

Eating after your Gastric Bypass

Post-op nutrition advice

How does the bypass work?

Your stomach is now only a tenth of its previous size and it has been 're-plumbed' to bypass the first *5 feet (150 cm)* of your intestines.

This means that:

- You have a much smaller stomach storage capacity.
- Your stomach's ability to break down foods to the right consistency for your intestines to absorb is much reduced. So you need to **CHEW** really well.
- There is no longer a valve at the bottom of your stomach to regulate how quickly food passes to your intestines. So you need to eat **SLOWLY**.

How does the bypass NOT work?

The bypass will help with physical hunger but not with emotional hunger. For many of us emotional hunger plays a big role in our eating and our body weight. We eat when we are bored, happy, sad, frustrated, in front of the TV, on the way into work and so on. The bypass will not change these habits. YOU need to work on recognising them and taking steps to change these behaviours. Awareness is the first step.

Do not expect the bypass to STOP you from eating—it won't. However if you choose nutritious, filling foods that need chewing then you are giving yourself the very best chance of success.

The post op diet

Following your operation you will follow a staged eating plan designed to gradually reintroduce foods safely. It is important that you follow this advice as solid food can create pressure on your stitches and stretch your new stomach pouch. This may lead to vomiting and discomfort.

Stage	Description
1	Thin watery liquids for 2 days
2	Smooth liquids for 12 days
3	Soft, mashable foods for 2 weeks
4	Normal diet from now on (4 weeks post-op)

In total you have 2 weeks on liquids and 2 weeks on a soft moist diet gradually increasing back to eating normal textured foods. You will be back onto normal foods about 4 weeks after your operation. Remember: KEEP HYDRATED. Avoid drinking with a meal or soon after.

**Stage 1: Thin watery liquids for 3 days
Day 1-2**

- Water / low calorie squash / tea and coffee / semi-skimmed milk
- Once you are allowed to drink, have small amounts of fluid. Sip every 10-15 minutes **aiming for 200ml per hour**. You will probably be very thirsty at this stage but it is very important that you drink only small quantities at a time.
- No fizzy drinks

**Stage 2: Smooth liquids for 11 days
Day 3-13**

- Low sugar fluids: milk, smooth soups, milky drinks diluted fruit juice (one part fruit juice, two parts water), diluted smooth low calorie yoghurts, sugar-free jelly, meal replacement drinks, protein shakes.
- Aiming for 200ml per hour- keep sipping!
- Aim for 1 pint milk per day.

**Stage 3: Soft, Moist Foods for 2 weeks
Week 2-4**

Start with helpings that are about **2 tablespoons** and see how you get on. As the week progresses you may find you can progress to 3 tablespoons at a time. You may wish to use a food blender initially, and then gradually increase the texture to foods that mash down easily with a fork and it should be moist and not dry. Try **SMALL** amounts (2tbsp) of:

For example : Baked beans and scrambled egg
Shepherds pie/ quorn mince
Lentil dahl
Fish in a sauce with vegetables
Any other soft moist mashable foods.

**Stage 5: Normal Textures
Week 4-6 onwards**

You should have gradually increased the texture of your diet and can now start normal foods. **Start with 2-3 tablespoons**. The most important thing is to **CHEW FOOD VERY WELL**. This means chewing it to a thick porridge consistency before you swallow the food.

Put into action all the strategies you can to stop you 'bolting' your food as this is when you could experience pain or discomfort.

Protein should be your priority so remember **P.V.C – Protein first, then Vegetables, then last of all Carbohydrates**.

20: Cut each mouthful into a 20pence sized piece

20: Chew each mouthful at least 20 times

20: Wait. At least 20 seconds between each mouthful

20: Stop eating after 20 minutes.

Protein content of foods

You need to have at least 60 grams of protein per day for health.

You can add extra protein to meals and drinks by using 'fortified milk' instead of water:

Add 1-2 tablespoons of skimmed milk powder to ½ pint (300ml) milk. Add this to cereals, drinks, soups/stews, sugar free jellies, and to make sauces.

Try slow cooking methods such as casseroles or stews instead of frying, barbequing or grilling.

Some people buy protein powders/drinks/bars. Please check with your Dietitian before taking.

Food item	Protein Content- approx (grams)
Dairy	
1 standard yoghurt	5
1 pint semi skimmed milk	20
Meat and Fish	
1 small chicken breast (100g)	25
1 small salmon fillet 9100g)	25
1 small can tuna (45g)	10
Beef mince (140g)	30
1 slice lean beef/ lamb	10
1 slice wafer thin ham	2
Vegetarian	
Peanuts (50g)	15
1/3 tin baked beans (135g)	10
Nature valley Chewy Protein	8
1 quorn sausage	7
Quorn mince (100g)	15
Humous (100g/ 4 tablespoons)	10
Lentils/ pulses (1 tablespoon)	2
1 egg	8

DUMPING SYNDROME

Following your bypass you are at risk of developing dumping syndrome. This is because sugar from all kinds of food (not just sweet foods) is released too quickly into your body. This will make you feel dizzy and sweaty. You might notice your heart rate increases and your pulse starts to race. People around you might notice that you are pale and wobbly. You will feel unwell and need to lie down as your blood pressure will have dropped.

To avoid dumping syndrome you need to avoid the following foods:

- Fizzy drinks of any kind
- Added sugar in drinks and on cereal
- Ordinary jams and marmalades, diabetic jams and marmalades
- Ordinary squash containing sugar – choose 'sugar-free' or 'no added sugar'
- Ordinary jelly – you can have sugar-free jelly
- Ordinary drinking chocolate, horlicks, ovaltine
- Fruit canned in syrup. Choose fruit canned in juice but still only a SMALL amount of fruit
- Cakes and Biscuits
- Sugar-coated breakfast cereals – choose weetabix, bran flakes, or instant unsweetened porridge
- Desserts and puddings containing sugar
- Ice-cream
- Condensed milk
- Sweets and chocolate, diabetic sweets and chocolate
- Dried fruit
- Fruit juice – unless diluted half/half with water
- Alcoholic drinks

Vitamin and Mineral Supplementation

After the first day, start taking the recommended vitamin and mineral supplements to make sure you get all the nutrients you need.

Recommended supplements:

	Product	How much per day
General Vitamins and minerals	Centrum Fruity Chewables, Ferroglobin Plus, Any own brand A-Z.	2 tablets a day, chewed well or crushed to a powder
Iron supplement	Ferrous Fumarate liquid	10-20mls/day per day. DO NOT TAKE AT SAME TIME AS CALCIUM.
Vitamin B12 supplement	B12 injections	Every three months. Your first injection will be due 3 months after your operation– please arrange at your GP Practice.
Calcium supplement	Cacit D3 Sachets	2 daily dissolved in water

After 6 weeks you can take tablet medications and vitamins. We recommend:

- 2 x Sanatogen A-Z complete or
- 2 x Superdrug A-Z multivitamins or
- 2 x Tesco Complete Multivitamins and minerals or
- 2 x Lloydspharmacy A-Z multivitamins and minerals

You will need to purchase these supplements. If you unable to purchase this supplement your GP will need to prescribe you with Forceval tablet once daily.

Help and support

We are here as a team to help you get the most from your surgery. Following bypass surgery we will make appointments for you to come and see us at 3,6 and 12 months. Please make every effort to attend these appointments. We will check your bloods at these appointments to check that you are not becoming deficient in certain nutrients. You do not need to have these done prior to your appointment.

Should you have questions or concerns between appointments then please do call or email us. We love to hear how you are getting on and also whether there is anything else that we could be helping you with to ensure that you reach your goals.