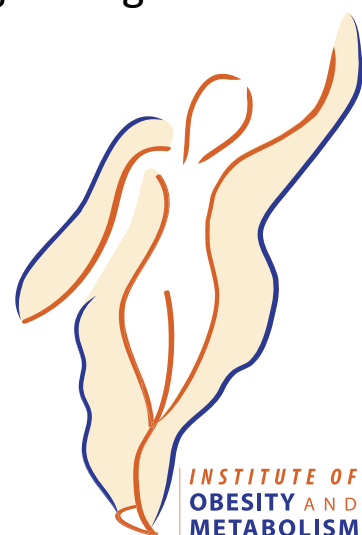


A guide to eating and drinking after Gastric Bypass

Information for patients and carers



A practical guide to changes in eating and drinking after gastric bypass surgery



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Introduction

A gastric bypass is an effective tool to help people lose weight. Many people find it helps them make the necessary long-term changes to their diet to lose weight and keep it off. However, it isn't a 'quick fix' or a certainty that you will lose weight. Successful weight loss will be entirely down to you making good dietary choices and increasing your physical activity.

This booklet will guide you through the post-operative stages step-by-step and the golden rules for eating and drinking long term in order to lose weight successfully and maintain good nutritional health. Please read the entire booklet before your operation and approach a member of your treatment team with any questions you may have.

You should ensure that all your questions have been answered before you sign the consent form.

How the gastric bypass helps you to lose weight

The gastric bypass helps you to lose weight in a number of ways. Firstly, by significantly reducing the size of your stomach you will feel satisfied or 'full' after very small portions of food. Secondly, the operation changes the levels of hunger hormones in the body, reducing your appetite. Thirdly, because food will bypass a small section of your small intestine you may absorb less of the food that you eat. Many patients report that following this operation they feel less like eating and are satisfied much sooner and for longer after a meal.

When combined with a healthy, balanced, low fat, low sugar diet this results in significant weight loss that is likely to be maintained long term providing you follow the golden rules for eating and drinking post-op and engage in regular physical activity.

What the gastric bypass can't do

It is important to realise that we don't always eat because we are hungry. We might eat out of habit or because we have learned to turn to food as a comfort when we are bored, upset, or even happy. This 'head hunger' does not disappear with surgery and you must learn to overcome this if you want to be successful with your weight loss.

If you feel that a lot of your eating or drinking is not triggered by hunger then it may be helpful to speak to someone who is specially trained to assist you in developing alternative coping strategies. This will help to ensure that you get the best possible result from your weight loss surgery. Speak to your dietitian or surgeon about this who can provide you with further information.

It is also important to remember that although the surgery will help you to lose weight by reducing portion sizes and reducing appetite, it is you that chooses what you eat and drink. Long-term success after gastric bypass will depend upon you making healthy choices, following a balanced diet and including exercise on a regular basis.

Golden rules for eating and drinking after a gastric bypass

- **Regular meals** Have **3 or less** small, regular, healthy balanced meals a day. Avoid snacking between meals unless you really need to due to hunger.
- **Eat slowly** Meals should take you no less than 20 minutes to finish. Put a small amount of food in your mouth at a time and wait 1 minute after swallowing before taking another mouthful. Eating at a table without any distractions and putting down cutlery between mouthfuls can help.
- **Chew food well** Chew each mouthful to a paste before swallowing. This can take at least 20 chews per mouthful.
- **Small portions** Your meals should be no larger than the size of a 'side plate' or 'tea plate'. We recommend that you switch to using one of these plates long term to help you control your portions.
- **Protein, Vegetables, Carbohydrates** This is the order in which you should eat from your plate. Protein is the most important part so eat this first in case you become full before you finish. Carbohydrates are least important so eat these last and don't worry if you can't finish them.
- **Do not overeat** Do not aim to eat until you are 'full'. Try to stop just before you reach this point to avoid overeating. Long-term overeating on a regular basis can stretch the stomach, which will affect your weight loss.
- **No drinking with meals** Try to drink half an hour before and after meals but not at the same time. There is not enough room in your stomach for both and this may make you feel sick. Aim to sip throughout the day between meals.
- **No more fizz** Avoid all fizzy drinks as these can create pressure in the stomach and cause discomfort and stretching.
- **Choose low calorie drinks** For example; water, no added sugar squash, tea, coffee (without sugar).
- **Healthy balanced diet** Follow a diet based on 'Healthy Eating' guidelines that is low in fat and sugar and rich in lean protein and fibre (e.g. lean meat or fish, vegetables, whole grains). Eating foods high in sugar or fat can cause dumping syndrome (see 'frequently asked questions' for more information).

