



Potential Food Intolerance Problems

Following Gastric Bypass /Adjustable Gastric Band Surgery and Suggested Dietary Modifications

<u>Potential Problem</u>	<u>Causes</u>	<u>Suggestions</u>
<i>Nausea and Vomiting</i>	Eating too fast Eating too much food Not chewing foods enough Drinking liquids too quickly	Stop eating – rest stomach 2-4 hours and try again Eat only 4 small meals: See each Phase diet for volume Eat slowly take 20 to 30 minutes to eat Chew each bite 20 to 30 times Sip beverages slowly – Goal 8-9 cups Do not drink liquids 30 minutes before or during a meal Wait one hour after a meal to start drinking Avoid very cold beverages Avoid caffeine and alcohol Avoid carbonated and sparkling beverages Avoid spicy, greasy, and fried foods Avoid problem foods: see list on Phase 4 diet Do not lie down immediately following a meal
<p>If nausea and vomiting occurs after eating a new food, wait several days before trying it again. If vomiting occurs, wait approximately 2-4 hours before drinking liquids then gradually advance back to current Phase diet.</p>		
<i>Pain in Shoulder Or Chest Area*</i>	Eating too much food Not chewing foods enough	Stop eating – rest stomach 2-4 hours and try again Eat slowly take 20 to 30 minutes to eat Eat only 4 small meals: See each Phase diet for volume Chew each bite 20 to 30 times Avoid gas forming foods such as banana, apple, dried beans Avoid spicy, greasy, and fried food
<p>*Seek medical attention if pain lasts longer than 4 hours or increases in severity</p>		
<i>Dehydration</i>	Inadequate fluid intake Persistent nausea and vomiting Prolonged diarrhea	Drink enough fluids during the day Sip beverages slowly – Goal 8-9 cups minimum Do not drink liquids 30 minutes before or during a meal Wait one hour after a meal to start drinking Avoid Caffeine and Alcohol Avoid sugar alcohol an artificial sweetener such as Lactitol, Mannitol, Isomalt, Sorbitol, or Xylitol. Read food label.
<i>Constipation</i>	Inadequate fluid intake Reduced fiber intake	Drink enough fluids during the day -Goal 8-9 cups minimum Wait one hour after a meal to start drinking Do not drink liquids 30 minutes before or during a meal Consult Office for stool softener and fiber supplement use If stool softener allowed, avoid those with laxative additives Daily exercise – minimum 30 minutes each day Include diluted fruit juices and allowed fruits daily

Bowel movements every 2 to 3 days following surgery may be common. Constipation may occur temporarily during the first postoperative month, but generally resolves with advancement of the Phase diets and changes in food volume.

Diarrhea

Eating too much food

Eat only 4 small meals: See each Phase diet for volume

Eat slowly take 20 to 30 minutes to eat

Eating simple sugars

Avoid spicy, greasy, fried food

Read labels, look for less than 5 to 8 grams sugar per serving

Drinking fluids at a meal

Avoid sugar alcohol, an artificial sweetener such as Lactitol, Mannitol, Isomalt, Sorbitol, or Xylitol. Read food label.

Intolerance to dairy products

Drink enough fluids during the day -Goal 8-9 cups minimum

Do not drink liquids 30 minutes before or during a meal

Wait one hour after a meal to start drinking

Avoid very hot or very cold fluids

Use low fat lactose treated milk (Dairy Ease or Lactaid milk) or lactose enzyme tablets. Light soy milk.

Heartburn

Eating too much food

Eat only 4 small meals: See each Phase diet for volume

Stop eating – rest stomach 2-4 hours and try again

Eating spicy or fatty foods

Avoid peppers, chili powder, bacon, sausage, pepperoni

Drinking caffeine, alcohol,

Avoid Caffeine, alcohol, carbonated and sparkling beverages

carbonated & sparkling beverages

Lying down following a meal

Do not lie down immediately following a meal

Drinking liquids too quickly

Sip beverages slowly – Goal 8-9 cups

Avoid use of straws

Do not drink liquids 30 minutes before or during a meal

Wait one hour after a meal to start drinking

Not chewing foods enough

Chew each bite 20 to 30 times

Blockage of the Stoma (outlet of the pouch)

Blocked opening

Not chewing foods enough

Contact the bariatric office 319-268-3990

Chew each bite 20 to 30 times to pureed consistency

Eating foods with seeds, skins, and membranes

Avoid fibrous foods, see problem foods on Phase 4 diet

Size of pill is too large

Pills should be in liquid form, crushed, broken, or no larger in size than a pencil eraser.

Talk to pharmacist to confirm that your specific medications can safely be crushed or broken

Bloating and Distention

Eating too fast

Stop eating – rest stomach 2-4 hours and try again

Eating too much food

Eat only 4 small meals: See each Phase diet for volume

Eat slowly take 20 to 30 minutes to eat

Not chewing foods enough

Chew each bite 20 to 30 times

Drinking liquids too quickly

Sip beverages slowly – Goal 8-9 cups

Do not drink liquids 30 minutes before or during a meal

Stomach Irritated

Wait one hour after a meal to start drinking

Stop eating – rest stomach 2-4 hours and try again

Eating gassy foods

Avoid Caffeine, alcohol, carbonated and sparkling beverages

Foods containing sugar

Avoid gas forming foods such as banana, apple, dried beans

alcohol

Avoid sugar alcohol, an artificial sweetener such as Lactitol,

Mannitol, Isomalt, Sorbitol, or Xylitol. Read the food label.

These problems may occur with gastric bypass:

Lactose Intolerance

Gas, bloating, diarrhea

Use low fat lactose treated milk (Dairy Ease or Lactaid milk)

Abdominal distention

or use the lactose enzyme tablets. Use light soy milk.

Dumping Syndrome

Diarrhea

Avoid liquids and foods high in simple sugars

Sweating

Avoid high fat, greasy, and fried foods

Dizzy, light headed

Read labels, look for less than 5 to 8 grams sugar per serving.

Heart palpitation

Avoid sugar alcohol, an artificial sweetener such as Lactitol, Mannitol, Isomalt, Sorbitol, or Xylitol. Read the food label.

Do not drink liquids 30 minutes before or during a meal

Wait one hour after a meal to start drinking