

Lap Band Surgery for Weight Loss Nutrition Guidelines

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- Lap banding restricts amount of food consumed
- Adjustments (“fills”) typically starting about 12 weeks post op and about every 2-6 months or as needed (Determined by your surgeon)
- Lap banding is NO “magic bullet.” It is a tool to help with weight loss.
- You may experience hunger post op until band is adequately adjusted.
- Lap banding can control how much you eat but not why you eat.
- Keep a food diary, including fluid intake and exercise. It will help the doctor and dietitian evaluate your progress.

Nutrition Supplements

- Multi vitamin-mineral per day (**liquid or chewable**)
 - Calcium and Vitamin D (1000-1500 mg/day Calcium and 400-800 IU Vitamin D) (May be able to tolerate regular vitamin at 2-3 months post op. Consider cutting in half.)
- Check with your PCP regarding your current medications. You will not be able to take large pills immediately after your surgery.**

Dietary Non-Compliance may cause complications leading to removal of band. Follow diet plan and schedule as outlined. If you experience any of the following, call your surgeon:

- Epigastric pain
- Nausea/vomiting
- Reflux
- Dehydration
- Abdominal pain
- Difficulty swallowing

Goals After Surgery

Avoid Vomiting: Vomiting can cause the band to slip. To avoid vomiting:

- Eat slowly
- Sip drinks
- Do not drink from a straw
- Do not drink carbonated (bubbly) drinks

Drink Adequate Fluids (48-64 oz/day)

- Drink water, sugar free non-carbonated beverages
- You may count your protein drink as part of your fluid intake in the beginning

Get Adequate Protein (60-75g/day)

- 1 protein shake (20gm protein) with 1 cup milk (8 gm protein) = 28gm protein
2 protein drinks a day made with milk = 56gm protein
- 6 oz yogurt = 6 gm protein: Greek yogurt has 12-16 gm protein. Look for 100 calorie yogurt
- 1 oz meat, 1 egg, or 1 oz cheese = 7 gm protein
- Protein helps your body heal and maintains muscle mass. Aim for 60-75gm protein per day. Always eat **protein** first.

Do Not Stretch the Pouch

You had surgery to make your stomach smaller. By making the right eating and drinking choices, you can keep the pouch from stretching.

- Eat only 2-4 tablespoons at a meal in the beginning. Limit food to about ½ cup per meal after the first month.
- Sip drinks
- Do NOT drink liquids with meals. Wait 30 minutes after meals to consume fluids.

Get Enough Vitamins and Minerals

After surgery, you must eat less. This means you may not get as many vitamins and minerals as you did before surgery. Therefore, it is recommended that you take

- Liquid or **chewable** multi vitamin/mineral each day.
- Liquid or **chewable** calcium daily

You will need 1000 – 1500 mg of calcium and 400-800mg Vitamin D per day. **Calcium citrate** is recommended because it is better absorbed by the body. One cup of milk or yogurt has about 300 mg. of Calcium.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Multi Vitamin-Mineral	500 mg Calcium Citrate w/Vitamin D	500 mg Calcium Citrate w/ Vitamin D

You may need B12, folic acid and iron supplements. Your doctor will tell you if you do.

Your band may need an adjustment if:

Band too tight:

- Night cough
- Heartburn, reflux, vomiting
- Regress from solids to soft or liquid diet
- Dysphagia (difficulty swallowing)

Band too loose:

- Portion sizes too large
- Hungry between meals
- Feeling “I can eat anything”
- Poor weight loss

Lap Band Diet Clear Liquids (Phase 1)
NO Carbonation, NO Sugar

You will start with a clear Gastric Liquid Diet in the hospital. It does not contain carbonated or sweetened beverages. (After 3 days you may go to the Full Liquid Diet.) The following liquids are included:

Broth and bouillon
Coffee and tea
Crystal light
MIO
Sugar free kool-aid
Sugar free gelatin
Sugar free popsicles (about 15 calories each)
Sugar free/noncarbonated flavored waters
Water
Clear Liquid Protein Supplement (only while you are in the hospital)

Do not drink anything that is not listed above. If you are served any fluid with sugar or carbonation DO NOT DRINK IT. Notify your nurse and she will serve you an appropriate diet. *Lap Band Clear Liquid does not include juice or carbonated beverages of any kind.*

1. Sip slowly and do not use a straw.
2. Try to consume about 4 ounces of fluid per hour while you are awake.
3. Stop when you feel full.

