

Bariatric Surgery

- Laparoscopic Gastric Bypass
- Laparoscopic Vertical Sleeve Gastrectomy

**Please bring this book with you to your
Pre-Admission Assessment visit, hospital stay
and follow-up appointments.**



**Bariatric Surgery Program The
Wharton Medical Clinic
35 Upper Centennial Parkway
Stoneycreek, Ontario L8J 3W2
1-833-962-5359, Option 3**

**Please bring this book with you to your
Pre-Admission Assessment visit, hospital stay
and follow-up appointments.**

The Ontario Bariatric Network is an Ontario Ministry of Health and Long-Term Care project featuring regional bariatric programs, general information and education.

For more information go to:

- www.ontariobariatricnetwork.ca

Other websites to investigate include:

- www.webmd.com
- www.obesityhelp.com
- www.obesitynetwork.ca/public

The information in this book is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of this book may be reprinted for non-commercial personal use only.

Products mentioned in this book are used as examples only. Alternatives to these products may be used instead of the mentioned products with the advice of a health care professional and your bariatric health care team.

Picture on page 4 used with permission from University Health Network (Toronto Ontario, Canada).

Developed by the Department of Nursing Practice and Education, and Center of Excellence Bariatric Surgery Program,

St. Joseph's Healthcare Hamilton ©2007 – 2016

Inside this book

	Page
Where to Go for Appointments and More	i
Health Care Team List	ii
Appointments	iii
Introduction, Health Care Team, Research	1
What is Obesity	2
Learning the Words and Pictures	3
What happens with Gastric Bypass Surgery?	6
What happens with Vertical Sleeve Gastrectomy Surgery?	8
What to Expect after Surgery	10
Mental Health and Well Being	12
Getting Ready for Surgery	15
• 6 Months Before Surgery	15
• 2 Months Before Surgery	16
• 1 Month Before Surgery – Taking OPTIFAST	19
• If You Have Diabetes and Taking OPTIFAST	21
• OPTIFAST recipes	23
• 1 to 2 Weeks Before Surgery	25
• 2 Days (48 hours) Before Surgery	26
• 1 Day (24 hours) Before Surgery	26
• After Midnight Before Surgery	26
• The Day of Surgery	27
• The Operation	28
• The Post Anesthetic Care Unit and Nursing Unit	28
At Home After Surgery	30
Getting Support from Family and Friends – Table of Contents	35
Understanding Change	40
Nutrition and Diet After Surgery - Table of Contents	43
Diabetes and/or Low Blood Sugar – After Surgery	91
Records and Logs - Table of Contents	95
Book Resources	109

Where to Go for Appointments and More

Place	Location	Telephone
Bariatric Surgery Clinic	35 Upper Centennial Parkway	1-833-962-5359, Option 3
Diabetes Clinic	West 5th Campus Level 0, Block C	Ext. 32045 905-522-1155
Outpatient Pharmacy	Level 1 – Mary Grace Wing Charlton Campus	905-521-6170
Pre-Admission Assessment Unit (PAAU)	West 5th Campus Level 0, Block C	Ext. 33830 905-522-1155
Day Surgery Unit (DSU)	Level 2 – Surgical Wing Charlton Campus	Ext. 33835 905-522-1155
Operating Rooms and Post Anesthetic Recovery Unit (PACU)	Level 1 – Surgical Wing Charlton Campus	
General Surgery and Gastrointestinal (GI) Inpatient Unit	Level 6 – Mary Grace Charlton Campus	Ext. 33613 905-522-1155

West 5th Campus Address:

- 100 west 5th Street
- Hamilton, Ontario L9C 0E3

Charlton Campus Address:

- 50 Charlton Avenue East
- Hamilton, ON L8N 4A6

Health Care Team Members

Surgeon / Resident	
Medical Internist	
Clinic Nurse	
Clinic Nurse	
Dietitian	
Dietitian	
Social Worker	
Diabetes Nurse	
Community Care Access Centre (CCAC) Manager	
Endocrinologist	
Psychiatrist	
Psychologist	
Thromboembolism Nurse / Doctor	
Physiotherapist	
Occupational Therapist	
Sleep Apnea Doctor	
Other:	
Other:	
Other:	

Appointments

Before Surgery Appointments:

Appointment	Date	Time	Location

After Surgery Follow-up Appointments:

1 week			Bariatric Clinic
4 to 6 week			Bariatric Clinic
3 month			Bariatric Clinic
6 month			Bariatric Clinic
1 year			Bariatric Clinic

An Important Message

- **For unplanned reasons, your surgery may be cancelled at any time.**
- **This may happen before your surgery date or on the day of your surgery when you come to the hospital.**
- **If your surgery is cancelled you will be called at home and given another date for surgery.**
- **Please do not go to the Bariatric Clinic to make a new date.**

Introduction

You have decided to have bariatric surgery. This book provides information that will help you prepare for this surgery and your new life after surgery.

You, your family, friends and supports can refer to this book and may need to read the information many times.

Please bring this book with you to all of your appointments before and after surgery and to the hospital when you have surgery.

Health Care Team

You will work closely with your health care team. We are here to support and guide you before, during and after surgery.

There is a list of your health care team members' roles at the front of this book. Fill in their names as you meet the members of your team.

Research at St. Joseph's Healthcare Hamilton

St. Joseph's Healthcare Hamilton is a research hospital. Research helps to improve the treatments that we provide, leading to better care for patients. You may be asked to take part in a research study.

If you are interested in taking part in a study, be sure you understand the details of the study and how you would be involved before you sign a consent form.

If you do not want to be in a research study, your care will not be affected.

Teaching at St. Joseph's Healthcare Hamilton

St. Joseph's Healthcare Hamilton is a teaching hospital. This means that you may have students involved in your care. We welcome students from all health care professions.

What is Obesity

What does bariatric mean?

Bariatric is the medical word used to describe the treatment and management of weight. Bariatric programs help patients improve their health and well-being by treating and managing weight.

What causes obesity?

Obesity is a chronic condition that needs to be managed for the rest of your life. You have probably done some reading and research of your own by now and know that there is just not one cause. Research has shown that there are many reasons for obesity such as:

- genetic
- physiological
- metabolic
- hormonal
- psychological
- behavioural
- sociocultural
- environmental

Once you have obesity, there is no cure for it and you will need to manage this condition for the rest of your life.

Why can obesity be harmful to health?

This is not an easy question to answer. Research has shown that there are many health problems that can result from obesity such as:

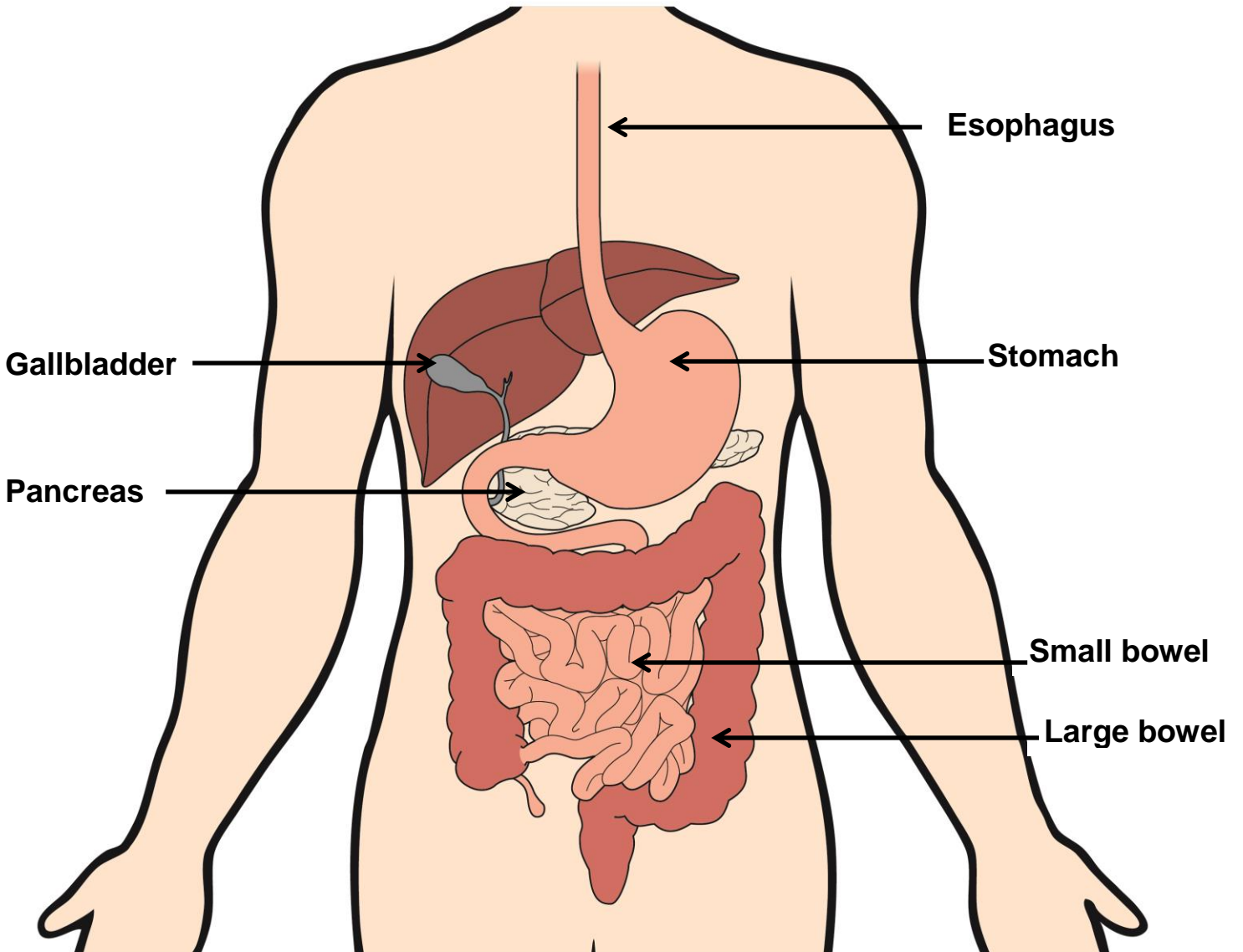
- hypertension
- heart disease
- gastro-esophageal reflux disease
- depression and/or anxiety
- respiratory disorders
- liver and kidney disorders
- high cholesterol
- sleep apnea
- type 2 diabetes
- infertility
- joint pain and/or osteoarthritis and/or gout
- certain cancers

