

Sleeve Gastrectomy Roux en Y Gastric Bypass

Surgical Post-Op Discharge Diet



**UChicago
Medicine**

 **Advent Health**

STAGE 1: BARIATRIC FULL LIQUID (DAYS 1 – 14 POST OP)

You have undergone a procedure which leaves your stomach significantly smaller. Each person who begins on the journey of progressing his or her diet will have a different and unique experience. Below are simple guidelines to assist you.

- You will start this in the hospital and continue at home.
- All liquids must be able to pour out of a cup or bowl. **If it can't pour don't eat it.**
- **If you have had a gastric bypass, be sure to triple check the label for sugar. Added sugars will cause dumping syndrome.**
- Purpose: the liquid diet allows your stomach time to heal after surgery. It also minimizes postoperative vomiting, and reflux. It also allows nutrients to travel through the gastrointestinal tract without stretching the internal incisions.

Goals/Tips

- Stay Hydrated: Increase fluid to 48-64 oz./day
- Sip 4-8 oz. of fluid per hour (**4 oz. = 1/2 cup**)
- Consider using medicine cups to help resist the urge to gulp or drink too fast.
- NO carbonated beverages
- If you experience gas, bloating, or diarrhea with milk based dairy, try Lactaid milk or other dairy-free alternative products.



Increase protein intake to goal of 60-80 grams of protein per day.

Choose high protein, low sugar meal replacements over other low protein options

- You may use water to dilute products that upset your stomach
- Avoid citrus/acidic juices (orange, grapefruit, pineapple, tomato)
- Protein powders may be shaken with milk, or dairy alternatives such as rice/almond/coconut/soy milk.

Go Slow. Sip. Try Not to Gulp.

STAGE 1: BARIATRIC FULL LIQUID (DAYS 1 – 14 POST OP)

Suggested Number of Meals	6 times/day 10 grams protein per meal
Approximate Meal Size	4-8 oz. of fluid per hour (4 oz. = 1/2 cup)
Grocery List * Unflavored Protein Powder Options: Beneprotein® Online at: walmart.com amazon.com Unjury® Online at: unjury.com Bariatric Advantage Unflavored Protein Powder Online at: bariatricadvantage.com	<ul style="list-style-type: none"> • Protein drinks/shakes/supplements Use 1-2 teaspoons of sugar-free Jell-O or pudding powder for flavor. • Water • Strained or blended broth/cream soups Add unflavored protein powder after heating. • Sugar-free beverages such as Crystal Light, Vitamin Water, Propel or Diet Snapple • 100% fruit juice no sugar added (may be diluted) • Gatorade • Milk or dairy alternatives such as soy, almond, coconut milk or Lactaid • Sugar-free drinkable/pourable yogurt (not yogurt in a cup) • Sugar-free popsicles or fudgsicles <p>Add unflavored protein powder* to any low protein options.</p> <p>If you have had a gastric bypass, be sure to read labels for added sugar. Added sugar will cause dumping syndrome.</p>
Tips to Start Vitamins	<ul style="list-style-type: none"> • Start when you are ready • Take with food • Take with dinner to start; people have reported that vitamins in the morning increase nausea • Start with 1/2 the dose; 1 chewable vs. 2 and increase to full dose as tolerated

Do not advance beyond the full liquid stage on your own. Your surgeon will provide further instructions at your follow-up visit.

SAMPLE MENU

Go Slow. Sip. Try Not to Gulp.

Breakfast

1/2 Protein shake (4-8 oz.)

10 - 15 grams protein

(Water between meals and snacks)

Snack

1/2 Protein shake (4-8 oz.)

10 - 15 grams protein

(Water between meals and snacks)

Lunch

Strained/blended cream of chicken soup (4-8 oz.)

10 - 15 grams protein

(Per soup label, add milk.)

Add 1 serving unflavored protein powder.