Consuming too large a volume of fluids too quickly can stretch your pouch. A good rule of thumb is to consume about 1 oz fluid every 15 minutes the first few days after surgery. You need to have a total of about 48 ounces per day, increasing to 64 ounces after the first week.

Lap Band Diet Phase 1 (Full Liquids)

Start on day 3 after surgery and all nausea has passed. Continue until post-op day 10-14. If you feel nauseated go back to clear liquids. You will also use the full liquid diet for 2 days after a “fill.”

Food Groups	Recommended	Foods To Avoid
Milk Products/ Beverages	Skim or 1% milk, soy milk or acidophilus milk; Low carb, High protein drink Crystal Light™, Water (may add a splash of lemon or lime juice for flavor if desired), Sugar free beverages such as kool aid, MIO, coffee and tea.	Chocolate milk made with added sugar, Whole milk, Carbonated beverages, All Sugar sweetened beverages, All Juices, Alcohol NO carbonation or sugar containing beverages
Desserts	Sugar free gelatin, Sugar free popsicles, Sugar free fat free pudding	All other regular desserts and sweets
Soups	Strained low fat cream soups (Protein powder or 1/3 cup non-fat dry milk powder may be added to increase protein by 8 grams) broth, egg drop soup or other strained soups	All others
Miscellaneous	“No sugar added” fat free yogurt without fruit pieces, (80-100 calories and 12 g carbohydrate) Kroger Carb Master Yogurt, 100 calorie Greek Yogurt Salt, Pepper, Sugar substitute	Yogurt with pieces of fruit, Sugar
Cereals/breads Pastas/rice		All until 4 weeks post-op
Fruit and vegetables		All until 4 weeks post-op

Your protein shake should be about 20-27 grams protein and 5-7 grams carbohydrate or less.

- Continue to sip slowly consuming about 6-8 ounce fluid per hour or about 1-2 ounces every 15 minutes. You will need to consume about 48 to 64 ounces fluid per day. Keep a record of how much you are drinking.
- The goal is to consume about 60 grams of protein. If you are consuming two or three 8 ounce protein shakes a day you should reach your goal. Each protein shake should contain 20 grams of protein. This fluid counts as part you're your total fluid intake. **Always consume your protein drink first.**
- Always STOP eating when you feel full.
- Start taking your vitamins about 3 days after surgery. (Chewable or Liquid)

Once you have progressed to full liquids go back to clear liquids if you feel excessive nausea, vomiting or abdominal pain.

You will be on liquids for 2 weeks to allow your stomach to heal. The next stage is Pureed Diet which you will remain on for 2 weeks.

Recipes for Making High Protein Drinks at Home

High Protein Milk

Instructions: In a blender or shaker mix:

- 1 cup skim milk
- Protein powder equal to about 20 gms protein/5 gms carbohydrate
- Sugar substitute (Splenda, Equal, Sweet-N-Low etc)
- Vanilla flavoring

Variations:

Chocolate milk: Add 1 Tbs unsweetened cocoa powder

Hot chocolate: Add cocoa and heat the chocolate milk (no warmer than 140 degrees to prevent milk from coagulating). Sip slowly.

This recipe provides: 190 calories

- 28 gms protein
- 2 gms fat

High Protein Fruit Punch

Instructions: In a blender or shaker mix:

- 6 oz sugar free fruit drink such as Crystal Light or sugar free kool aid
- Unflavored protein powder to equal 20 gms protein/5 gms carbohydrate
- 4 ice cubes

This recipe provides: 110 calories

- 20 gms protein
- 2 g fat

High Protein Cream Soup

Instructions: Mix:

- 1/3 cup nonfat dry milk powder
- 1 tsp chicken or beef bouillon
- 3 Tbs protein powder

Add enough hot water (140 degrees) to equal 1 cup. Mix well.