Challenging foods

There are some foods that some people find more difficult to eat after a gastric bypass. These include chewy meats, white bread, rice, fibrous fruit and vegetables, nuts and seeds. These should be avoided at the beginning and re-introduced slowly once a 'normal' diet has been established. If you find something is not tolerated at first then do not cut it out altogether – your stomach will go on adapting for months after surgery. Try the food again 2 - 4 weeks later and you may find that it is better tolerated.

If you still find some foods more difficult, you might want to try some alternatives that tend to be better tolerated. The guide 'Healthy Eating after Bariatric Surgery' will give you some suggestions for what to choose in order to keep your diet healthy and nutritionally well balanced.

What should I eat after surgery?

The following advice is designed to reduce the likelihood of any complications following surgery. It is therefore very important that you follow this advice closely. There are 4 stages. Do not be tempted to skip stages or rush through them. The advice is designed to help you get all the nutrients you need while allowing your new stomach to heal up and adapt to the changes made.

We recommend that you spend 2 weeks each at stages 1 and 2 and at least 1 week at stage 3 before returning to normal foods. **This is very important as moving on to solids too early can affect the healing of your stomach and increase the risk of complications.**

After this you can be led by your body and how you are feeling. Do not try to copy or follow anyone else who has had a gastric bypass as everyone is different. If you progress too quickly and then struggle, go back to the previous stage for a few days more. You should aim to be eating 'normal' textured foods approximately 2 months after your operation.

Don't be alarmed by small portions!

Immediately after surgery your stomach will be swollen. This means that at first you will feel full on very small portions (1 – 2 tablespoons). Some people find this alarming and worry that they will not be able to eat 'normal' food again. Please be reassured that this will improve as swelling goes down and you adapt to your new stomach. Try not to panic and just take little and often until you can manage a little more. You are aiming to gradually build up to 3 small meals a day.

Immediately after your surgery, once your surgeon has advised that you may sip freely:

Commence stage 1 as described below. You should have been asked to commence some vitamins and minerals. If you have these in a chewable and/or soluble form you may begin taking these now. If not you can try to crush them.

Stage one – Fluid Phase (first 2 weeks after surgery)

- All drinks should be smooth (no bits or lumps) and be able to be sucked through a straw.
- Start with sips and if these feel comfortable, gradually increase the amount you take in one go. Be careful not to gulp your drinks as this may result in vomiting.
- Aim to have a minimum of 2-2 ½ litres (3-4 pints) of fluid each day to avoid becoming dehydrated. *At least 1-1.5 litres of this should be nutritious liquids (see below).*
- Avoid all fizzy drinks.
- While it is fine to drink tea, coffee, squash, water etc. you should make sure these are in addition to any drinks with nutritional content (see below), *not instead of.*

Nutritious liquids:

- Skimmed or semi-skimmed milk fortified with skimmed milk powder (1-2 tablespoons per 200ml)
- Build-Up, Complan (or own-brand equivalents) – please note that these supplements are suitable for diabetics in the quantities prescribed below.
- Slimfast
- Smooth soup (homemade or tinned) fortified with 1-2 tablespoons skimmed milk powder.
- Smoothies. (Fruit blended with milk or yoghurt) Homemade will be best. Shop-bought varieties will be too high in sugar.
- Unsweetened fruit juice (limit to 1-2 small glasses a day and dilute 50:50 with water)

Example meal plan

Breakfast	Fruit smoothie (200ml)
Mid morning	Fruit juice (diluted 50:50 with water) (200ml)
Lunch	Complan or Build-Up or glass semi-skimmed milk including 2 tbsp skimmed milk powder (200ml)
Mid Afternoon	Slimfast (200ml)
Dinner	Fortified soup (200ml)
Supper	Build-Up or Complan (200ml)

(Plus water/ tea/coffee/ low calorie drinks in between for hydration)

When you feel ready, move on to Stage 2 for 1-2 weeks....

Stage two – Soft Blended/ Puree (weeks 3 and 4 after surgery)

- It is still important to avoid lumps at this stage. Make sure foods are blended well.
- The texture of your foods at this stage should be like yoghurt.
- Have 4-6 small meals a day. If you can only manage very little (less than 4 tablespoons) then try to have something every 2 hours (this is at the beginning only).
- Start with about 2-3 tablespoons per meal and increase this gradually if and when this feels comfortable to about 4-6 tablespoons.
- Chew well and eat slowly. Stop as soon as you feel full.
- Make sure you include a **protein source** at each meal. This is important to help your recovery and to keep you feeling full.

