

Post Surgical Transition Phase: *Guidelines for Bariatric Surgery*

Approximately three weeks after your operation you will need to alter the consistency of your diet from liquid foods to solid foods. It is essential that you do this slowly, over one month, to avoid vomiting and disturbing the recent surgery.

All liquids consumed need to be free of CALORIES/ KILOJOULES

Fluids are not consumed with meals

- Have a good drink- 20 minutes before and
- Wait at least one hour after meals



This is because the weight loss operation will be less effective if you eat and drink at the same time: for bands mixing solids and liquids results in vomiting or being able to eat too much or unpredictable meal sizes, and for Sleeves and bypasses this would cause vomiting. To prevent yourself becoming thirsty during these times, ensure you routinely take 2 glasses of water prior to meals (approx. 400ml).

It is not possible to advise you on the exact amount of food as different people tolerate varying quantities. If you eat slowly, you will be able to register when you have eaten sufficient amounts. To provide additional protein you are encouraged to consume low-fat yoghurt (or low fat custard) between meals for the next three weeks *until you have your next Lap Band Adjustment*.

The following demonstrates a suitable lay-out of meal and snack times. Refer to the following pages for an appropriate “meal” for each week.

Meal Guide

Pre- Breakfast	Large Glass of Water (approximately 400ml)
Breakfast	Meal (no fluids with or for 2 hours after meal)
Morning Tea	Water- Low fat yoghurt (unless specified by your team), tea or coffee
Lunch Meal	Meal (no fluids with or for 2 hours after meal)
Afternoon Tea	Water- Low fat yoghurt (unless specified by your health care team), tea or coffee
Pre-dinner	Large Glass of Water (approximately 400ml)
Dinner Meal	Meal (no fluids with or for 2 hours after meal)

Remember to include a multivitamin and mineral supplement like Nutrichew 2 to 3 times per day.

Week 1 of Solids

Dates: ___/___/___

Start by gently thickening or increasing the texture of the foods you have taken for the first three weeks. Prepare soups so that they are thick enough that they would **NOT** pass through a straw, soft and chunky and drained. Try introducing an egg; ensure the yolk is “runny.”

Use thicker consistency yoghurt, replace fruit juice and vitamised fruit with mashed fruit, and replace vegetable juice with cooked (peeled) mashed vegetables.



Breakfast

Well-cooked porridge or semolina or Weetbix™ of a similar consistency

Lunch and Dinner

- Thick (soft) soup (drain off fluid) or
- Mashed vegetables, potato, pumpkin, sweet potato, swede, turnip with
- Mashed baked beans and
- Poached eggs (runny)
- **Or** soft scrambled eggs, i.e. Zucchini slice, Frittata made with mashed vegetables
- Tinned fruit (drained and mashed with a fork)
- Thick homemade custard, yoghurt or Low-fat ‘Fruche™.’

Remember to include a multivitamin

Also recall that you need to take a glass of water prior to each meal and Low fat yoghurt or custard between meals

Week 2 of Solids

Dates: _____/_____/_____

Once you are confident that you are able to tolerate the foods described for week one, you should be ready to further upgrade your meals to a more solid consistency.

At this stage, thicken the consistency of your breakfast cereal by using less milk. Tinned fruit will continue to require draining but will not require mashing (chopped, fresh fruit may be too firm). Fork mash all vegetables (continue to peel first).



Increase the texture of your egg but ensure the yolk is still soft and also try fish (fresh or tinned): Fresh fish will need baking or microwaving to maintain its moisture and tinned fish will require mixing with a mashed potato or white sauce or low fat mayonnaise. You will need to take small portions from a range of options at lunch and dinner to ensure variety. *Your Dietitian can help you further to achieve this.*

Breakfast

Special K™ or Weetbix™ or similar

Lunch and Dinner

- Fresh fish fillet baked in foil or cooked in microwave
- **OR** Tuna casserole, salmon Mornay (tinned fish in moist sauce)
- **OR** Poached eggs (runny) or scrambled eggs
- Baked beans
- Mashed vegetables- full variety (remove any hard lumps or skins/husks off peas, corn, beans etc.)
- And drained tinned fruit with thick custard, yoghurt, 'Fruche™' or Le Rice™.'