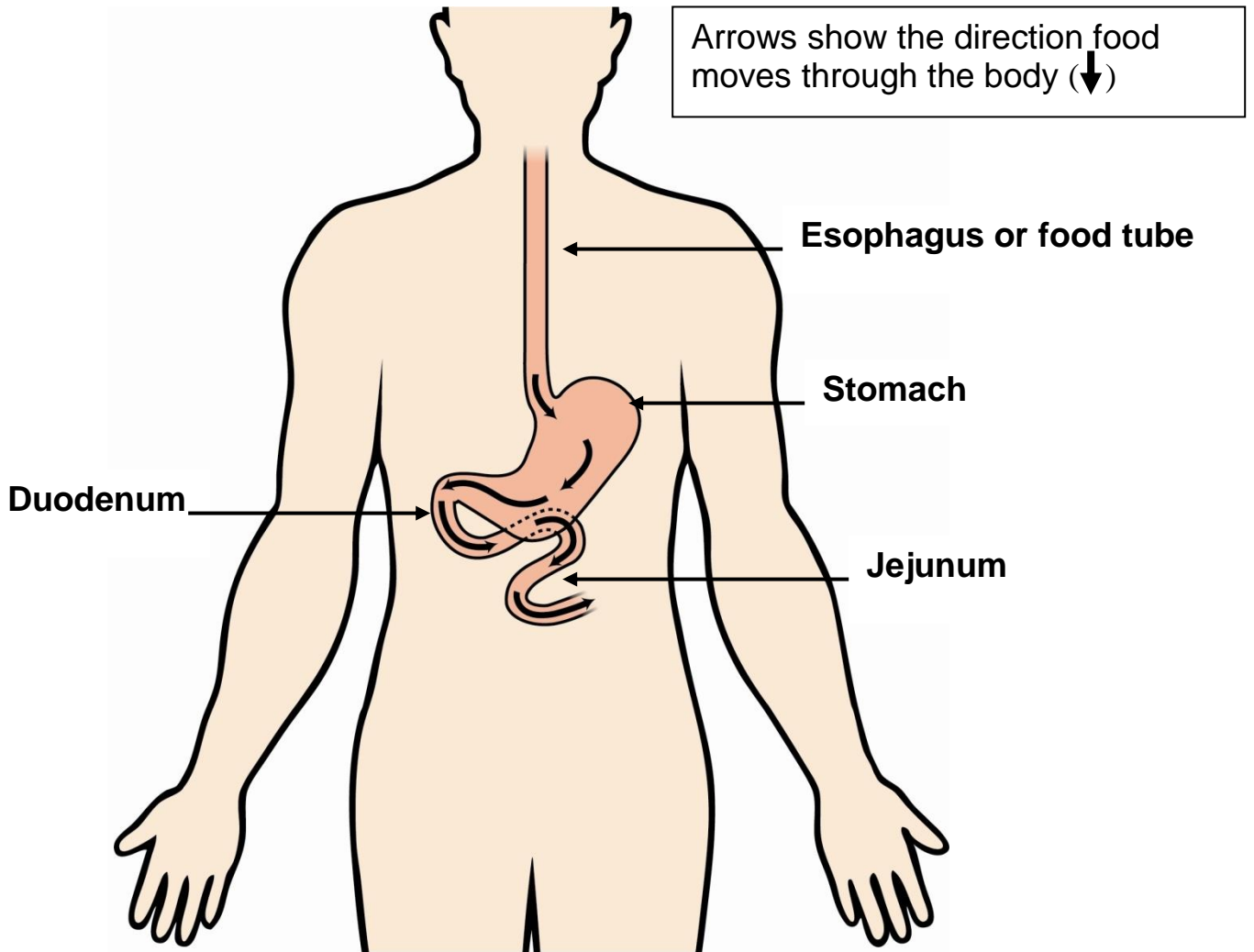
Learning the Words and Pictures

Here are some words and pictures to help you understand gastric bypass and vertical sleeve gastrectomy surgery:

Esophagus: (food tube)	The esophagus is the tube that carries the food you eat and drink from your mouth to your stomach.
Gallbladder:	The gallbladder stores bile produced by the liver. Bile is a digestive liquid needed to help break down food you eat and drink. Bile helps digestion by breaking down fat for example. The gallbladder releases bile when the food leaves the stomach and enters the small bowel.
Pancreas:	The pancreas produces digestive liquids and enzymes that help in digestion. It also produces the hormone insulin to regulate the amount of glucose (sugar) in the body.
Stomach:	The stomach breaks food into small pieces so your body can use it for energy.
Small bowel: (small intestine)	<p>The food moves from the stomach to the small bowel first. The food is broken into very small pieces and is absorbed into the blood as the muscles push it along. The small bowel is also called the small intestine. The small bowel or intestine has 3 sections called the duodenum, jejunum and ileum.</p> <p>The 2 sections of the small bowel involved in this surgery are called the duodenum and jejunum. They are shown in the picture on page 5.</p>
Large bowel: (large intestine or colon)	The large bowel is the last part of the digestive system. Water is absorbed here and the remaining waste material is stored until you have a bowel movement. The large bowel is also called the large intestine or colon.

A look inside before surgery:





What happens with Gastric Bypass Surgery?

During this surgery, your surgeon makes a small stomach pouch at the end of the esophagus. The pouch is made by stapling the top part of the stomach. The larger part of the stomach is stapled closed. The small intestine is cut at the jejunum and attached to the stomach pouch.

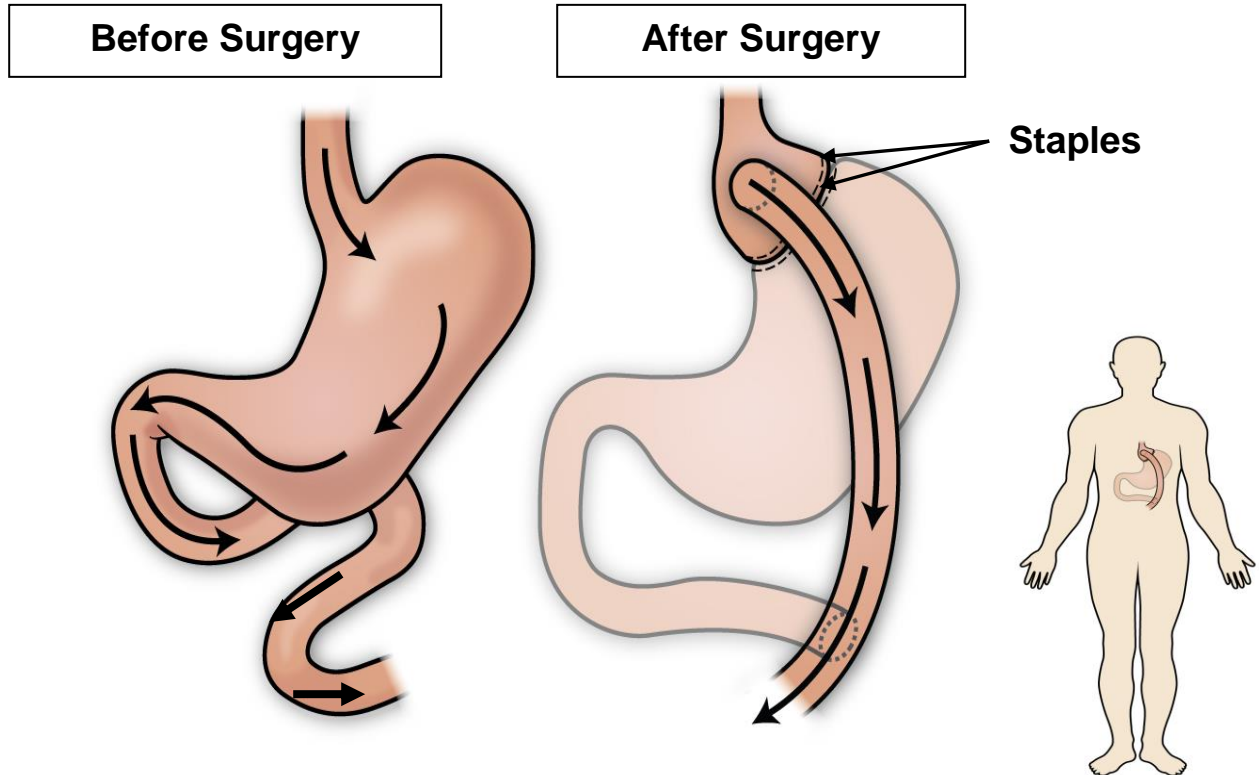
As you can see in the picture, most of the stomach is bypassed and not used any more. The duodenum is also bypassed. The larger stomach is still left in place and the normal digestive juices from the stomach and duodenum help digest food when rejoined lower down on the small bowel. The food you eat and drink will now go into the new, smaller stomach pouch and then to the jejunum.

The new, smaller stomach limits the amount of food you can eat since it holds less food. You also feel less hungry as you do not have as many hunger hormones. You feel more satisfied eating less food.

Bypassing the duodenum means your body absorbs less nutrients including vitamins and minerals. Bypassing part of the small intestine also means that some hormones which affect metabolism are also changed.