This recipe provides: 200 calories

- 24 gms protein
- 2 gms fat

Look for Protein supplements that have about 20 gms protein, 5-6 gms carbohydrate and less than 5 gms fat per 8 oz serving.

Do NOT use Regular Instant Breakfast, Ensure, Boost or Regular Slim Fast.

Lap Band Diet Phase II (Liquid/Pureed Foods)

Start this diet 2 weeks after surgery. Continue for 2 more weeks. You should choose soft/pureed foods. Below is a list of foods to eat and foods to avoid. During the 2-4 weeks after surgery the stomach is still healing. Limiting the diet to these foods is necessary to prevent blockage or other complications. ALWAYS chew your food well and do not drink fluids with meals. Sip water during the day. You may add the foods listed below to the phase 1 liquid diet.

Food Groups	Recommended	Foods To Avoid
Milk Products Beverages	Skim or 1% milk, soy milk or acidophilus milk High protein shakes, Crystal Light™, Water (may add a splash of lemon or lime juice for flavor if desired) MIO Sugar free beverages such as kool aid or coffee/ tea	Chocolate milk made with added sugar, Whole milk, Carbonated beverages, Sweetened drinks, All Juices, Alcohol NO carbonation and NO sugar containing beverages
Desserts	Sugar free gelatin, Sugar free popsicles, Sugar free and fat free pudding (add extra protein powder or 1/3 cup non-fat milk powder to puddings to increase protein)	All other regular desserts and sweets
Cereals/breads Pastas/rice		All until 4 weeks post-op
Meat and Proteins Serving size: 1 oz or ¼ cup	Any fish/seafood flaked or mashed. Pureed chicken, turkey, pork or beef Eggs prepared anyway but fried. Egg substitutes Low fat cottage cheese and other soft cheeses. Make sure all meat is moist (add broth)	Tough meats. Fried meats. Any dry meat.
Soups	All low fat cream soups, broth based soups made with allowed foods/pureed. (Add protein powder to soups)	Soups containing whole vegetables, corn, celery
Miscellaneous	Sugar free low fat yogurt, mild seasonings and spices, mustard, ketchup, and other low fat condiments (1 t.)	Sugar, nuts, coconut, seeds, popcorn, relishes, strong spices such as chili powder and curry
Fruits and Vegetables	Pureed/No sugar added fruits and vegetables (baby food)	All others until 4weeks post op

Nutrition Tips for Pureed Diet

1. Chew your food to an applesauce or strained baby food consistency.
2. You should be taking your vitamin/mineral supplements.
3. Continue drinking 2 protein shakes (8 oz each) a day until you reach 60-75 gm protein a day.
4. Sip at least 64 oz of fluids throughout the day.
5. Eat and sip slowly.
6. Have 4 to 5 planned meals a day, eating about every 3-5 hours.
7. Stop drinking when you feel full.
8. Wait 30 minutes before or after a meal to drink fluids.
9. After a "Fill" you will do full liquids for 2 days and then pureed for 4-5 days.

1 serving Protein powder	20 gm protein
8 oz skim milk	<u>8 gm protein</u>
	28 gm protein
	<u>x 2 shakes a day</u>
	56 gm protein a day from your protein shakes

If you mix your protein powder with water you will have the number of grams of protein listed on the label.

Example: 1 serving Protein Powder	20 g protein
	<u>x3 shakes a day</u>
	60 g protein from protein shakes

Look for **WHEY ISOLATE** protein

High Protein: 20-27 grams

Low Carb: 5-7 grams

Low fat: less than 3 grams

Lap Band Diet Phase III
Soft Low Fat Low Carbohydrate High Protein Diet

Start this diet at 4 weeks after surgery.