(Water between meals and snacks)

Snack

Sugar-free fudgesicle

(Water between meals and snacks)

Dinner

Vanilla protein shake (4-8 oz.)

10 - 15 grams protein

Ready-to-drink or protein powder using milk;

1-2 teaspoons sugar-free pistachio pudding mix

(Water between meals and snacks)

Snack

Sugar-free popsicle or sugar-free beverage (4-8 oz.)

10 - 15 grams protein

such as Sugar-free Crystal Light or Diet Snapple

Add 1 serving unflavored protein powder.

**Don't force yourself to eat; your intake will increase slowly day-by-day.
Most importantly, STAY HYDRATED.**

SYMPTOM ZONES

There are many symptoms or side effects to be aware of after surgery. Some of these “warning signs” are more severe than others. See below to see what “Zone” of warning signs you fall into if you are experiencing symptoms:

GREEN ZONE

- Mild pain with movement
- Trouble drinking all 4-6 oz of your meal, but able to get most down slowly
- Pain with coughing or sneezing
- Feeling tired/fatigued
- Pain near incision sites or itching of sites

These are all very normal after surgery and should improve with time. If they do not, please contact your surgeon’s office.

ORANGE ZONE

- Pain that does not go away with pain medication or Tylenol
- Rash that develops on the abdomen
- Mild nausea with meals
- Vomiting with a large meal or after taking too big of a sip or bite
- Drainage from incision sites or bleeding

Place a call to your surgeon’s office if you experience any of these symptoms.

RED ZONE

- Fever over 101 degrees Fahrenheit with chills
- Difficulty breathing or pain with breathing, sharp chest pain
- Fast heart rate or sense of anxiety
- Rash or hives all over body, throat or tongue swelling
- Inability to take small sips or drink enough fluids, change in urine color, dizziness or lightheadedness
- Severe pain in the abdomen or shoulder with meals
- Uncontrollable vomiting or nausea
- Pain in the legs or swelling of the legs
- Blood in the stool or black stools
- No longer passing gas or having bowel movements, and feeling distended or bloated

These symptoms warrant more immediate action. Call your surgeon’s office immediately, have someone bring you to the closest ER, or call 911.

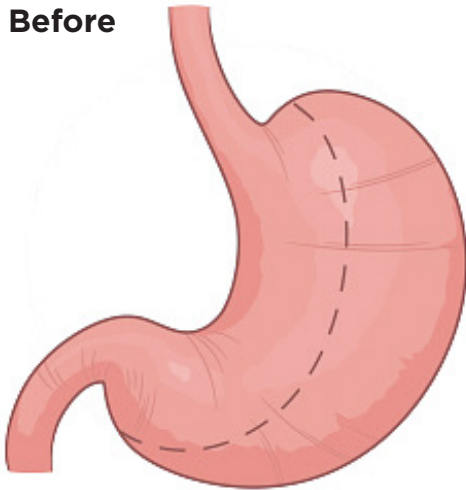
If at any time you have questions regarding symptoms, call your surgeon’s office. Do not hesitate to call.

WEIGHT LOSS SURGERY EXAMPLES

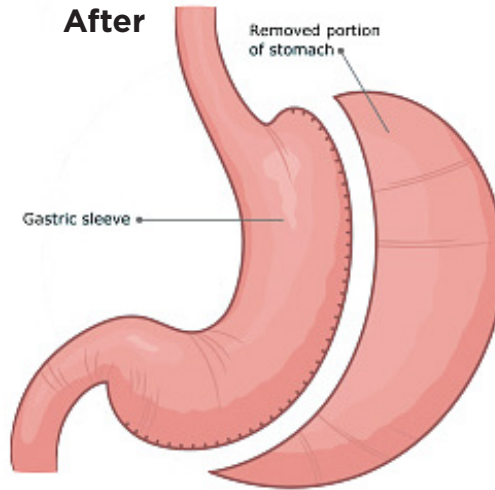
Weight loss surgery is a tool to help you live a healthier life.

