

Gastric Band and Gastric Bypass

PHASE I DIET – CLEAR LIQUID DIET FIRST 2 WEEKS AFTER SURGERY

Purpose: Encourage healing with use of protein source to reduce chances of infection. To prevent irritation of gastric pouch, band slippage, tears and/or pain.

DO NOT ADVANCE DIET TO PHASE 2
Until it is discussed at your first office visit following surgery. Advancing too soon can severely damage your internal incisions and cause life-threatening complications.

Diet Principles:

1. At least 8 to 9 cups (64 to 72 ounces) of fluids per day. The goal rate will be expected to be achieved the second day after surgery.
2. Sip ¼ cup liquids every half hour. Sip liquids slowly. Gulping liquids can cause abdominal pain and intense nausea.
3. Those with diabetes or hypoglycemia may need to have medications adjusted. Monitor blood glucose frequently and call your family physician for recommendations in adjusting medications. Carry a carbohydrate source in case of low blood glucose symptoms.
4. Continue chewable multi-vitamin and mineral supplement. Refer to options on vitamin sheet.
5. Keep calorie intake near 500 per day during this two-week period after surgery.
6. Exercise at least 30 minutes each day.

Only CLEAR LIQUIDS and a Multi-Vitamin and Mineral Supplement

1. Include 30 grams of protein daily. Use whey or soy protein isolate used during Phase O Diet. Including protein will help in the healing process. The Doctor may allow skim milk during the second week after surgery. Use only if instructed.
2. Include daily 16 ounces of a potassium rich juice such as, tomato, V-8, V-8 Fusion or pulp-free orange juice. Read label for potassium content of 250 mg or more per 8 ounces.
3. No Sugar Added 100% juice – dilute juice 50/50 with water
4. Water
5. Decaffeinated coffee, Tea, hot or iced, only decaffeinated
6. Sugar-free Popsicles, caution may contain sugar alcohol that cause gas &/or diarrhea
7. Sugar-free Jell-O®, any amount.
8. Clear Broth – Beef, Chicken or Vegetable.
9. Crystal Light® or Sugar-free Kool-Aid®.
10. Sports Drinks (like Gatorade®, All-Sport®).
11. Fitness Waters (like Propel®).

If unable to tolerate liquids as instructed, please call the office at (319) 268-3990.

Sample Meal	Amount	Calories	Protein Grams	Carbohydrate Grams
Morning				
Diluted Orange Juice	1 cup	60	0	15
Whey or Soy Protein	10 grams	40	10	0
Gatorade	1 cup	60	0	15
Calorie-free beverage	1 cup	0	0	0
Mid-Day				
Diluted Apple Juice	1 cup	60	0	15
Whey or Soy Protein	10 grams	40	10	0
V-8 Fusion	1/2 cup	60	0	14
Clear Broth	1/2 cup	5	0	1
Calorie-free beverage	1 cup	0	0	0
Evening				
Clear Broth	1/2 cup	5	0	1
Whey or Soy Protein	10 grams	40	10	0
Diluted Grape Juice	1 cup	80	0	20
Propel	1 cup	15	0	6
Bedtime				
Special K2 O Water	1 cup	30	5	6
Totals	9-1/2 cups	495 calories	35 grams	93 Grams