Food Group	Recommended	Food To Avoid
Milk Products Beverages	Skim or 1% milk and milk drinks, high protein supplements, Crystal Light™, water (may add lemon or lime juice for flavor if desired) MIO (sugar free), coffee and tea	Chocolate milk, whole milk, carbonated beverages, sweetened drinks, juice, alcohol
Cereals ¼ cup	cream of wheat, oatmeal, or grits, unsweetened ready-to-eat whole grain cereals --such as cheerios or bran flakes	Sweetened cereals, granola or other coarse, cereals containing nuts and dried fruits
Desserts ¼ cup	sugar free gelatin and sugar free popsicles	All other desserts and sweets
Fruit No sugar added	No sugar added canned fruits such as applesauce or other canned fruits, bananas, peeled apples, pears, peaches etc. Limit fruit to about ½ cup per day	Fruit canned in syrup or sugar added, dried fruit, berries, fruits with large seeds, stringy sections of fruit such as membrane of citrus fruit, fruit with peeling
Vegetables ¼ cup	Fresh, canned or frozen cooked vegetables such as green beans, pumpkin, squash, carrots, spinach. Add other vegetables one at the time to determine if you can tolerate them.	Raw vegetables until about 2 months post op trying only one at the time to see how tolerated. NO Fried vegetables Fibrous/tough vegetables
Meat and Meat substitutes Serving Sizes: 1 oz or ¼ cup	Any fish/seafood, chicken, turkey, pork, or beef that is moist. Thin sliced luncheon meat. Egg: poached, soft boiled or scrambled, egg substitute (NO fried), Low fat cottage cheese, low fat cheese, smooth peanut butter (2 teaspoons), tofu	Tough meats, poultry skin. Fried meat of any kind.

Potatoes, starches	¼ cup potatoes or sweet potatoes	Avoid pastas and rice until 3-5 months post op.
Breads	dry toast or melba crackers in small amounts (Use whole grain breads)	Soft bread, white bread, pastries, Danishes, donuts
Fats	Vegetable spray, olive or canola oil in small amounts, diet margarines and mayonnaise, diet salad dressings	Fried foods, high fat snack foods, chips, dips
Miscellaneous	Sugar free low fat yogurt, mild seasonings and spices, mustard, ketchup, light salad dressings and low fat mayonnaise (1-2 teaspoons)	Sugar, nuts, coconut, gum, seeds, popcorn, strong spices such as chili and curry

When progressing to regular food try only one new food per day to determine if you are able to tolerate the food. Eat small bites. Eat slowly. Chew thoroughly.

You will need to continue with the protein beverages until you are able to eat the following amounts of protein (60-75 gm a day).

4-6 ounces lean protein

1-2 servings low or non fat milk

1-2 servings non starchy vegetable

1-2 servings fruit (No sugar added and No juices)

1-2 servings bread/starchy foods (complex carbs only, NO simple sugars)

Small amounts fats and oils

This provides approximately 1000 calories and 75 gm protein.

Do not eat bread unless it is toasted or dry. By about 2 months you should be using whole **wheat** or **whole grain** breads and cereals rather than white flour and refined grains.

Try raw vegetables, one at a time to see if you can tolerate them. Chew well. Concentrate on healthy eating and portion control. Be sure you are exercising most days.

SAMPLE MENU

Breakfast: 1 scrambled egg
Mid AM: 2 crackers with 1 oz cheese
Lunch: 1-2 oz tuna fish with 1 T diet mayonnaise
Mid Afternoon: 1/4 cup cottage cheese
1/4 cup peaches
Dinner: 1-2 oz moist chicken
1/4 cup potatoes or 1/4 cup green beans

Bedtime and through out the day: protein beverage

Do not be tempted to eat more even if you feel you can. Learning to eat mindfully will help you to control your calories and weight gain. The most effective weight loss will come from increasing activity (exercise) and decreasing calories.

Nutrition Tips

1. Always eat protein first.
2. Wait 30 minutes before or 30 minutes after your meal to drink your fluid.
3. Continue to consume 64 oz sugar free and non carbonated beverages every day.
4. Eat 60-75 gms protein a day. Drink a protein shake if you are unable to eat enough protein. Getting adequate protein will help prevent your hair loss,
5. Do not graze during the day. Eat your meals on a schedule—about every 3 hours. If you are able to consume enough at meal time you do not have to snack. By 3 months post op you should be able to eat 3 meals and 1 snack a day.
6. Stop eating when you are full or feel any discomfort. Overeating will stretch your pouch.
7. Add only one new food at the time to see if you tolerate it.
7. Eat at the table and not in front of the TV. Eat slowly and in a relaxed atmosphere. Make mealtime as stress free as possible.
8. Avoid eating for emotional reasons or to fill a void in your life.
9. Seek physiological counseling if you feel you are having trouble coping with life, especially when it leads to poor food choices. We all need counseling at various times in our lives.
10. There is no painless way to melt the pounds away. Eating more calories than you need or use for energy may mean weight gain.