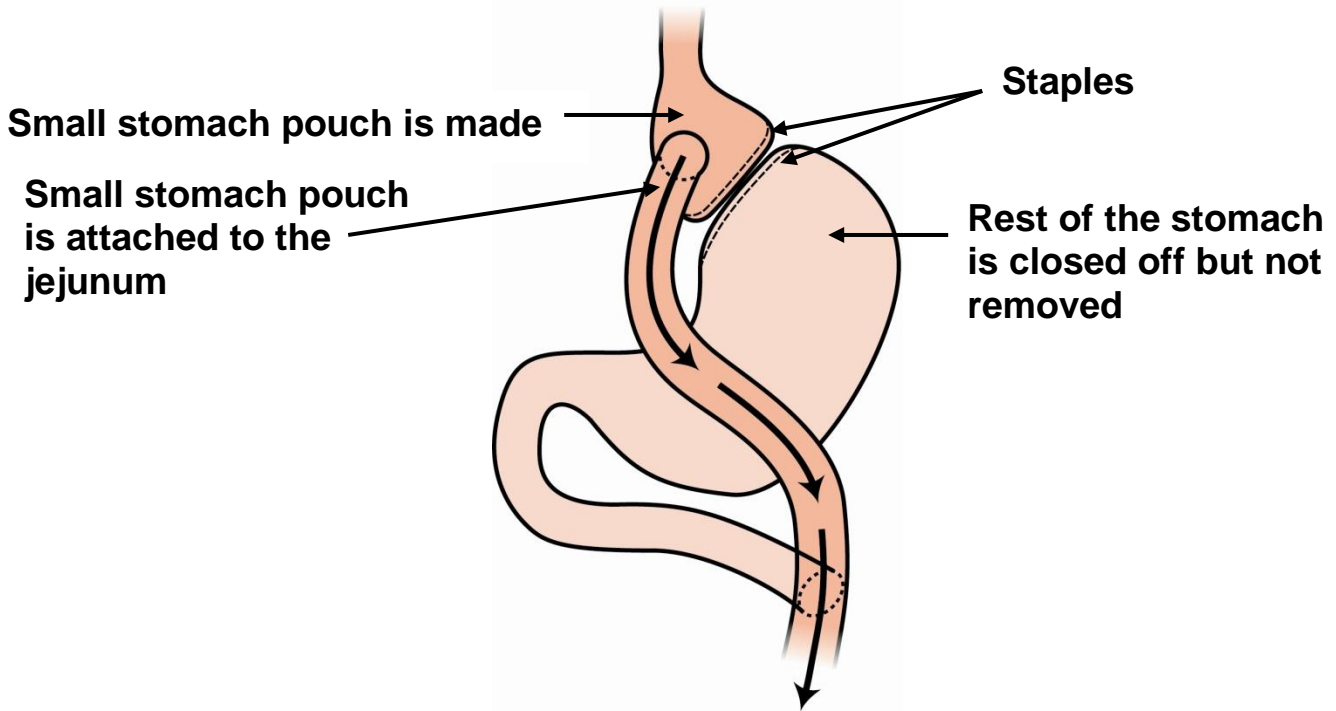
At first, the pouch holds about 30 ml ($\frac{1}{4}$ cup or 2 ounces). Normally a stomach holds between 1000 and 1500 ml (35 to 50 ounces or 4 to 6 cups). Over time the pouch can hold about 240 ml (8 ounces or 1 cup).

Since the amount you can eat is less, it is important to make healthy food choices for weight management and overall health.



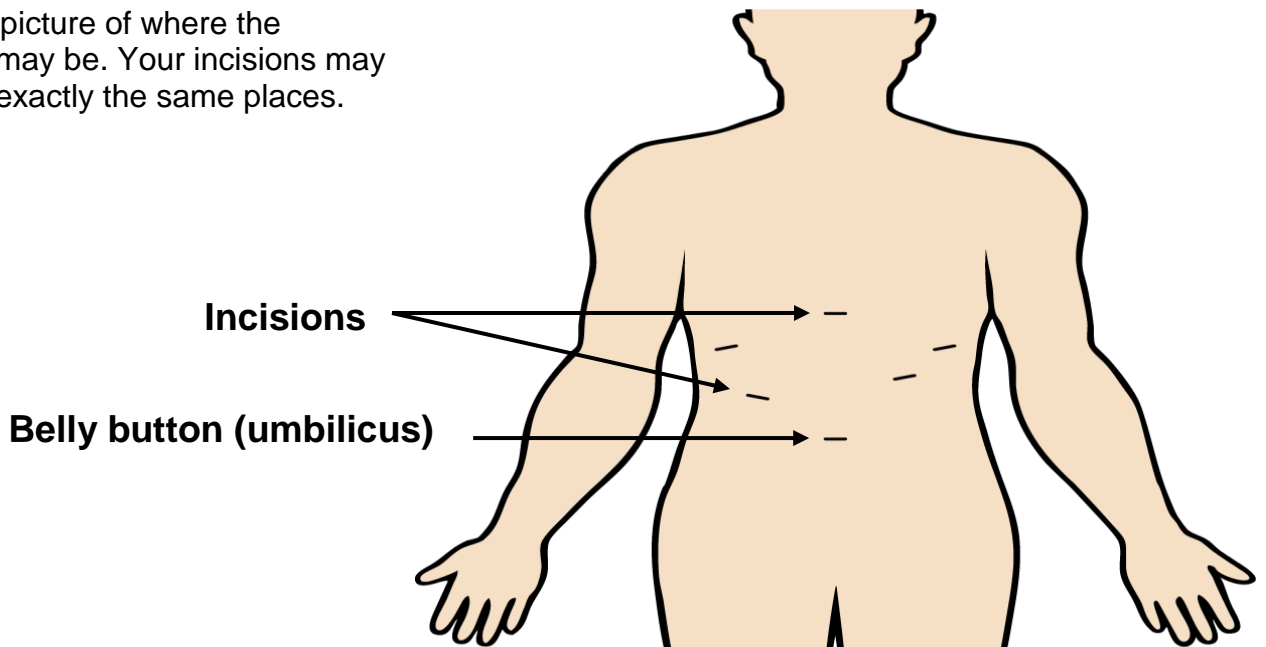
Arrows ↓ show food moving through body before and after surgery.

A Closer Look at Gastric Bypass Surgery



This surgery is done using 5 to 6 small incisions. Each incision is 5 to 12 millimetres (mm) long. One incision is used to insert a small camera so the doctor can see. The other incisions are used for instruments needed to do the surgery. The incisions are closed with dissolvable stitches and special tape on top called steri-strips.

Here is a picture of where the incisions may be. Your incisions may not be in exactly the same places.

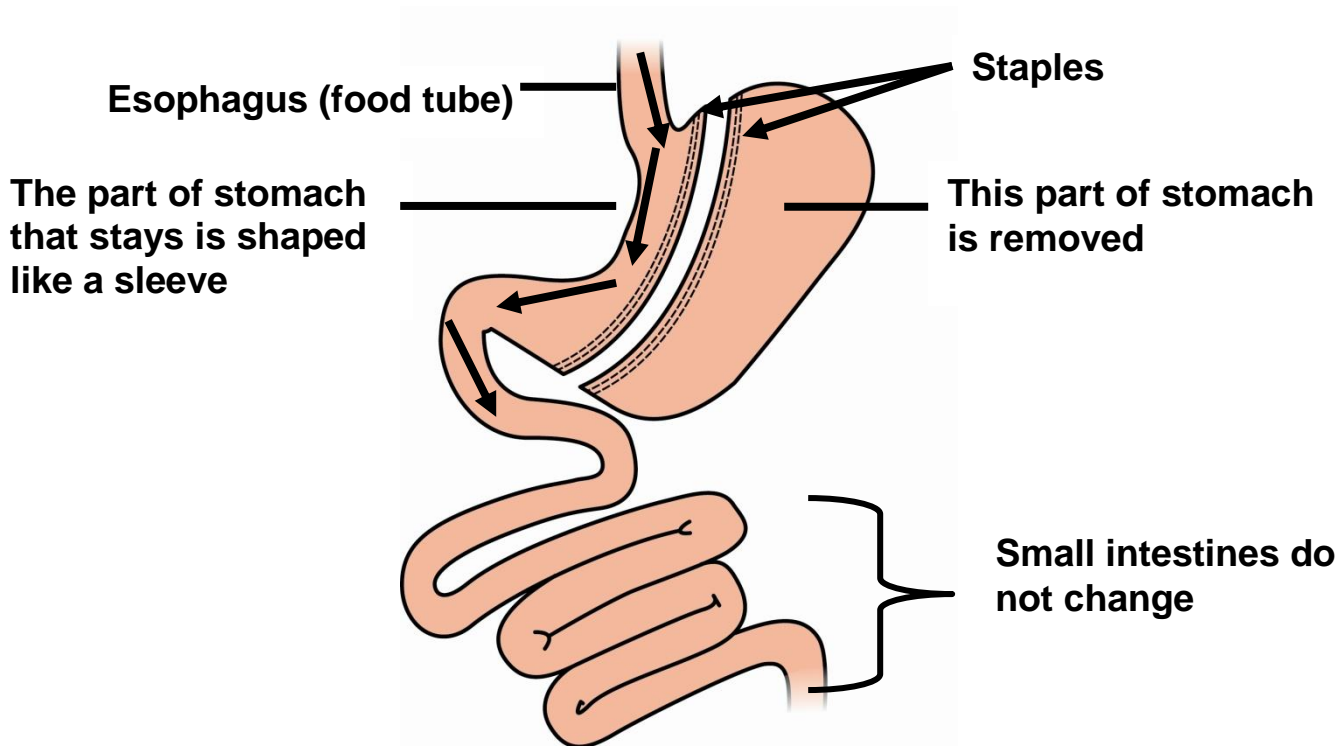


What happens with Vertical Sleeve Gastrectomy Surgery?

Vertical sleeve gastrectomy (VSG) is a restrictive, laparoscopic surgery. During this surgery most of the stomach is removed. Since the stomach is smaller, you feel full sooner.

The smaller stomach limits the amount of food you can eat since it holds less food. You also feel less hungry as you do not have as many hunger hormones. You feel more satisfied eating less food.

The stomach is cut creating a long pouch that connects the esophagus to the small intestine. The pouch or 'sleeve' is stapled and the rest of the stomach is removed.



Arrows ↓ show food moving through body after surgery.

At first, the pouch holds about 100 ml to 120 ml (3 to 4 ounces or ½ cup). This depends on the surgeon doing the surgery. Normally a stomach holds between 1000 and 1500 ml (35 to 50 ounces or 4 to 6 cups). As shown in the picture, the way the food leaves the stomach does not change. The nerves are also left intact. Therefore the stomach is smaller but the function stays almost the same. Over time the pouch can hold about 240 ml (8 ounces or 1 cup).

None of the intestines are bypassed so food leaves the stomach and moves through the intestines normally. The smaller stomach continues to function normally.