Sleeve Gastrectomy

Before

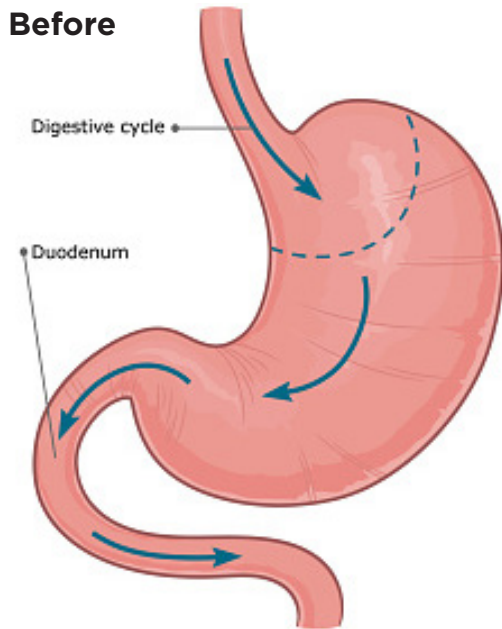


After

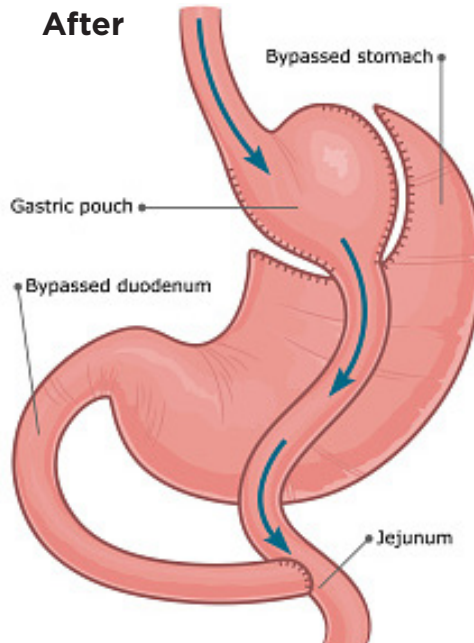


Roux en Y Gastric Bypass

Before



After



If you don't have your vitamins, please stop in the pharmacy or office (or send a family member/friend) prior to leaving the hospital to purchase them.

PROTEIN SHAKE RECIPES

FULL LIQUID DIET

Milk can be substituted with Lactaid, almond, rice, flax or coconut milk if you are not able to tolerate milk.

Decrease amount or stop blending ice if the shake is too large and you are not able to finish it and meet your protein needs. Instead, add ice cubes prior to drinking.

<p>Orange Dreamsicle</p>	<p>Blend 3/4 cup of skim milk with 1 scoop vanilla protein shake. Add 2 teaspoons of sugar-free Jell-O powder. Once smooth, add ice until desired consistency is reached. For additional flavor consider adding a few rinds of fresh orange peel.</p>
<p>Hot Chocolate</p>	<p>Heat 3/4 cup of milk in the microwave or on the stove. Add milk to blender and blend at medium speed. Add chocolate protein powder, 1 - 1.5 tablespoons of unsweetened cocoa and 2 packets of calorie-free sweetener such as Sweet-N-Low, Equal or Splenda. Blend until smooth. Drink hot.</p>
<p>Pistachio Whip</p>	<p>Place 8 - 10 ice cubes in a food processor. Process until ice resembles snow cone texture. Open the lid, using a spoon scrape the ice off of the sides. Add 1/4 cup of water, 1 scoop vanilla protein, 2 - 3 teaspoons of sugar-free pistachio pudding powder. Replace lid and process on high for 1 minute. This can also be made as a shake using a regular blender.</p>
<p>Lemon Cheesecake Shake</p>	<p>Blend 3/4 cup of skim milk with 1 scoop vanilla protein shake. Add 1 teaspoon of lemon extract and 2 teaspoons of sugar-free cheesecake pudding powder. Once smooth, add ice until desired consistency is reached.</p>
<p>Blended Mocha Latte</p>	<p>Cool 3/4 cup of strong decaffeinated coffee. Add coffee to blender and begin blending. Add 1 scoop chocolate protein powder, 1 - 1.5 tablespoons unsweetened cocoa, and 2 packets of a calorie-free sweetener such as Sweet'N Low, Equal or Splenda. Once thoroughly blended, add ice until desired consistency is achieved. Decaffeinated instant coffee grounds can also be used with a milk.</p>