High Protein Food Sources

Skim or 1% milk
Low fat cottage cheese
Fat free yogurt with artificial sweeteners
Eggs
Low fat cheese
Fish
Chicken and turkey without the skin
Lean meats (pork tenderloin, 90% ground round)
Protein shake
Protein powder added to soups
Non fat dry milk powder
Soy products, tofu

Foods that May Cause Distress or Slow Down Weight Loss

Bread, rice, pasta
Sugar and sweets
Candy, chocolate sweetened foods and beverages
Carbonated beverages
Dried fruits and skin or peel of fresh fruits
Corn, coconut
Beef
Syrups, jam, jelly, honey
Chips, dips
Cakes, pies, cookies, pastries
Other desserts and sweets
Biscuits, rolls
Fatty and fried foods

Common Problem Foods

Dry meat, shrimp
Bread, pasta, rice
Dried fruit
Fibrous vegetables like corn, asparagus, and celery
Nuts, coconut
Popcorn
Greasy, fried foods
Seeds and skins of fruits and vegetables
Membrane of citrus fruits

LAGB DIET STAGE LaparoscopicAdjustableGastricBand)	BEGIN	FLUIDS/FOOD	GUIDELINES
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Eating Tips

AVOID overeating. Overeating may cause you to vomit or stretch your pouch and decrease the effectiveness of your surgery. Indications of fullness include:

A feeling of pressure or fullness just below your rib cage

A feeling of nausea

Pain in your shoulder or upper chest.

Any of the above also indicates you have eaten too fast, too much or did not chew your food enough.

Chew foods thoroughly, about 30 chews per bite. Use smaller plates and bowls and a baby spoon. Put your fork down between bites to slow you down. STOP as soon as you feel full.

Avoid high calorie drinks such as milkshakes, sodas, alcohol etc. Avoid high sugar, high calorie foods such as cakes, cookies, candy, pies etc.

Bake, broil, and grill your foods instead of frying. Limit the number of times you eat out.

Meat tenderizer mixed with water may help to break up any food that does not seem to move or feels lodged in your pouch. (¼ t meat tenderizer mixed with 1 T water)

Rules for Lap Band Success

- Eat 3 small meals per day. If you need a snack between meals eat a protein food and limit to 100 calories or less.
- Eat protein with every meal.
- Eat slowly – chew thoroughly – small size bites.
- Stop eating as soon as you feel full.
- Eat only when you are hungry.
- Do not drink fluids while eating. Wait 30 minutes.
- Do not eat between meals.
- Eat only good quality food (fruits, vegetables, whole grains).
- Avoid fibrous foods such as asparagus, celery, corn, etc.
- Drink 64 oz water a day.
- Drink only sugar free, low calorie liquids.
- Aim for about 60-75 grams protein per day.
- Limit calories to about 1000 – 1200 per day.
- Eat mindfully.
- Take supplements daily.
- Avoid carbonation.
- Exercise 30 minutes almost every day.
- Address psychological and eating issues with Registered Dietitian.
- Attend Support Group Meetings the first Thursday of every month at 5 pm. Meetings will be held at the Wellness Center Classroom 2.
- Avoid pregnancy until 18 months post-op.

