\frac{3}{4}$  to 1 cup as tolerated
- Portioning out meals using measuring cups/spoons or diagrams
- Stopping when you are full or when you have finished the small portion of food you have placed on your plate – whichever comes first. Do not eat until you feel as if you are too full to eat another bite.

## Prevent Vomiting

Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites, or not chewing food well. If vomiting occurs, stop eating solid food and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.

If vomiting continues for more than 24 hours, call your doctor because this may indicate your stomach outlet is blocked. *Also call your doctor if you feel you are unable to consume adequate nutrition for a prolonged period of time or feel you are becoming malnourished.*

## Other Tips

### Eat in a relaxed atmosphere

Sit down for meals and avoid eating on-the-go. Avoid eating in front of the TV or while reading, which will divert your attention and increase the risk of overeating or eating too fast.

### Limit chewing gum

Chewing gum is not recommended! If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it as it can block your stomach outlet and require a visit to the ER for removal.

### Avoid Carbonated Beverages

Avoid for at least 3 months, and avoid forever if not tolerated

# Cheat Sheet

## FLUIDS

### 64oz + every day!

(No drinking with meals or 30 min after meals)

Avoid:

- Caffeine (for 1 month)
- Carbonated drinks (forever, unless tolerated)
- Drinks with sugar, even juice including OJ (forever)
- Decaf coffee (for ~2 weeks, or until tolerated)
- Alcohol (for at least 1 year)

**Your water bottle should go EVERYWHERE with you.**

## DIET PROGRESSION (@ home after surgery)

3 weeks prior to surgery: no starches or 50g net carbs per day  
48 hrs. before surgery: clear liquids

Post-op

Week 1 at home: Full Liquids

Week 2 at home: Pureed Foods

Weeks 3 and 4 at home: Soft Foods

1 month: Regular Diet

\*See diet packet for more info on each stage

Chew 30+ times per bite and  
**STOP as soon as you feel satisfied!**

## VITAMINS/MINERALS

Every day for the rest of your life!

Bariatric multivitamin: 1 serving/day

Calcium Citrate + Vitamin D

- 3 times per day (500mg each)
- Must be calcium citrate (check the back of the label)

**ALL 4 DAILY SUPPLEMENT DOSES MUST BE TAKEN AT LEAST 2 HOURS APART**

## PROTEIN

70-100 g every day

Supplements must have ***“isolate”*** as the first ingredient (whether its  *whey isolate, soy isolate, milk isolate, etc.*) especially right after surgery

**ALWAYS EAT PROTEIN FIRST AT MEALS!**  
Protein helps keep your metabolism strong for optimal weight loss

## Possible Food Intolerances

After surgery, some food can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy) . Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error.

Although some intolerances are permanent, most resolve with time. If you have a bad reaction, try that food again in a few weeks. Possible intolerances include:

### MEATS

- Red meat
- Pork
- Poultry (if dry)
- Shellfish



Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker.

### VEGETABLES

- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, Brussel sprouts)



### MILK

If you become lactose intolerant, try sweet acidophilus milk, Lactaid milk, Dairy Ease, or calcium-fortified soymilk.



### FRUIT

- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus fruit



### BREAD

- Dense bread
- Bagels
- Pasta
- Biscuits



Try pitas, crackers, or toasting bread for better tolerance.

### BEANS/NUTS/SEEDS

- All nuts and seeds
- Legumes or beans
- Chunky peanut butter



### OTHER FOOD

- Chili or spicy food
- Fried or high fat food
- Sweets or sugary food