Since the amount you can eat is less, it is important to make healthy food choices for weight management and overall health.

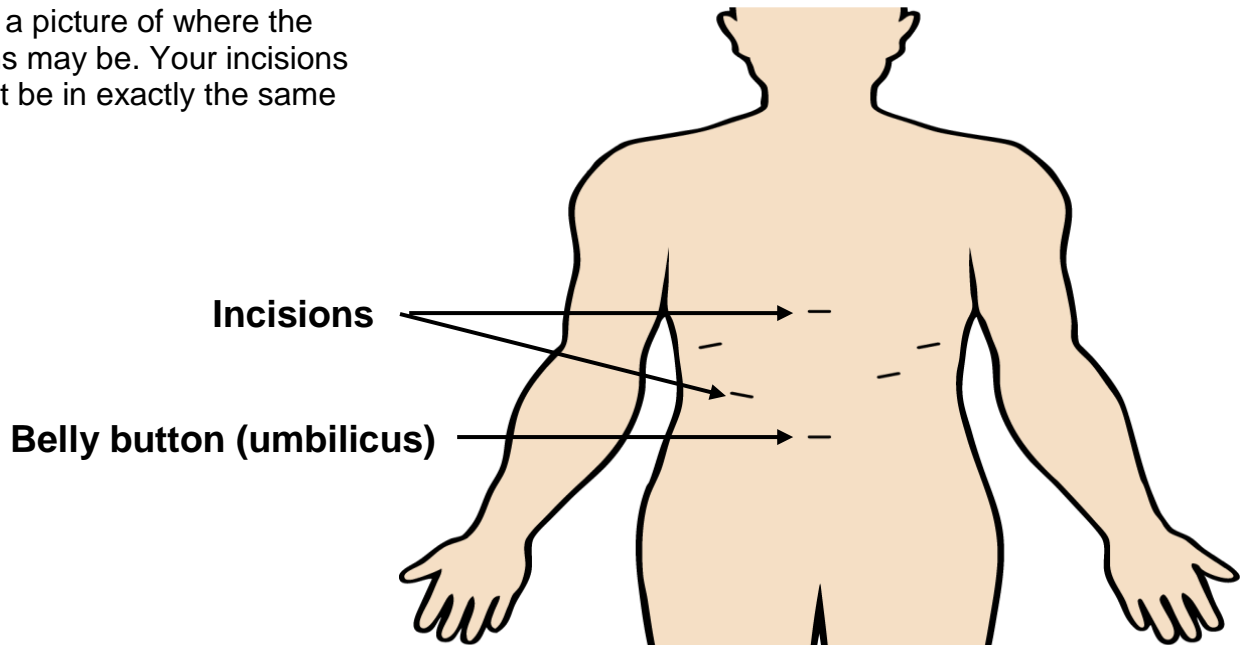
Vertical sleeve gastrectomy cannot be reversed.

VSG surgery may be done for people who:

- have medical problems such as anemia, stomach ulcers and inflammatory bowel disease that would place them at high risk for surgery involving intestinal bypass
- have other conditions such as previous multiple abdominal surgery that would place them at high risk for surgery involving intestinal bypass
- are booked to have gastric bypass surgery but when doing the surgery the surgeon decides gastric sleeve is a safer option at this time
- have a lot of weight to lose and the surgeon decides that VSG is the first step possibly followed by another form of weight loss surgery when it is safe to do so.

VSG surgery is done using 5 to 6 small incisions. Each incision is 5 to 12 millimetres (mm) long. One incision is used to insert a small camera so the doctor can see. The other incisions are used for instruments needed to do the surgery. The incisions are closed with dissolvable stitches and special tape on top called steri-strips.

Here is a picture of where the incisions may be. Your incisions may not be in exactly the same places.



What to Expect After Surgery

You and only you

Since each person is different your journey will not be the same as anyone else. Try to avoid comparing yourself to others in the program.

After surgery, some people lose more weight and some people lose less weight; some people lose weight quickly while others lose weight slower but still lose weight.

Always keep in mind that you and your body need to do this in your own time. Remember that the real benefit of surgery is not necessarily how much weight you will lose, but the ability to keep most of it off in the long-term.

Most people lose between 20% and 30% of their total body weight within the first 2 years after surgery. However, the majority of your weight loss will happen in the first 6 to 12 months. For example, a person starting at 300 pounds (136 kg) before surgery will typically lose 60 to 90 pounds (27 to 40 kg).

The focus in the bariatric program is to support you in following a healthy lifestyle and not set goal weights.

After 1 or 2 years

After the first or second year when your weight loss has slowed or stopped, you will typically gain some weight back slowly over time. People often regain 5 to 10% of the weight they lost within 5 years. This is normal and does not mean that you are doing anything wrong. Some people regain more than 10%.

It is important to remember that weight regain is complicated and not completely understood. It is very important that you contact the clinic if you are concerned about weight regain down the road.

Your best weight

Your best weight is the weight you can maintain while still eating and living in a way that you can enjoy and sustain. Your best weight may never be the ideal weight that you want. This is very important to keep in mind.

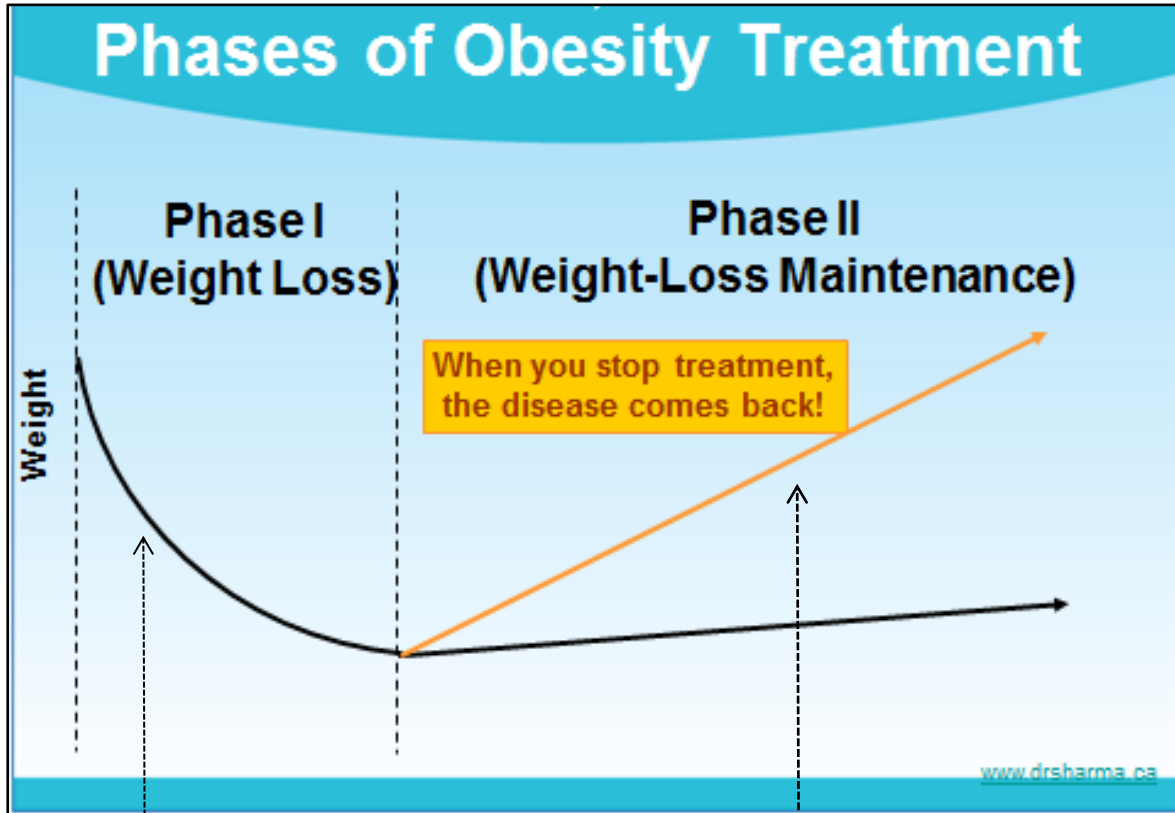
Remember that as little as 5% to 10% weight loss has been shown to improve weight related illnesses such as the problems shown on page 2.

Your lifestyle plan

As part of your lifestyle plan, you will need to follow a healthy diet and stay active.

If you do not maintain a healthy lifestyle, you will gain weight back and experience a relapse in your obesity related health problems.

The graph on the next page was created by Dr. Arya Sharma, a Canadian weight loss expert. The graph shows what generally happens after surgery.



Source: www.drsharma.ca

The **dark line shows** what can happen if you eat healthy and exercise regularly.

The **lighter line shows** what will happen to people who stop treatment.

Remember:

To keep weight off in the long term, you must always continue with the healthy behaviours you have established. If you stop treatment, you will regain weight.

Stopping treatment can mean many things:

- not following a healthy diet
- not exercising regularly
- not attending your follow-up appointments
- not attending to your physical and/or mental health needs

Your Mental Health and Well Being

When you are thinking about having bariatric surgery our team meets with you to talk about your history of physical, emotional and mental health problems. We collect this type of information so we can make a plan for your care before and after surgery. Our goal is to help you prepare physically and emotionally for surgery and the changes that occur after.

A reality for many people who struggle with weight issues is that they may have:

- problem eating behaviours such as not consistently eating meals and/or binge eating
- concerns with body image
- mood disorders such as depression or bipolar disorder
- anxiety disorders
- post-traumatic stress disorder
- substance use problems with alcohol, tobacco and/or recreational drugs

Having a history of these problems will not prevent you from having bariatric surgery. It just means that we will need to work together to develop a plan of care that ensures that bariatric surgery is both safe and successful. Your team of bariatric professionals is here to help.

Problem Eating Behaviours

Binge eating is one of the most common eating behaviour problems. Binge eating involves eating large amounts of food in short periods of time. When a person binge eats, he or she feels a loss of control over eating such as being unable to resist or stop eating certain foods. A person who binge eats often feels guilt, anger and shame. He or she may also have physical problems such as pain or discomfort from overeating.

