

## Preparing for Bariatric Surgery

Our Dietitians will see you during clinic visits. If you have questions, call 434-243-9348. We do not recommend any specific products. Examples are listed below.

### 1. Diet Progression

- Stage 1: Sugar-free Clear Liquids, 1-2 meals in the hospital
- Stage 2A: Sugar-free Liquids + Protein Shakes for **1 week**
- Stage 2B: Blended/Pureed Food, start 1 week after surgery, if you are comfortable, and continue for **2 weeks** until your first follow up visit in clinic after surgery.

### 2. Protein

- 60-70 grams of protein per day
- High protein foods: lean meat, fish, poultry, low-fat/fat-free dairy, beans, eggs, and nuts
- Protein drinks are essential during the Stage 2 diet. Examples include:
  - Pure Protein 100% Whey Protein Powder
  - Premiere Protein ready to drink shakes
  - Ensure Active High Protein shake
  - Body Fortress – 100% whey protein powder
  - Bariatric Optimized Shakes\*

### 3. Sugar and Fat

- All foods must have less than 5 grams Total Fat & less than 10 grams Sugars per serving
- Read all food labels!

### 4. Eating

- You need to consume about 4-6 small meals each day on Stage 2B (blended food)
- Portion size should be ¼-½ cup at each meal
- Take small bites, eat slowly and chew each bite well – take 20-30 minutes to eat
- Stop eating as soon as you feel satisfied; you can put the food away and return to it later

### 5. Drinking

- Sip on 48-64 ounces of sugar-free, calorie-free fluids each day (water is best)
- Do not drink during or 30 minutes after a meal
- Avoid carbonated beverages
- Plan when you will drink to stay hydrated – carry a beverage with you at all times

### 6. Supplements

Start with chewable or liquid vitamins for optimal absorption. Avoid men's or "silver varieties.

#### **Sample Daily Supplement Schedule:**

Morning (8am): 1 multivitamin + 500 mcg B12  
Noon (12pm): 600 mg calcium citrate with Vitamin D  
Evening (6pm): 600 mg calcium citrate with Vitamin D  
Bedtime (9pm): 1 multivitamin + 325 mg iron

*only if directed by the Bariatric Team*

\*If you wish, you can take 500 mg of calcium citrate with Vitamin D three times a day – noon, 3pm, 6pm.

## 7. Pre-surgery checklist:

- ↑ Order vitamins/minerals
- ↑ Buy protein supplements
- ↑ Have blender ready
- ↑ Plan out some blended recipes you can use for Stage 2B (check out our recipe book!)
- ↑ Buy recipe ingredients
- ↑ Figure out your exercise plan

## 8. Additional Resources:

### Vitamin and Protein Supplements

- Bariatric Advantage <https://www1.bariatricadvantage.com/>
- Celebrate <http://www.celebratevitamins.com/>
- New Whey <http://www.newwhey.com/>
- Unjury/Opurity <http://www.unjury.com> and <http://www.opurity.com>
- Wellesse <http://www.wellesse.com/>
- Insure Nutrition <http://insurenutrition.com/>  
*If you have commercial insurance companies (not Medicare/Medicaid) they can help get coverage for nutritional supplements. Complete the on-line "Check your Eligibility" box on their website.*
- Nascobal/BariActiv Supplement Program <http://www.nascobal.com/p/supplement-system>  
*If you have commercial insurance companies (not Medicare/Medicaid) – Your doctor can give you a prescription for Nascobal (Vitamin B12 nasal spray) that you take once a week. They will also send BariActiv Multivitamin, Calcium and Iron delivered to your home for free each month.*

### Online Food & Exercise Journals (these websites also have free apps for smartphones and tablets)

- MyFitnessPal <http://www.myfitnesspal.com/>
- Lose It! <https://www.loseit.com>
- SparkPeople <http://www.sparkpeople.com/>, also has a great "community" with forums and support groups

### Online and Telephone Support Groups, Education, Forums

- Bariatric Pal <http://www.bariatricpal.com/>
- Banded Living <http://www.bandedliving.com/>
- Bariatric Foodie <https://www.bariatricfoodie.com/>
- Bariatric Support Centers International <http://www.bsresourcecenter.com/> 1-800-339-9129

### Apps

- BariMate (cost) <http://www.barimate.com/> is a comprehensive weight loss surgery tool
- Eat Slower (free), Chew Timer (free), Mindful Bite (cost) and Chew It Well (cost) promote eating more slowly and mindfully and can time the interval between each bite or the entire meal

### Cosmetic Aids

- Squeaky Cheeks powder for skin rashes and irritation [www.squeakycheeks.com](http://www.squeakycheeks.com)
- It Works! Body wraps <http://www.myitworks.com/>
- Shapewear for men and women: Spanx <http://www.spanx.com/>
- Bare Necessities <http://www.barenecessities.com/>

### Portion Control Tools

Specially designed dishes and glassware for portion control and measuring food intake.

- PrecisePortions <http://www.preciseportions.com/>, look for the Bariatric Kit
- Portion Perfection for Bariatrics <http://www.portiondiet.com/>
- Livliga <http://www.livligahome.com/>
- Mealsizer <http://www.mealsizer.com/>