

Gastric Bypass Post Surgery Instructions

Gastric Bypass Post Surgery Diet and Supplements

Diet after Gastric Bypass

- *Fluids:* Drink 30cc of fluid every ½ hour while awake for the first two weeks.
Hint: Carry a water bottle at all times.
- *Protein:* Take in 60-80 grams of protein supplement daily
- *Progression of Diet:* You may try a soft diet when you get home from the hospital, then slowly advance to ground meats and chicken over the next few weeks. You may be able to eat regular food by 3-4 weeks. Easy does it. Your eyes will be bigger than your stomach for a while.
- *Maintenance Diet:* Complex carbohydrates (vegetables and fruits), protein (60-80 grams per day), polyunsaturated fats – avoid simple sugars (colas, fruit drinks, snacks that come in bags) and limit foods high in saturated fats (even though they may be tasty)

Vitamin and Calcium Supplements – A Lifelong Requirement

Take these vitamins in the dosages listed below:

- A multivitamin with iron (Centrum®) daily, with meals.
- Citrical® (1200 mg of calcium citrate): one 400 mg tablet three times daily
- A B12 dot daily. This is a sublingual tablet, which is absorbed through the gums.

Annual blood tests are needed to check vitamin levels. This is not a suggestion – it is your responsibility! Vitamin deficiencies can be life-threatening. The specific blood tests are CBC, B12/Folate, Ferritin, Parathyroid Hormone, Vitamins A and D.

Helpful Hints

1. Eat three very small meals per day – no snacking.
2. Eat at a table.
3. Eat very slowly (30-60 minutes per meal)
4. Drink fluids 30 minutes before or 30 minutes after meals, but not with meals. No carbonated drinks.
5. Avoid foods that cause stomach upset. Reduce intake of coffee, chocolate, caffeine, and black or red pepper if discomfort results.
6. Exercise at least 30 minutes per day.