Remember to include a multivitamin

Also recall that you need to take a glass of water prior to each meal and Low fat yoghurt or custard between meals

Week 3 of Solids

Dates: _____/_____/_____

Once again, be sure that you are happy with your tolerance of the foods described for week two before you progress to those described for week three.

By now, you should be preparing your cereal so that it is not softened with milk. You may also trial dry crackers (such as Cruskits™ or wholemeal Salada™), cheese (such as low fat, hard cheese or soft ricotta or cottage cheese), pasta (trial various shapes), and legumes (dried beans, peas, kidney beans).



Eggs and fish may be consumed as desired and chicken may be introduced in a minced form.

Fresh fruit is permitted but start with softer fruits such as bananas and ensure fruit is peeled. Vegetables should now be whole, soft, not mashed (but peeled and well cooked).

Breakfast

- High fibre breakfast cereal (no dried fruit or nuts) with small amount of skim milk and banana or other soft fruit (e.g. drained tinned fruit).

Lunch

- Baked potato (without jacket/ skin) with extra light sour cream or cottage cheese/ plain yoghurt.
- **OR** Dry crackers with low-fat cheese or light spread of smooth peanut butter/ avocado, tuna, salmon, mashed sardines
- **OR** Baked beans and soft vegetables **AND** cantaloupe/ strawberries or other soft fruit with thick Low-fat custard, yoghurt or, 'Fruche™ or Le Rice™.'

Dinner

- Fish or Omelette or minced chicken: (e.g. meatloaf, pasta sauce, casserole) or legumes (e.g. lentil dhal, baked beans) **AND** soft cooked vegetables.

Remember to include a multivitamin

Also recall that you need to take a glass of water prior to each meal and Low fat yoghurt or custard between meals

Week 4 of Solids

Dates: ____/____/____

Your band should be securely positioned by this week, so you can afford to be more experimental with foods.

Introduce GRADUALLY, in small amounts; bread, rice, fruit and vegetable skins and red meat as described.

Always chew food well and eat slowly.

If a particular food leads to an indigestion type feeling, you may have eaten the food too quickly or not chewed thoroughly.



Breakfast

- High fibre breakfast cereal (dried fruit and nuts permitted) and low fat milk and fresh fruit with skin.

Lunch

- Day old wholemeal/ Rye/multigrain *toast* (cold) (no crusts)
- Next day, again try wholemeal/ Rye/multigrain *toast* (cold) (no crusts)
- If comfortable try day old wholemeal/rye/multigrain *bread* in only small 'nibbles' to start with
- **IF** unsuccessful with bread, try 'mountain bread' or 'pita bread' rice cakes or corn thins
- **Add** lean cold meat/fish/ Low fat cheese/ sliced tomato/ cucumber/ vegemite/ jam and fresh fruit without skins first and then with skin in small pieces.

Dinner

- Fish (60 grams) **or** chicken or pork
- **OR** finely minced red meat (40-50 grams)
- **OR** Tender cuts red meat/ casseroles **AND** well cooked vegetables with skin, rice or pasta, cous cous...

Remember to include a multivitamin

Also recall that you need to take a glass of water prior to each meal and Low fat yoghurt or custard between meals

CONTACT DETAILS:

DIETITIAN _____ Ph: 03 59 741 011

For more advice regarding your diet during the first 3 weeks after your operation, you can contact:

- Kate Save **Accredited Practising Dietitian**
- Marnie Ward **Accredited Practising Dietitian**
- Jodie Smith **Accredited Practising Dietitian**

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If there is any problems, contact Mr. Geoff Draper as above or page on 9387 1000 if urgent.