STAGE 2 SHAKE RECIPES

Banana Cow Smoothie	Blend 3/4 cup of skim milk with 1 scoop of chocolate protein powder. Add 1/2 small banana. Once smooth, add ice until desired consistency is reached. For an extra boost of healthy fats, add 1 tablespoon of ground flaxseed.
Black Forest Shake	Pour water into a blender. Cover and begin mixing on lowest speed. While blender is on, add chocolate protein powder. Blend for 10 seconds. Slowly add 1 cup of frozen cherries (one at a time) while blender is on.
Strawberry Sensation	Place 6 oz. sugar-free strawberry yogurt and 3/4 cup of skim milk into the blender. Add 1 scoop of vanilla protein powder, blend until smooth. Add 3 - 4 medium frozen or fresh strawberries and a handful of spinach. For an extra boost of healthy fats, add 1 tablespoon of ground flaxseed.
Berry Soft Serve “Ice Cream”	Place 1 cup of frozen berries in a food processor. Process berries until finely ground. Scrape berries down. Add 4 oz. of cold water, vanilla protein powder and 2 - 3 packets of noncaloric sweetener. Process for 2 minutes or until it become a soft “ice cream” texture.

Other Flavor-Enhancing Tips

- Add sugar-free Jell-O or sugar-free pudding powder to flavor any shake.
- If you like coffee, start with a milk base then add a few teaspoons of decaffeinated instant coffee into the blender.
- Any extract can be added to your shake. Feel like summer? Try adding a dab of coconut and pineapple extract to your vanilla shake!
- Berries are a very concentrated source of nutrition. Add fresh or frozen berries to any shake. Unlike ice cubes, frozen berries will not dilute your shake.
- If you are craving something creamy and smooth, add your favorite sugar-free yogurt to the shake.

FULL LIQUID DIET SOUP

WEEKS 1 – 2

Instant Pot Loaded Cauliflower Soup

This creamy keto cauliflower soup is rich and satisfying and it only takes a few short minutes to make in your Instant Pot! Low carb comfort food at its finest.

Ingredients

- 6 slices bacon chopped
- ¼ cup chopped onion
- 1 stalk celery chopped
- 2 cloves garlic minced
- Salt and pepper
- 3 cups chicken broth
- 1 head medium cauliflower (about 1 ¼ pound) cut into florets
- ¾ cup sour cream
- 1 ½ cups shredded Monterey Jack or Cheddar divided
- 1 green onion

Instructions

1. Place the chopped bacon in the Instant Pot and turn on the sauté function. Cook the bacon, stirring frequently, until crisp. Remove to a paper towel lined plate, leaving as much of the bacon fat in the pot as possible.
2. Add the onion, celery, and garlic and season with salt and pepper. Cook until softened, about 4 minutes. Turn off the sauté function.
3. Add the chicken broth to deglaze the pan, then add the cauliflower. Lock the lid onto the pot and make sure the vent is sealed. Set the manual function on high for 5 minutes (it will take 5 to 10 minutes to come up to pressure).
4. When the timer goes off, let the pressure release naturally for 10 minutes before opening the vent. Remove the lid and stir in the sour cream and 1 cup of the shredded cheese. Blend with an immersion blender until smooth or transfer to a full size blender or food processor.
5. Serve the soup topped with the remaining cheese, the bacon, and the green onion.