Meal ideas and suggestions (Stage 2)

Breakfast	Low fat yoghurt or fromage frais ½ -1 soggy weetabix or ready brek (use plenty of warm milk to make runny) Homemade fruit smoothie (fruit blended with yoghurt or milk)
Mid morning	Blended tinned fruit (unsweetened) Low fat yoghurt or fromage frais Sugar-free custard or low calorie dessert
Lunch	Thick, smooth soup (add skimmed milk powder if it doesn't contain meat, fish, chicken or lentils) Pureed baked beans and mashed potato Pureed fish in sauce with mashed potato Pureed meat/chicken/fish stew with pureed vegetables and mash Pureed pasta with cheese and vegetable sauce
Mid afternoon	As mid morning
Dinner	As lunch

When you feel ready, move on to Stage 3....

Stage three – Soft texture (weeks 5 and 6 after surgery)

- The texture you are aiming for now is mashed food that you could eat with just a fork or spoon. Food should fall apart when pressed with a fork. If it does not, it is not soft enough.
- You **do not** need to add any extra milk, fruit juice, or other nutritious liquids any more as you can now have regular foods. Remember that you now need to limit your intake of liquid calories wherever possible.
- Lumps are now allowed! It is important you chew all food well and take your time.
- You should reduce the frequency of meals to 3-4 per day (or 3 plus a snack) and avoid eating in between. Try to establish a routine for having 3 meals a day, even if you are not hungry initially at these times. This will help you to lose weight in the long term.

Meal ideas and suggestions (Stage 2)

Breakfast

½ cup low sugar cereal (**not** muesli) with skimmed or semi-skimmed milk

Lunch or Evening Meal

Scrambled eggs

Baked beans

Minced meat or turkey (e.g. in a cottage or shepherds pie, or bolognaise sauce)

Fish in sauce or fish pie

Soft ready meals e.g. cauliflower cheese, lasagne, macaroni cheese

.....with soft (overcooked) pasta, cous cous or mash potato

.....and soft (overcooked) vegetables

Snack ideas

- Low fat yoghurt
- Low fat fromage frais
- Stewed or soft tinned fruit
- Cottage cheese
- Sugar-free mousse/custard

When you feel ready, move on to Stage 4....

Stage four – Normal texture (approximately 6-8 weeks after surgery)

- Now aim for 3 meals a day and 1-2 small snacks between your meals if needed.
- You **do not** need to add any extra milk, fruit juice, or other nutritious liquids any more as you can now have regular foods. Remember that you now need to limit your intake of liquid calories wherever possible.
- It might be tempting to skip meals if you aren't hungry as a way to speed up weight loss but this will result in you developing unhelpful eating behaviours, eating too quickly due to hunger or eating too much at your next meal.
- You should try to include all types of textures now (remembering to chew really well). If it is a new food, put only a very small amount in your mouth and chew very well.

You can now refer to the booklet '**Healthy Eating after Bariatric Surgery**' for further guidance around how to eat once you have completed the post-op diet.

Hunger and appetite

You may find you are much less hungry due to changes in hormone levels resulting from your operation. It is still important to have 3 meals a day - you need the nutrients! It might be tempting to skip meals if you aren't hungry as a way to speed up weight loss but this can result in you becoming malnourished or developing unhelpful eating behaviours. Hair loss can result as a consequence of undernourishment after weight loss surgery. This is usually a sign of general undernourishment as opposed to a specific vitamin or mineral deficiency.

For this reason, you should be aiming to eat a healthy balanced diet in the long-term after your operation. If you are struggling to eat all of your meal, eat the protein portion of the meal first, then the carbohydrate portion followed by the vegetables.

You should try to include all types of textures now (remembering to chew really well). If it is a new food, put only a very small amount in your mouth and chew extra well.

Fluids

As your diet becomes more solid and you progress through the stages, it is still important to maintain your fluid intake. Suitable choices would include water, no-added sugar squash, tea and coffee and up to half a litre of skimmed or semi-skimmed milk per day. Remember you should avoid fizzy drinks.

You should not drink with your meals – you may find this difficult at first particularly if you are used to drinking with your meals. However, your new stomach is not big enough to cope with this any more and if you do eat and drink together, you may vomit. Aim to wait 30 minutes after a meal before drinking.

Vitamins and Minerals

You will need to take supplements for the rest of your life. The reason for this is that you will no longer be able to absorb all the vitamins and minerals that you need from your food. Unless these are supplemented you could develop serious nutritional deficiencies, the consequences of which can be irreversible.

You will need to take the following on a long-term basis:

- Multi-vitamin and mineral supplement (twice daily)
- Calcium (1200 – 1500mg) with Vitamin D (3000 units)
- Iron (200mg ferrous sulphate)
- Vitamin B12 (3 monthly injection)

It's important to take your calcium supplement at a different time to any supplements containing iron (e.g. multivitamin and mineral). Taking them together reduces the absorption.