Problem eating behaviours can also be restricting the amount of food you eat to help with weight management or to make up for eating in unhealthy ways, intentionally vomiting after eating, using laxatives and/or over exercising to get rid of calories eaten.

It is important to know that bariatric surgery does not necessarily fix these problem eating patterns. Some people continue to struggle even after having bariatric surgery.

Problem eating behaviours can improve immediately after having bariatric surgery. This is because most people don't experience hunger for the first 12 months after surgery. Because people are not hungry after surgery they may eat in some unhealthy ways such as skipping meals. When people start to experience hunger again, they are at risk for returning to problem eating behaviours. If this happens and people don't obtain the necessary help, they are at increased risk of regaining their weight.

Having a history of problem eating behaviours will not prevent you from having bariatric surgery. It just means that we will need to work together to develop a plan of care that ensures that bariatric surgery is both safe and successful. Your team of bariatric professionals is here to help.

Depression

Depression is consistently having feelings of low mood or sadness and/or loss of interest in activities that were once interesting or enjoyable. Other symptoms of depression may include appetite/weight changes, sleeping problems, concentration problems, unusual fatigue and low energy level, restlessness, feelings of worthlessness, and thoughts of death/suicide. These symptoms last for a least a few weeks or longer, and can come and go over time. Depression can affect life in many ways. It can negatively impact relationships, employment, or doing things in life that people need to do.

Some people who seek bariatric surgery have a history of depression, and other people can develop depression after having surgery.

There are many effective treatments for depression.

Having a history of depression will not prevent you from having bariatric surgery. It just means that we will need to work together to develop a plan of care that ensures that bariatric surgery is both safe and successful. Your team of bariatric professionals is here to help.

Substance Use

Some people choose to use substances such as alcohol, tobacco products, or other recreational drugs for a variety of different reasons. The use of these substances can seriously complicate the pre-operative and post-operative phases of surgery. They can prevent your body from healing after surgery and can increase your risk of developing stomach ulcers.

After surgery your body will be more sensitive to certain substances such as alcohol. This means substances will be absorbed by your body more quickly making you feel the effects more easily and increasing the risk of becoming dependent on them. There are also safety risks when driving a car or operating machinery.

There are some people who develop substance use problems after surgery that have never had these problems before. Please let us know if you are using any of these substances. We will work with you to develop an appropriate plan to help you be safe and successful.

Having a history of using substances will not prevent you from having bariatric surgery. It just means that we will need to work together to develop a plan of care that ensures that bariatric surgery is both safe and successful. Your team of bariatric professionals is here to help.

Many people report feeling better about their mental health and well-being after surgery. Some people face some new or different issues such as feeling pleased about their weight loss but then feeling negative about having loose or excess skin. Other people have a

challenging time adjusting to their new lifestyle after bariatric surgery which can result in feelings of frustration.

We as a team will work closely with you to address any of these concerns. We need to work together to help your experience with bariatric surgery be successful. It is important to be honest with us about your current and past history. It is important to keep us updated on new or developing concerns. We will work with you to ensure that bariatric surgery will be as safe and successful as possible.

Medications and Mental Health

If you take medications to manage your mental health, you must closely monitor your symptoms after surgery. The surgery can change the absorption of some medications. Call your family doctor or health care provider if you notice changes in your symptoms of mental health.

Do not stop any medication or change doses on your own.

Getting Ready for Surgery

There are many things you need to do to get ready for surgery. This section describes the guidelines to follow.

6 Months Before Surgery

Stop recreational drug use immediately

Some people choose to use recreational substances for a variety of different reasons. Some people use them to help manage their emotions or feelings, some people use them to help manage physical issues (chronic pain, sleep problems), and other people use them for fun. We know that using recreational substances before and after bariatric surgery can cause physical problems with the surgery and recovery, can cause new problems, or make other existing problems worse. Let the bariatric team know about any and all substances that you are, or have recently used. We can help you understand some of the possible problems they can cause with surgery and work with you to put together a plan to help you be safe.

To be safe to proceed with bariatric surgery, you must have stopped using recreational substances for at least 6 months before surgery. You must also agree to not use these after surgery.

We will work with you to develop a plan to help you be safe and successful with surgery.

Stop smoking and/or using nicotine products and marijuana immediately

Smoking tobacco products, nicotine, marijuana, and other inhaled substances can delay wound healing and lead to problems such as lung infections and pneumonia. They also increase the risk of bleeding, post-operative leaks, and life-threatening ulcers in the stomach pouch after surgery.

To be safe to proceed with bariatric surgery, you must have stopped smoking and/or using inhaled substances for at least 6 months before surgery. This includes nicotine gum, e-cigarettes (vaping) and similar products. You must also agree to not smoke and/or use nicotine products or marijuana after.

If you are taking marijuana for medical reasons the bariatric team will review your chart and communicate with your prescribing physician to become aware of your management program. Anyone on medicinal marijuana will be considered for surgery on an individual basis.

For help quitting, contact your health care provider, pharmacist or the Smokers' Helpline. Make sure you tell anyone helping you that you are not allowed to use any type of nicotine products as well.

• Call: 1-877-513-5333

• Website: www.smokershelpline.ca

Remember:

The use of substances like alcohol, tobacco and recreational substances can complicate bariatric surgery before and after the operation. If you use any of these substances, even infrequently, talk to a member of your health care team so we can find ways to help and support you through the changes you need to make.

Stop caffeine – 2 months before surgery

Caffeine irritates the lining of the stomach. Since you have a very small new stomach after surgery, you cannot have caffeine for at least 3 months.

Since stopping caffeine can take some time you need to do this before surgery.

When you first stop, you may get a headache and feel tired. This is called withdrawal. You need to withdraw from caffeine at least 2 months before surgery so you do not have this problem after surgery.

You will not be able to have caffeine for at least 3 months after surgery as well. However, you can have decaffeinated drinks. Your doctor or dietitian will tell you if or when you can have caffeine again after surgery.

Stop alcohol (includes liquor, beer and wine) – 2 months before surgery

Alcohol irritates the lining of the stomach and intestines and can lead to ulcers. Since you have a very small new stomach after surgery, you cannot have alcohol. Alcohol can also cause liver damage. When you lose weight fast, your liver takes up waste products and toxins produced in your body. This puts stress on the liver and can cause many problems.

Since stopping alcohol can take some time, you need to do this before surgery.

You need to withdraw from alcohol at least 2 months before surgery so you can avoid problems after surgery.

After surgery, you cannot drink alcohol for at least 3 months. After surgery, alcohol irritates the lining of your stomach pouch and/or your intestine and can cause ulcers.

Also, after surgery, your stomach pouch is not able to break down the alcohol and your blood absorbs it very fast. This means that you feel the effects quickly and can become intoxicated after a very small amount. Research has shown that a person who has had bariatric surgery absorbs 4 times as much alcohol from a drink. Research has also shown that the alcohol level is higher and that the higher level is maintained for a longer period of time than a person who has not had bariatric surgery. This is not safe for many reasons.

Your doctor or dietitian will tell you when and if you can have alcohol again.

Stop carbonated drinks – 2 months before surgery

Stopping carbonated drinks is important to do at least 2 months before surgery as it can be a challenge to stop.

You cannot have any carbonated drinks after surgery because carbonated drinks produce gas in the small stomach pouch and many people find this painful.

Carbonated drinks are also not nutritious and take up a lot of space in your small stomach.

Medications – 2 months before surgery

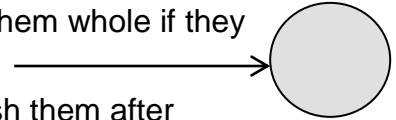
Before you have surgery, talk to your surgeon and family doctor about any medications, vitamins, herbal products and botanicals you take. Some of these may be stopped and others may be changed.

Stop taking anti-inflammatory medications such as Ibuprofen, Motrin, Advil, Naprosyn and Aleve. These medications put you at high risk for developing stomach ulcers. If you take Aspirin for reasons other than anti-inflammatory, speak to your doctor first before discontinuing.

Right after surgery, you may not be able to take some medications in pill or capsule form. Some pills may need to be split or crushed for 6 to 8 weeks or longer or for life. Some capsules may need to be opened. You may also need to take some medications in liquid form.

You will need to arrange how to take your medications and vitamin and mineral supplements with your family doctor, surgeon and pharmacist before surgery so that you can take them safely after surgery.

A general guideline for taking pills is you may be able to swallow them whole if they are smaller than 1.5 centimetres or the size of this circle.



If you have a problem taking pills this size, you should split or crush them after talking with your pharmacist.

Medical History and Physical Exam – 2 months before surgery

You will have a complete medical history and physical exam. This will involve the nurse, surgeon and medical internist (doctor).

Vitamins and Mineral Supplements – 2 months before surgery

You need to take a combination multivitamin/multimineral supplement every day before and after surgery. This will help you be healthy for surgery and stay healthy after surgery.

You begin to take this supplement at least 2 months before surgery.

The dietitian will tell you specifically which supplements to take when you come for your first assessment.

For more information refer to pages 80 to 84.

Nutrition and Diet – 2 months before surgery

You should begin making changes before surgery to prepare for your new lifestyle. Keeping a food journal will help you monitor your food and fluid intake. Your success will depend on your choices. **Weight loss surgery alone does not cure obesity.**

Here are some changes you can start working on now to prepare for changes after surgery:

- Keep a food journal or daily diary of what you eat, the amounts you eat and when you eat.
- Aim for eating 3 meals with protein a day.
- Eat 1 to 2 healthy snacks between meals every day.
- Start drinking more water each day.
- Clean out cupboards, fridge and freezer of high calorie foods.
- Stop drinking calories using juice, pop, alcohol, chocolate milk, ice tea etc.
- Cut back in restaurant, take-out, and fast foods.

As you get closer to surgery:

- Read the Nutrition and Diet section to prepare for After Surgery (starting on page 43).
- Prepare a grocery list so you will be ready for the nutrition and diet changes after surgery.
- Buy high protein supplements recommended by the dietitian to last at least 4 weeks after surgery.
- Avoid overeating or having a last big supper of your favourite foods before surgery.
- Have smaller cups, bowls and plates ready for smaller portions after surgery.