Stage 1	Post-op Day 1 and 2	Clear Liquids with No sugar; No carbonation; No calories; and No caffeine (see list below)*	Post-op LAGB day 1, patients may begin sips of water, ice chips and Crystal Lite. Do not gulp liquids. Avoid carbonation, sugar and caffeine.
Stage 1 Continue Liquids with addition of protein supplements	Post-op Day 2-3 (discharge diet) Continue this stage for about 2 weeks.	LAGB clear liquids–NO Sugar Liquids. Use artificially sweetened liquids such as Crystal Light, decaffeinated coffee and tea, broth, bouillon sugar free ice pops, Diet Jell-O® NO juice. Plus LAGB full liquids <ul style="list-style-type: none"> less than 15 grams sugar per serving, and no more than 3 g fat per serving protein-rich liquids (skim milk, low fat cream soups, Light yogurt without fruit pieces, protein powder)	Patients should consume a minimum of 48-64 ounces of total fluids per day (24-32 ounces of more clear liquids plus 24-32 ounces of any combination of full liquids): 1% or skim milk mixed with: <ul style="list-style-type: none"> Whey or soy protein powder (20 g protein per serving) No Sugar Added Carnation Instant Breakfast®, Lactaid Milk or soy milk mixed with soy protein powder <ul style="list-style-type: none"> Fat free, no sugar added yogurt (100 calories or less) Low fat strained cream soups made with skim milk Goal: Consume 60-75 grams protein daily. Will require protein supplements.
Stage II: Pureed Begin supplementation: Chewable multivitamin with minerals, x 2/day Chewable or liquid Calcium Citrate with Vitamin D: pre-menopausal and men: 1,000 – 1,200 mg per day post-menopausal: 1,500 mg/day	Post-op Day 10-14. Continue this stage for 2 weeks.	Continue 48-64 oz liquids per day. Add moist, ground or pureed protein sources such as baby food meats or finely ground meats and poultry; soft, moist fish; eggs, mashed beans, cottage cheese, low fat cheese, yogurt	NOTE: Since LAGB patients’ bands do not have fluid in them immediately post-op it is quite common for hunger to be present within about 1 week of LAGB. Hunger is common and normal—the fills or adjustments 6-8 weeks post-op will help to dissipate hunger. <ul style="list-style-type: none"> Protein food choices are encouraged for 3-6 small meals per day, to help with satiety. Consume about 1-2 oz protein per meal Mindful, slow, eating is essential. Do not drink liquids with meals. Wait 30 minutes after/before each meal before consuming fluids
Stage III Soft Solids: Low Fat/High Protein/Low Carbohydrate Diet 5-6 Small meals with protein eaten first. Small servings of vegetables (1/4 cup)	4-weeks post-op	Advance diet as tolerated; if protein foods are well tolerated add well-cooked, soft vegetables (avoid stringy vegetables, corn or any that cannot be well chewed); soft and/or peeled fruit. Always eat protein first. Portion size veggies/fruits 1/4cup	Adequate hydration is essential and a priority for all patients during the rapid weight loss phase. Always eat Protein at every meal and snack, especially if increased hunger noted prior to initial fill or adjustment. Very well-cooked vegetables may also help to increase satiety.
Stage III: May switch to pill form supplementation if desired or tolerated	5 weeks post-op	Continue to consume protein with small serving fruit or vegetable at each meal; some people tolerate salads one month post-op	If patient is tolerating tender, moist protein (meats, poultry) with small amounts of fruits and vegetables, add crackers (2-3) or ½ slice toast –always with protein AVOID rice, bread and pasta.
Regular Diet with Portion Control (about 1000 calories a day) 3 meals a day, small snacks if needed 4-6 oz protein non starchy vegetables		Healthy solid food diet low in fat and carbohydrate, high protein Must continue Portion Control Consume 64 oz fluids daily	Healthy, balanced diet consisting of adequate protein, fruits, vegetables and whole grains; Practice good portion control. Calorie needs based on height, weight, age. This may be a good time to see the dietitian to help learn how to be more successful with weight loss/keeping it off!
Post-LAGB Fill/Adjustment	About 6-12 weeks post-op, You and your doctor will determine when to add a fill.	Full Liquids for 2 days post-fill; Advance to Stage II Pureed Diet for 4-5 days, then as tolerated	Full liquids for 48 hours (or as advised by dr). NOTE: When diet advances to soft solids, pay special attention to mindful eating and portions. Chew until food is almost liquid.