Notes

If you would prefer to make this on your stove top, follow the instructions for sautéing the vegetables in a large pot over medium heat. Add the broth and cauliflower as instructed and cook for 30 minutes, until the cauliflower is tender. Proceed with the remaining steps, as directed.

Author: Carolyn Ketchum

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Servings: 6 cups

Calories: 325 kcal



BARIATRIC MUSHY/SOFT WEEKS 2 – 4 RECIPES

Keto Bacon Cheeseburger Soup

Ingredients

- 4 cups beef stock
- 1 medium tomato, diced (or a 14.5 ounce can diced tomatoes)
- ½ cup chopped dill pickles
- 2 tablespoons Dijon Mustard
- 2 tablespoons Worcestershire sauce
- 2 tablespoons chopped fresh parsley
- 1 teaspoon sea salt, more to taste
- ½ teaspoon black pepper
- 1 ½ pounds ground beef
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 ½ cups shredded sharp cheddar cheese
- 1 cup heavy cream
- 8 slices bacon, cooked crisp and crumbled

Author: Kyndra Holley

Prep Time: 20 minutes

Cook Time: 60 Minutes

Total Time: 1 hour 20 minutes

Servings: 10 cups

Calories: 372 kcal



Slow Cooker Instructions

1. Heat the slow cooker on low setting.
2. To the slow cooker, add the beef stock, tomato, pickles, Dijon, Worcestershire sauce, parsley, salt, and pepper.
3. In a large skillet, over medium-high heat, cook the ground beef, onions, and garlic until the ground beef is browned and cooked all the way through. Drain the excess grease and add to the slow cooker. Cover and cook for 6 hours.
4. Mix in cheddar cheese and heavy cream and cook 1 additional hour.
5. Add bacon just before serving.

Stovetop Instructions

1. Heat a large dutch oven or stock pot over medium heat. Add the ground beef, onions, and garlic, and cook until the ground beef is browned and cooked through.
2. Add the beef stock, tomato, pickles, Dijon, Worcestershire sauce, parsley, salt, and pepper. Bring to a boil, and then reduce the heat to medium-low and simmer for 30 minutes.
3. Mix in the cheddar cheese and heavy cream, reduce the heat to low, cover and stirring occasionally, simmer for 30 minutes.
4. Add bacon just before serving.

BARIATRIC MUSHY/SOFT WEEKS 2 - 4 RECIPES

Keto Low Carb Chili Recipe - Slow Cooker or Instant Pot (Paleo)

An easy low carb keto chili recipe without beans. Instructions for a slow cooker below. Instant Pot instructions can be found at wholesomeyum.com. Common ingredients and 15 minute prep.

Ingredients

- Olive oil for frying
- ½ large onion (chopped)
- 8 cloves garlic (minced)
- 2 ½ lb ground beef
- 2 - 15 ounce can diced tomatoes (with liquid)
- 1 - 6 ounce can tomato paste
- 1 - 4 ounce can green chiles (with liquid)
- 2 tablespoons Worcestershire sauce
- ¼ cup chili powder
- 2 tablespoons cumin
- 1 tablespoon dried oregano
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- 1 medium bay leaf (optional)

Slow Cooker Instructions

1. In a lightly oiled skillet over medium-high heat, cook the chopped onion for 5 to 7 minutes, until translucent (or increase the time to about 20 minutes if you like them caramelized). Add the garlic and cook for a minute or less, until fragrant.
2. Add the ground beef. Cook for 8 to 10 minutes, breaking apart with a spatula, until browned.
3. Transfer the ground beef mixture into a slow cooker. Add remaining ingredients, except bay leaf, and stir until combined. Place the bay leaf into the middle, if using.
4. Cook for 6 to 8 hours on low or 3 to 4 hours on high. If you used a bay leaf, remove it before serving.

Author: Maya Krampf

Prep Time: 15 minutes

Cook Time: 8 hours

Total Time: 8 hours 15 minutes

Servings: 10 cups

Calories: 306 kcal