Exercise and Activity – 2 months before surgery

It is important to be in good physical condition before surgery. Being in good shape will help you recover faster and prevent problems after surgery. Make sure that at least 2 months before surgery you begin or continue to do regular physical exercise. Talk to your doctor first before starting a new exercise program to make sure it is a good plan for you.

Walking is a great exercise. Walking helps:

- your blood flow
- you breathe better
- you build muscle
- you lose weight
- you to feel good

Start walking before surgery. You will be moving and walking in the hospital the evening you have surgery so it is best to get into shape now.

Remember:

- To maintain a healthy weight and to prevent weight gain, you need to develop and keep healthy eating habits.
- Physical activity must be part of your lifestyle plan.

1 Month Before Surgery

OPTIFAST Diet – 1 month before surgery

You may need to follow a special diet that is low in sugar and low in calories. This type of diet has been shown to help shrink the amount of fat around the liver. This can help make the surgery easier to do and safer.

Some people will begin to follow this diet 1 month before surgery. Others will follow it for 2 weeks or so before surgery. Your surgeon will tell you how long you need to follow this diet before surgery. This depends on your personal treatment plan.

Remember:

- Follow the instruction on the next 2 pages for the OPTIFAST diet.
- Make sure you continue to take your multivitamin/multimineral supplements each day
- Remember to stop the OPTIFAST diet 2 days before surgery.

How to take OPTIFAST?

- Make sure you have **4 OPTIFAST packets** each day. Do not drink less than 4 OPTIFAST packets a day as this can result in muscle loss and poor healing after surgery.
- Mix 1 packet with at least 300 ml (1¼ cups) of cold water. You can add ice cubes if you like. Shake well or blend in a blender. There are recipes on page 23 and 24.
- Drink at least 2 litres (8 cups) of fluid each day **including the OPTIFAST amounts.**

What else can I have with OPTIFAST?

Drink sugar-free, calorie-free beverages that are non-carbonated, including:

- water
- decaf coffee or decaf tea (no milk or sugar added)
- Crystal Light or Mio
- broth up to 20 calories a serving is allowed
- sugar-free jello, popsicles made from Crystal Light or Mio

You can also eat up to a total of 500 ml (2 cups) a day of the following vegetables while taking OPTIFAST. Vegetables can be raw or cooked. **These are the ONLY vegetables you can eat:**

- green peppers
- broccoli, cauliflower, cabbage
- lettuce, spinach
- celery, cucumber

You can ONLY use 15 ml or 1 tablespoon TOTAL a day of low-calorie dressing with these vegetables if desired.

You cannot eat any other solid foods while you are taking OPTIFAST.

Can I add anything to change the flavour?

You may add any of the following to OPTIFAST to change the flavour:

- decaf coffee (brewed or instant coffee crystals)
- sugar-free syrups or flavour extracts such as mint, berry, maple or banana
- zero-calorie drinks such as Crystal Light or Mio
- see recipes on page 23 and 24

What if I have constipation or diarrhea while taking OPTIFAST?

Sometimes, people have constipation or diarrhea while taking OPTIFAST. This is mostly related to the low amount of fibre found in the product.

If you have constipation:

- Try increasing your liquids up to 3 litres (12 cups) each day.
- You can also try using a fibre supplement such as Benefibre or Metamucil capsules. Use the sugar-free versions of these products. Start with the lowest dose and follow the instructions on the label, up to the maximum daily dose.
- If you still have constipation, you can also use medications for constipation such as colace, senekot or milk of magnesia.

If you have diarrhea:

- It is still important to drink at least 2 litres (8 cups) of fluids daily.
- Try a fibre supplement such as Benefibre or Metamucil capsules. Use the sugar-free versions of these products. Start with the lowest dose and follow the instructions on the label, up to the maximum daily dose.
- You may be able to take Imodium if needed if you do not have any pre-existing bowel concerns. Talk to your health care provider about this before taking Imodium.

Remember:

- **Stop taking OPTIFAST and eating vegetables 2 days before surgery and continue taking only clear fluids.**

What should I do if I have diabetes and taking OPTIFAST?

- Follow the instructions on the next 2 pages.
- If you need help adjusting your diabetes medications while on OPTIFAST, please call your family doctor or our diabetes nurse at 905-522-1155 ext. 34986.

If You Have Diabetes and Taking OPTIFAST

Key Points

To help manage your blood sugar as you get ready for surgery you will need to do the following:

- You must check your blood sugar 3 to 4 times a day and record the results.
- You may need to adjust your medication because you are eating less food each day.
- You may need to work closely with the diabetes educator before surgery to manage your diabetes.

Managing diabetes on the OPTIFAST diet

OPTIFAST is a low carbohydrate diet.

This means most people lose weight when taking OPTIFAST. When you lose weight you need to closely manage your diabetes as well.

As you lose weight, your diabetes medication will need to be adjusted as you will need less medication to keep your blood sugar in your target range. You can talk to your diabetes health care provider about guidelines to use as you lose weight. It is important to contact the diabetes educator if you need help.

If you take insulin:

- IF you take long acting insulin** such as Hum N, NPH, Lantus, Levimir, or Toujeo, initially the amount should be **decreased by 1/3** of what you are taking now. For example if you take 90 units normally you would now take 60 units.
- IF you take meal time insulin** such as Humalog, Novorapid or Apidra, initially the amount should be decreased by $\frac{1}{2}$ of what you are taking now. For example if you normally take 90 units, you would now take 45 units.
- IF you have episodes of low blood sugar** under 4.0 mmol/L, you need to continue to lower the amount of insulin you take by 20% until your blood sugars are within target. For example if you take 20 units normally you would now take 16 units.

If you take pills for diabetes (oral hypoglycemic):

- IF you take Metformin, Januvia or Onglyza**, you will continue to take the same amount and check your blood sugar regularly.
- IF you take Glyburide, Gliclazide or Gluconorm**, you will initially cut the amount in $\frac{1}{2}$. For example, if you take 10 mg twice a day, you will take 5 mg twice a day.

If you take Invokana, Forxiga or Jardiance, you must stop taking this medication.

Contact the diabetes educator when you have questions or concerns or you need help adjusting the amount you take.

You will talk more about what to watch for and how to manage your medication, when you meet with the diabetes educator.

What do I do if my blood sugar is low while on the OPTIFAST diet?

You need to treat the low blood sugar first. You will need to break your OPTIFAST diet by treating the low blood sugar **but it is important to treat it right away.**

When blood sugar is below 4.0 mmol/L:

1. Take 15 grams of a fast acting carbohydrate right away.

Examples of taking 15 grams of a fast acting carbohydrate are:

- Chewing 3 to 4 dextrose or glucose tablets – read the label

or

- Drinking 175 ml ($\frac{3}{4}$ cup) juice

Taking 15 grams of a fast acting carbohydrate will raise your blood sugar quickly.

2. Wait 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 4.0 mmol/L, treat again with one of the fast acting carbohydrates listed above.
4. Repeat these steps until your blood sugar is in your target level.
5. If you are having trouble maintaining your blood sugar above 4.0, you need to have a snack that contains both carbohydrate and protein such as $\frac{1}{2}$ can of Boost Diabetic supplement. Your diabetes educator can give you more examples of carbohydrate and protein snacks to have.

Remember:

- Bring your Blood Sugar Record to each visit.
- See the back of this book for a sample Blood Sugar Record.

OPTIFAST Recipes

(Recipes reprinted with permission courtesy of the Registered Dietitians at Toronto Western Hospital (UHN) Bariatric Surgery Program)

- Use these recipes to add some variety to your OPTIFAST diet.
- Add calorie-free flavourings such as vanilla, peppermint and banana extracts. You will notice that some recipes contain extracts such as rum and/or brandy when you read the labels. Most extracts contain a very small amount of alcohol. Extracts have been approved by your dietitian to use and you do not have to worry about the very small amount of alcohol in them when making these recipes.
- If you do not like the flavour or extract featured in the recipe, try another.
- You can also add artificial sweeteners to OPTIFAST.

Chocolate Raspberry Shake:

Blend together until smooth:

- 10 to 12 ounces water
- 2 cups crushed ice
- 1 package chocolate OPTIFAST
- 1 package raspberry sugar free drink crystals

Conversion Table		
6 ounces	$\frac{3}{4}$ cup	180 mls
8 ounces	1 cup	240 mls
10 ounces	1 $\frac{1}{4}$ cups	300 mls
12 ounces	1 $\frac{1}{2}$ cups	350 mls

Orange Creamsickle™ Shake:

Blend together until smooth:

- 10 to 12 ounces water
- 2 cups crushed ice
- 1 package vanilla OPTIFAST
- 1 to 2 drops orange extract

Banana Foster:

Blend together until smooth:

- 10 to 12 ounces water
- 2 cups crushed ice
- 1 package vanilla OPTIFAST
- 1 teaspoon (5 mls) rum extract
- 1 teaspoon (5 mls) banana extract
- 1 package artificial sweetener

Root beer float:

Blend together until smooth:

- 12 ounces water
- 1 package vanilla OPTIFAST
- few drops of root beer extract to taste
- pinch of cloves

Put blended mixture into freezer for 1 to 2 hours.

Take it out of freezer and blend again until slushy and the way you like it.

Conversion Table		
6 ounces	$\frac{3}{4}$ cup	180 mls
8 ounces	1 cup	240 mls
10 ounces	$1\frac{1}{4}$ cups	300 mls
12 ounces	$1\frac{1}{2}$ cups	350 mls

Hot chocolate:

Blend together until smooth:

- 8 ounces hot water but not boiling
- 1 package chocolate OPTIFAST
- 1 to 2 drops coconut extract (or try almond, cherry or mint extract)

Black forest chocolate pudding:

Blend together until smooth:

- 6 ounces water
- 1 package chocolate OPTIFAST
- 1 teaspoon (5 mls) rum extract
- 2 tablespoons (30 mls) sugar-free cherry KOOL-AID powder
- 1 package artificial sweetener

1 to 2 Weeks Before Surgery

Pre-Admission Assessment Visit – 1 to 2 weeks before surgery

You will come to the Pre-Admission Assessment Unit to learn how to get ready for surgery. Here you will meet with a nurse, pharmacist and anesthesiologist.