Some people need additional supplements; this will be assessed by regular blood tests at your review appointments. It is important that you ensure you attend your follow up appointments so that your blood levels can be checked regularly. You will be instructed on exactly what to take when you leave the hospital after your surgery.

How should I take my vitamin tablets after my operation?

During the first few weeks after your surgery you may not wish to swallow a whole capsule or tablet. The following advice should be followed until you feel confident to swallow capsules or tablets:

- Multivitamin – you may be prescribed a soluble form such as Forceval Soluble. You should follow the instructions on the pack and take 2 daily. If you are taking a tablet, you should crush this.
- Ferrous sulphate – this can be broken in half with a pill-cutter (very small lumps will be ok)
- Calcium – these usually come in chewable form so should be ok.

Frequently asked questions

Are there any foods I should avoid after a gastric bypass?

You should be able to eat most foods after a gastric bypass, and the diet we recommend you follow in the long-term is a healthy, balanced diet with plenty of lean protein and fibre. To get the best weight loss outcome you must limit your intake of high fat and sugar foods as described above under 'What the gastric bypass can't do'.

The only other item we would recommend you avoid is fizzy drinks of any kind as much as possible as they can create pressure in the stomach causing pain and stretching.

As explained above, some foods will be more challenging to eat than others. This does not mean you should avoid them. As much as possible, try to consume solid textures that require plenty of chewing as these will help you to feel fuller for longer.

Can I drink alcohol after a gastric bypass?

It is not recommended that you drink alcohol for the first two months after the operation. It is likely that you will feel the effects of the alcohol much more quickly than before. Take special care when driving as it may affect your legal limit and your reaction speed.

Remember that alcohol is very high in calories (particularly alco-pops and stronger wines or lagers) and contains few other nutrients (also known as 'empty calories'). It can also stimulate appetite, which is another reason not to limit your intake.

Why should I avoid sugar and too much fat afterwards? (Dumping Syndrome)

Most people after a bypass are unable to eat sugary (and sometimes fatty) foods and drinks. If these are taken after surgery, even in small amounts, you may suffer from 'Dumping Syndrome'. The symptoms of this are diarrhoea, nausea, light-headedness and cramping. Good reasons to therefore avoid these types of foods!

If you experience this (nausea, sweating, feeling faint, diarrhoea, cramping) after eating you should sit or lie down until the symptoms pass. The symptoms can be made worse by drinking with meals or having foods with a high fat content.

Some people find lying down helps relieve the feeling. To prevent dumping you should avoid foods high in fat and sugar and use artificial sweetener in place of sugar where possible.

Avoiding foods high in fat and sugar will also help you stick to a healthy diet and optimise your long-term weight loss.

Possible problems and solutions after a gastric bypass

Vomiting

You should not expect to be sick after a gastric bypass. If you are, it is likely you have either:

- Eaten too much
- Eaten too quickly
- Not chewed the food enough – remember to chew to a paste before swallowing
- Had a drink too near to the meal
- Eaten something high in sugar or fat (causing dumping syndrome)

Ask yourself if any of these could be likely causes and try to avoid repeating the ‘mistake’ at the next meal. It can take a number of weeks – months to learn how to adapt your eating so try not to panic if you don’t get the hang of it straight away.

If you continue to be sick and it cannot be explained by any of the more common causes above, you should contact your surgeon or GP as soon as possible.

Constipation

If you are suffering with this, check you are drinking enough fluid. You should have at least 2 litres a day. Try to choose more high fibre foods such as wholegrain products and include plenty of fruit and vegetables. Regular exercise will also help to alleviate constipation. If constipation persists then you can safely take laxatives such as Resource Optifibre, milk of magnesia or Senna. Speak to your pharmacist or GP if you are unsure.

What to do if food gets ‘stuck’?

This may happen if you have eaten a food that was too solid, eaten too fast or too much, or as a result of eating more ‘challenging’ foods. This will feel uncomfortable and you may wretch or vomit.

It usually resolves itself, but you can try repeatedly swallowing small quantities of cold sparkling water or Diet Coke, as the fizz may help to dislodge the lump. If the trouble persists, please contact your surgeon or GP as soon as possible. In an emergency you should attend your nearest Accident and Emergency department.

Where can I get more information?

The British Obesity Surgery Patient Association

www.bospa.org

Weight Loss Surgery Information

www.wlsinfo.org.uk

Weight Concern

www.weightconcern.com

Contact Information

If you have any queries relating to diet following your surgery or about this booklet please contact your dietitian:

Kathryn Waller

Specialist Bariatric Dietitian

kathryn.m.waller@gmail.com

If your query is of a medical or surgical nature, please contact your surgeon or GP. In the case of a medical emergency please contact your nearest accident and emergency department.