



Bariatric Surgery - Dietary Summary

You are going to have bariatric surgery in the near future and you may be educated a few months before surgery. This time will allow you to get familiar with the dietary recommendations at each stage.

Below is a summary of the dietary stages and the key points are highlighted in bold. There are specific requirements depending on your surgeon and your surgery-type and it is important you know what applies to you. It is therefore important that you read all of the written advice provided regularly and attend all nutrition group education sessions in order for you to have long-term success with your surgery.

Stage 1 - Optifast Diet **** Before Surgery **** Start Date:

- OPTIFAST VLCD Program Intensive Level to be followed **2-4 weeks** before surgery.
- Have **3 Optifast** and one of the following: **2 eggs/ 50g chicken/ 60g white fish/ 80g Quorn** per day.
- Include a minimum of **2 cups** low-starch vegetables, 1 teaspoon oil and **2 litres** fluids per day.
- During this stage, find an alternative protein shake to Optifast to use during Stage 3.

Stage 2 - Fluid Diet **** After Surgery **** Start Date:

- Bring your own shaker and 1-2 Optifast sachets with you to the hospital.
- The fluid diet starts the day the surgical team instruct you to start Optifast and lasts for 3 weeks.
- You must drink 2 litres of fluids every day, your protein shakes are included in this volume.
- Week 1: 3 Optifast diluted to 400mls (1200mls total per day as part of your total 2000mls per day).
- Week 2 + 3: **4 Optifast normal dilution** (included in your total 2000mls per day).

Stage 3 - Puree-Soft Diet Start Date:

- Stage 3 lasts for **3 weeks** and we recommend you **stop Optifast** to help prevent intolerance to all protein shakes. You should start your alternative protein shakes (must provide **60g protein per day**)
- Week 1: **smooth puree consistency.**
- Week 2: partially smooth and partially soft (you can use a mixture of the smooth and soft foods).
- Week 3: soft consistency (protein foods that can be mashed with a fork).
- **3 meals per day**, each meal being a total of $\frac{1}{4}$ cup and should take **20-30 minutes** to eat.
- Separate foods and fluids by **30 minutes**.

Stage 4 - Soft-Normal Diet Start Date:

- Continue protein shakes providing **60g protein** per day until your **3-month** review appointment.
- Always have **3 meals per day.**
- Always spend **20-30 minutes** per meal.
- Always drink at least **2 litres** per day to help prevent dehydration.
- Until your 3-month review, your total serve should continue to be $\frac{1}{4}$ cup.
- Your portion sizes will increase every 3 months, reaching a maximum of 1 cup at 12 months.
- Carbohydrates (except breakfast cereal and occasional crackers) are not included until 9 months.
- For Bypass and Sleeve patients your protein shakes will reduce or stop once reviewed at 3 months.
- Duodenal Switch patients will require protein powder supplementation to continue past 3 months

Issued by	Dietetics	Issued Date	May 2022	Classification	I7 4101-02-007
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Protein

My Daily Protein Requirements:

- Protein is the most important part of your diet and will be for the rest of your life.
- Bypass / Sleeve protein requirements per day: 80g minimum (once your regular protein shakes stop).
- Duodenal Switch protein requirements per day: 100g minimum (once your regular protein shakes stop).
- Your diet should include high protein foods at every meal to help promote weight loss from fat mass, preserve lean muscle tissue and help maintain weight loss from 12 months onwards.
- Protein foods can be the **hardest part of your diet to tolerate** and this can be due to the cooking techniques, the wrong consistency, speed of eating or eating and drinking together.

Fluids

My Daily Fluids Requirements:

- You have a minimum fluid requirement of 2 litres per day to prevent dehydration.
- Protein shakes, water, high protein milk and all other fluids are included in the 2 litres.
- The surgeons require you to avoid caffeine lifelong.
- Alcohol must be avoided for a minimum of 1 year.

Vitamins & Minerals

My Daily Dose:

- After surgery you must take a multivitamin every day for the rest of your life.
- Duodenal Switch: BariLife Powder 3 Scoops per day for 3 weeks, then BariLife Tablets 8 per day.
- All Bypass and Sleeve patients must have Berocca Performance daily for 1-month post-surgery.
- At 1-month post-surgery you should stop taking Berocca and start your daily multivitamin.
- All Mr Booth and Mr Robertson Bypass and Sleeve patients must take two per day, except BariLife "Just One" (once day).
- Mr Hammodat Sleeve patients must take one per day, including BariLife "Just One" (once day).
- Recommended products: BNMulti / NutriChew / BariLife "Just One" / Clinicians Multivitamin & Mineral Boost / Centrum Women's 50+ (if taking this product, you may tolerate it better if cut in half).
- We assess all available multivitamins and the only ones approved in this programme are noted above.

Protein Shakes

- Optifast should only be used for the 2-4 weeks before surgery and the 3 weeks after surgery.
- **Stop Optifast** when starting the Stage 3 Puree Diet to help prevent intolerance to all protein shakes.
- You must find an alternative protein shake to start at the beginning of the Stage 3: Puree-Soft Diet.
- Please see Stage 2: Fluids Diet sheet for details of what to look for when choosing your alternative.
- You must include 60g protein per day from fluids until your 3-month review in clinic.
- Do not **stop** taking protein shakes until guided to by your dietitian as it will affect your weight loss.

Recommendations

- Contact the dietitian about all nutrition/diet questions: outpatientdietitians@waitematadhb.govt.nz.
- Contact the booking clerk for all post-surgery appointment queries: (09) 486 1491 ext: 47204.
- Collect your Optifast prescription from the outpatient pharmacy after surgery: (09) 486 8333.
- Using measuring cups and tracking your intake will assist your weight loss journey.
- Using BariTastic for timers and reminders can help to keep you on track with our recommendations

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