You will have blood taken for any tests your surgeon has ordered. You will also have a heart test done called an ECG. You will meet with the anesthesiologist to talk about having general anesthesia for this surgery. This means that you are asleep during surgery.

In the Pre-Admission Assessment Unit you will get a set of instructions to follow before surgery. If you are not sure of anything, contact your surgeon's office for advice.

Stopping Some Medications and Other Products:

The anesthesiologist, nurse and pharmacist will tell you what medications and other products to stop before surgery. You will get a reminder list to take home.

If you take anticoagulant medications such as Heparin, Coumadin or Plavix, follow the guidelines from the doctor, nurse or pharmacist.

Make sure you have a list and tell the anesthesiologist, nurse and pharmacist about all of the vitamins, minerals, herbal products, botanicals or medications you are still taking during this visit. Some may cause your blood to be thin or cause other medical problems and need to be stopped before surgery.

Make sure you have stopped taking herbal products such as St. John's Wort, ginkgo biloba, garlic, ginseng and kava kava **2 weeks before surgery**.

Be Prepared – Fill Post-Operative Prescriptions Now

- When you signed the consent form in the surgeon's office, you should have received prescriptions for medications you will start taking the day you get home after surgery.
- You will be taking medication to control pain, prevent blood clots and prevent ulcers.
- Be sure to get these medications **BEFORE SURGERY** so they are ready for you at home after surgery. It is important to find a pharmacy that carries the medication prescribed to prevent blood clots as not all pharmacies carry this specific medication. Your pharmacist can help you find a pharmacy that carries this medication or you can go to the pharmacy at St. Joseph's Healthcare on Charlton which carries this medication. St. Joseph's Healthcare Pharmacy is not open on weekends.

2 Days (48 hours) Before Surgery

Diet:

- Stop the OPTIFAST Diet 2 days before your surgery.**
- Do not have any milk, cream, lemon juice, orange juice, pineapple juice or grapefruit juice.
- Continue drinking only clear fluids. This includes water, decaffeinated tea and coffee with no cream or milk, broth, clear popsicles, jello and products such as Crystal Light. You can have as much as you like but this is all that you can have.

1 Day (24 hours) Before Surgery

If you have a CPAP or BiPAP machine:

Get ready to bring your machine and mask to the hospital the day of surgery.

Write down your prescription settings and the name of the company for the machine so your health care providers will be able to operate it.

The respiratory technician at St. Joseph's Hospital may need to talk to your machine provider about your settings.

What to bring to hospital:

Pack your bag and follow the list you got in the Pre-Admission Assessment Unit. You will stay in the hospital 1 to 2 nights.

Bring your CPAP or BiPAP machine and mask if you use one.

After Midnight Before Surgery

Instructions:

After midnight, follow the eating and drinking instructions you were given in the Pre-Admission Assessment Unit (PAAU).

'Nothing to Eat or Drink' means no chewing gum, sucking candy or lozenges or any other products like this.

You can take any medications the anesthesiologist advised with a sip of water.

Remember:

- **Follow the reminder paper the nurse and anesthesiologist in the Pre-Admission Unit filled out for you.**

The Day of Surgery

The Day Surgery Unit (DSU)

You will check in at the Registration Desk of the Day Surgery Unit at your assigned time.

You wait in the waiting room until you are called in.



If you have a friend or family member with you, you go into the Day Surgery Unit by yourself at first. As soon as you are ready for surgery, the nurse will invite your support person to join you.



In the Day Surgery Unit, you will get ready for surgery. You will go to the bathroom and then put on a hospital gown. The nurse will ask you some questions and answer your questions.



Intravenous Therapy

You will have a small thin tube put into a vein in your arm. This is called an intravenous or IV. The IV is used to give you fluids and medications before and after surgery.

Before surgery you will get antibiotic medication in your IV to help prevent infection.



The Operation

The Operating Room

When it is time, you will be taken to the Operating Room. This room is bright and cool. You may walk or travel by wheelchair or stretcher. You will be helped onto the operating room table.

The team then goes through the steps of preparing for surgery called a “surgical time out.” They make sure they have the right patient and the right surgery before starting.

You are in the operating room about 2 hours.

Post Anesthetic Care Unit (PACU) then Nursing Unit

Recovery

You will go to the Post Anesthetic Care Unit (PACU). You will be watched closely by the nurses and given pain control medication. You will stay here until you are fully awake and then go to your bed on a nursing unit. There is a waiting room for your support person.

Pain Control

You may have some pain from your incisions. You will also have pain from the air that is put into your abdomen to help the surgeon do the surgery. This ‘gas bubble’ pain usually decreases within the first 2 days. Ask your nurse for pain control medication when you need it. The nurse will let you know how often you can have pain control medication.

Other ways to relieve pain are walking and any method of relaxation such as listening to music, deep breathing or imagery.

Intravenous Therapy

The IV will give you fluids and medication after surgery. It is taken out when you are able to drink well.

Nausea

Some people have nausea after a general anesthetic. It is very important to tell your nurse if you feel sick to your stomach. You will be given medication to prevent or help manage nausea and vomiting.

Exercise and Activity

Exercise and activity are very important to help you recover.

Getting up and moving helps keep muscles strong and prevents:

- breathing problems
- blood clots
- constipation

Do deep breathing exercises and circulation exercises every hour you are awake.

The First Time You Get Up

Ask your nurse to help you the first time you get up. You will be encouraged to move around as much as you can. Make sure you are wearing non-slip shoes, non-slip slippers or non-slip socks. As you feel stronger, you will be able to take longer walks.

The nurses will help you get up and walk the same day of your surgery. The next day you should walk at least 4 times.

Support Stockings

You may need to wear support stockings to help your blood move around and prevent blood clots.

Bathing and Showering

You can shower 4 days after surgery or as advised by your surgeon. Try to keep incisions dry when sponge bathing. Pat the incisions dry after bathing. Avoid using soap on your abdomen until incisions are well healed.

Incision Care

Look at your incisions each day. Each incision should be a clean, dry closed line. Your incisions may be covered with tape called steri-strips. Tell your nurse if you see any discharge coming from an incision or if an incision opens. You can take the steri-strips off 7 to 10 days after surgery depending on your surgeon's instructions. If the steri-strips fall off you can leave them off.

Nutrition and Diet

Since diet is very, very important, there is a complete diet section in this book starting on page 43.

Medications

Your health care team will give you your medications in a form that you can take. Some may be split or crushed. Some may be put into unsweetened applesauce, water or other liquid to help you swallow.

Making Plans to Go Home: Discharge Time is 11:00 a.m.

You will need to arrange for someone to drive you home.

At Home After Surgery

Pain Control

If you have pain, take the liquid pain control medication ordered by your doctor. Pain should decrease over time. **Call your doctor if your pain is not relieved by medication**, does not go away over a few weeks or you have a sudden increase in pain.

Bathing and Incision Care

When you shower, cover the incisions to keep them dry. You can shower 4 days after surgery or when your doctor advises.

You cannot take a bath or swim until your incisions are well healed. You can talk to your family doctor about this during a follow-up visit.

Keep the steri-strips on your incisions clean and dry for 7 to 10 days depending on your surgeon's instructions. If any steri-strips fall off, leave them off.

It is normal to have some swelling around the incisions. This takes a few weeks to go away. If you have severe swelling, bruising or redness that is spreading, contact your family doctor or the bariatric clinic as you may have bleeding or an infection.

You may have some numbness in the incision area. This is normal as some nerve endings were cut during surgery. Feeling may or may not return slowly over the next 2 to 3 months.

The incision scars may be red, dark pink or purple. These may or may not fade over the next year. This depends on your skin type.

Medications

You may need to split or crush some medications for 6 weeks or longer or for the rest of your life. You can mix the medication with a small amount of unsweetened applesauce, water or other liquid to help it go down.

Your health care team will assess how to take your medication at each clinic visit.

Take 1 pill at a time. Wait before taking another medication to make sure it goes down. Drink fluid after taking a pill to help you swallow.

Your doctor and members of the health care team will tell you when you can start taking certain medications after surgery. Each person's plan of care for medications is different.

Talk to a member of your care team when you have questions or concerns.

Remember . . .

- **You must take a multivitamin/multimineral supplement every day for the rest of your life.**
- There are more details in the nutrition section starting on page 80.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)

You can never take this type of medication after surgery. There are too many types and brand names to list here but some names include ibuprofen (examples Advil, Motrin), acetylsalicylic acid (example ASA) and COX-2 inhibitors (example Celebrex), Naproxen and Aleve. These medications put you at high risk for developing stomach ulcers.

If any health care provider or specialist you see wants you to take NSAIDs after surgery, you must contact the Bariatric Clinic first.

Ulcer Prevention Medication

You will take a special medication to help prevent stomach ulcers for at least 3 months. Your surgeon will prescribe this for you.

Be sure to take this medication ½ hour before breakfast and ½ hour before dinner.

Blood Pressure Medication

Blood pressure is written as 2 numbers.

There is a top number and a bottom number:

120 systolic = when your heart contracts and pumps blood forward

80 diastolic = when your heart relaxes

In this example the blood pressure is 120 over 80.

If you take medications to manage your blood pressure after surgery, you should monitor your blood pressure at least 2 times a week.

Call the health care provider who looks after your blood pressure such as your family doctor, nurse practitioner or cardiologist if you notice:

- the top number (systolic) is less than 100
- the top number (systolic) is more than 155

Do not stop any medication or change doses on your own.

Medications for Mental Health and/or Seizures

If you take medications to manage mental health and/or seizures, you must closely monitor your symptoms after surgery. The surgery can change the absorption of some medications. Call your family doctor or health care provider if you notice changes in your symptoms of mental health and/or seizures.

Do not stop any medication or change doses on your own.

Prevention of Blood Clot Medication

After surgery you have a higher risk of getting a blood clot. A blood clot can be very dangerous. A blood clot can block a blood vessel so blood cannot flow through your body:

- A blood clot in your brain can cause a stroke.
- A blood clot in your heart can cause a heart attack.
- A blood clot in a lung is called a pulmonary embolism. Symptoms include sharp chest pain, trouble breathing and shortness of breath.
- A blood clot in your leg is called a deep vein thrombosis. Symptoms include pain, redness, tenderness and swelling around the site of the clot.