Pre-operative Dietary Guidelines

The following dietary regimen should be followed for **2 weeks** before you surgery. It is important to follow your surgeon's instructions for your pre-op diet.

- **Breakfast and Lunch** Drink a high protein, low carbohydrate shake (About 20-30 grams of protein and 5 grams or less carbohydrates per serving) twice a day in place of breakfast and lunch. Your evening meal should consist of a high protein food choice (4 to 6 oz.) and a non starchy vegetable. See list below.

High protein food choices:

- **Dinner** 4-6 ounces of skinless chicken or turkey; pork or lamb; fish or eggs. Meats should be baked, broiled, grilled, roasted or braised. In short, prepare in anyway **EXCEPT** fried. If cooking eggs, use non-stick spray.
- You may have non-starchy vegetables or a salad of mixed greens with your high protein food source from the list above. Choose from **green beans, broccoli, cauliflower, cabbage, zucchini, yellow squash, carrots, mushrooms, cucumbers, spinach, kale, greens (turnip, mustard or collard) or green peppers**. When eating salads, use the smallest amount of regular salad dressing (1 Tablespoon regular or about 2 T. diet dressing on your salad. Carbohydrate should be less than 5 grams.)

You are required to drink at least 64 ounces of sugar caffeine and carbonation free. Use this pre-op time to decrease, and then eliminate your caffeine intake, as it will not be allowed until you reach your goal weight. Examples of clear liquid beverages include:

- Broth
- Sugar free Jell-O
- Sugar free Popsicles
- Crystal Lite beverages
- Diet Snapple
- Water
- Propel (should be limited to one per day)
- Sugar/caffeine free tea

You may have a normal lunch the day before your surgery. Start clear liquids at 4 pm until midnight the day before your surgery. **DO NOT** eat or drink anything after midnight the night before your surgery. Failure to follow the pre-operative diet may result in your surgery being cancelled.

Wellshared/Nutrition/Bariatric Surgery/Pre-op Dietary Guidelines

Bariatric Surgery for Weight Loss: Patient Assessment of Knowledge Adjustable Gastric Lap Band

Client Name _____

This client has been educated about the permanent changes in how he/she must eat and drink after surgery. Topics included, but are not limited to the following:

_____ **Reduced volume of stomach and amounts of food that can be eaten**

_____ **Potential for dehydration after surgery and how to stay hydrated**

_____ **Importance of chewing thoroughly**

_____ **Vomiting (often a consequence of inadequate chewing or overfilling stomach pouch)**

_____ **There is a greater risk of nutrient deficiency and potential long term consequence such as bone disease. Taking a vitamin and mineral supplement for as long as you have the band will help guard against nutritional deficiencies.**

_____ **Need for permanent changes in eating behaviors in order to avoid medical consequences and regaining weight.**

_____ **Importance of medical follow-up with bariatric physician and dietitian**

_____ **Attendance at Support group meetings will increase your success at losing weight and keeping it off.**

I have participated in a nutrition session that provided me with the above information and I have had all my questions answered. I feel I have a good understanding of what is required to be successful and have appropriate information to make decisions regarding my nutrition needs after surgery. I understand I may make additional appointments with the RD and there is a charge for those appointments. It is recommended that I follow-up with the RD.

Client signature _____ Date _____

Wellshared/Nutrition/bariatric surgery/nutrition knowledge

**Huntsville Hospital Wellness Center
1963 Memorial Parkway, Suite 17
Huntsville, AL 35801
256.265.7100 FAX 256.265.2083**

Date: _____

Dr.

_____ was seen at Huntsville Hospital Wellness Center on _____ (date) for nutrition counseling prior to gastric surgery for weight loss. The patient received instructions on the following:

Nutrition information for pre and post **Adjustable Laparoscopic Gastric Band** Surgery.

Patient did/did not comprehend diet instructions.

Expect good/fair/poor compliance with diet.

If you have any questions concerning this patient, please call 265.7100. Thank you for the opportunity to work with your patients.

Sincerely,

Linda Steakley, MS RD LD
Bariatric Dietitian
Huntsville Hospital Systems
256.265.2180