You will be taking a medication called an anticoagulant or blood thinner. You will need to take this medication by injection for about 10 days after surgery. The best place to inject is into your abdomen making sure it is not injected into the same place each time.

This medication prevents:

- a blood clot from forming
- a blood clot that has formed from getting bigger

You may need to have the injections longer or you may be changed to a pill. This is decided by members of your health care team.



Exercise and Activity

Gradually resume your normal activities. Moving and walking helps you recover, prevents problems after surgery and promotes healthy living.

- Do not lift or carry anything over 4 kilograms or 10 pounds. This includes things like a grocery bag, suitcase, laundry basket, vacuum cleaner, pet or child until you check with your doctor. Most people should follow this guideline for 6 to 8 weeks
- Do not do any strenuous exercise for 6 to 8 weeks until your doctor says you can.

Start with short walks a few times a day. You can walk inside or outside. You will feel tired so rest and take breaks but keep on walking. As you recover you will be able to walk further each time, and more often. You may want to buy a pedometer (e.g. Fitbit) to wear and measure your progress.

Talk to your doctor if you have problems with your joints and walking is hard. There is an exercise for you! Sometimes water exercises are better. Talk to your doctor about starting any new exercises as you must be well healed first.

By 3 months you should be following an exercise plan that suits you and your lifestyle. There are many ways to exercise including going to a fitness centre, doing aquafit, hiking and biking. You can talk to members of your health care team in the Bariatric Clinic about your exercise and lifestyle goals.

Return to Work or School

The usual time off work is 4 to 6 weeks. When you return to work depends on what you do and how you feel. Talk to your doctor about when you can go back to work or school at your follow-up visits.

Sexual Activity and Pregnancy

You can resume sexual activity when you feel able. **It is important not to get pregnant until your weight is stable and you are following a healthy lifestyle. This is usually around 15 to 18 months after surgery.**

Rapid weight loss after bariatric surgery can greatly increase your fertility which means you can get pregnant easily. You need to talk to your family doctor and use non-oral hormonal birth control such as depo-provera.

If you would like to have a baby, it is very important to plan for a pregnancy.

After surgery your nutritional levels may not be optimal. Vitamin and minerals levels need to be checked and followed to ensure proper growth of the baby. Pregnancy should be followed by an obstetrician who deals with high risk pregnancies.

If you become pregnant at any time or think you may be pregnant, contact the Bariatric Clinic. You will need to be referred to an obstetrician for an assessment of high risk pregnancy.

Follow-up

You will have a routine follow-up appointment at the Bariatric Clinic 7 to 10 days after surgery.

You will also come to the Bariatric Clinic around:

- 4 to 6 weeks
- 3, 6, 12 months
- Yearly

Blood tests are done 3, 6, and 12 months after surgery.

Contact your family doctor or health care provider if you notice:

- any incision is red, swollen, painful, bleeding
- any incision has yellow, green or smelly discharge
- you have a fever – a temperature 38.3° or above
- vomiting that lasts more than 3 hours
- dizziness that does not go away

Go to St. Joseph's Hospital or the nearest Emergency if you have:

- leg pain or swelling
- shortness of breath
- chest or shoulder pain

Call 911 or your local emergency number. Do not drive yourself.

Getting Support from Family and Friends

	Page
Good Support Helps	37
Monthly Support Groups at St. Joseph's Healthcare Hamilton	37
Ways Family and Friends Can Help (Ask them to read this section)	38

Good Support Helps

When you have decided to lose weight it is important to have the support of family and friends to help you achieve your goals. There has been a lot of research on the value of having positive relationships and supports when losing weight and keeping it off. Talk to your family and friends about how they can help you.

We all know that it is hard to change behaviour and sustain change over time. Researchers agree that losing weight is a major challenge. In order to lose weight a person often needs to combine several strategies. Having weight loss surgery is only the first step. You must also make permanent positive changes to your diet and eating habits as well as exercise to lose weight and maintain weight loss. Most people need and want support to make these changes.

After surgery, there may be an emotional adjustment to your new life. You will need to deal with changes in your relationship with food and changes in your new body image. Sometimes you may expect more or different changes. Sometimes the changes can be overwhelming even though it is what you wanted.

You may find a change in your lifestyle such as exercising more and going out less to eat interferes with your previous relationships. You may feel your role and identity with your family and friends has changed and this can sometimes lead to anxiety and depression.

It is helpful to have family and friends listen to you and encourage you as you go through these changes. Seeking individual counselling might also be of benefit. You may want to join a support group, chat-line or on-line forum. It can be helpful to hear from others who are going through some of the same experiences as you. If you use the internet remember that all sites are not safe, reliable or give accurate information.

Remember:

- You may need to combine several strategies of support to help you lose weight, maintain your weight loss and adjust to the changes in your life.

Monthly Support Group at St. Joseph's Healthcare Hamilton

You are invited to attend a monthly support group at St. Joseph's Hospital after bariatric surgery. The Bariatric Support Group provides a chance to have peer to peer support from others who have had this type of surgery.

You will be able to talk to others about your challenges and experiences, share recipes and ideas and you may even find an exercise partner. You will be given more information about this group after surgery or feel free to ask about it.

Ways Family and Friends Can Help

Here are some helpful hints for family and friends with examples of how to help you.

You can copy this section and give to your family members and friends to read.

- Learn about obesity, weight loss and bariatric surgery. As you learn about this subject you will discover that no one plans to become overweight. Obesity is a result of a combination of physical, chemical, psychological and emotional issues. Losing weight is a major challenge and requires support from everyone around.
- Avoid becoming a “food cop”. What you may see as support, your family member or friend may see as harassment. Constant nagging, rolling your eyes or talking behind your family member’s or friend’s back is not healthy for the relationship. Offer support in positive ways.
- Prepare healthy choices when you invite your family member or friend for a meal. Plate the food at the counter or let them plate their own food. Offer fresh fruit instead of baked goods for dessert. Call in advance to discuss menu preferences so you can relax and enjoy each visit.
- Be patient. If you feel that your attitude is changing such as you are getting irritated or frustrated watching your family member or friend make unhealthy choices...walk away, read a book or go out for a while.
- Avoid eating tempting foods in front of your family member or friend. Some people will say, “I am not on a diet so why do I have to suffer?” You do not. However, it is hard to convince someone that you love him or her when you eat chocolate in front of him or her. Wait until you are not together. For example, treat yourself at work or school before you come home.
- Enjoy the benefits of being healthy yourself. There are many benefits of a healthy lifestyle regardless of body weight.
- Take part in activities and support others getting involved too. Help your family member or friend plan activities that he or she may like to do or want to try such as kite flying, golfing, dog walking and swimming. Help him or her build a routine with other friends and family. For example walk with you on Mondays, swim with another friend on Tuesdays, bike on Wednesdays with neighbours, walk on Thursdays with you etc.
- Avoid sabotaging your family member’s or friend’s plans. Do not cook or serve unhealthy, high calorie foods. Change traditions to support his or her weight loss and maintenance goals. For example, on Fridays, Jon and Ali had date night. To show his continued love for Ali, Jon brought her favourite chocolates home. When Ali expressed her desire to lose weight, Jon was upset as his tradition would be broken.
Ali asked Jon to bring a flower or fresh fruit instead but Jon resisted and continued to bring chocolates. Ali tried hard to not eat the chocolates but having them there each week was tough.

You have probably heard people say things like “It is a birthday. Everyone has to have some cake” or “I made this especially for you”. Change the way you think and respect your family member’s or friend’s plans.

- Talk about what type of support your friend or family member wants and how much you can offer. Here is an example. Sharyl asked her friend Jenna to support her during her weight loss plan. Sharyl gave Jenna a copy of the book she was following and asked her to read it. Sharyl also asked that Jenna e-mail her once a week to encourage her and ask her how her plan was going. She did not want Jenna to check up on her by asking what she ate each day or how much exercise she had done. She felt that was asking too much and not Jenna's responsibility.

Jenna agreed to Sharyl's requests and read the book and sent emails and called Sharyl regularly. Jenna also randomly sent cards of encouragement and gave Sharyl interesting healthy recipes found in magazines and articles on various types of exercises such as yoga and Tai Chi from newspapers.

Sharyl appreciated the support and said that it was up to her to stay on track. She joined a fitness program to get support from trainers and friends she met there. When Jenna and Sharyl met once in a while, they walked and talked instead of meeting in a café.

- Avoid being the only support person. This can be hard to take on and keep your relationship going. Encourage your family member or friend to find other supports as well.
- Continue to communicate. Be clear, open and honest about how you feel. Every so often, take some time to evaluate how things are going. Talk to your family member or friend and ask how you are doing supporting him or her in these weight loss and healthy lifestyle plans. Relationships change over time and yours will too. Celebrate together as good relationships are worth keeping.

Understanding Change

Stages of Change

Having bariatric surgery is an important decision. Along with this main decision are lots of other decisions and changes that you need to think about and perhaps make. Knowing about change theory is a good way to help you get ready for this time in your life.

A researcher called Prochaska and his colleagues have described a model for change called the Stages of Change. There are 6 Stages. You may be in one stage for one behaviour such as quitting smoking and another stage for a different behaviour such as starting an exercise program.

For each behaviour you want to change, look at the model and make a plan. You can do some work on this quietly by yourself and then talk to any of your support people or a member of your health care team when needed.

Stage of Change	Am I in this Stage?	Ways to Move On
<p>Stage 1. Pre-contemplation</p> <ul style="list-style-type: none"> • I am not ready and I am resisting change 	<ul style="list-style-type: none"> <input type="checkbox"/> Avoiding the thing that needs to change <input type="checkbox"/> Being poorly informed <input type="checkbox"/> Not taking responsibility for this change <input type="checkbox"/> Using defense mechanisms such as: <ul style="list-style-type: none"> ▪ Denial – I do not do this so ▪ Rationalization – I do this because... ▪ Projection – so and so does this not me ▪ Blaming others (displacement) – I do this because I was raised this way 	<ul style="list-style-type: none"> • Think about the subject • Become informed • Take responsibility • Become aware of your defenses • Concentrate on making a change • Think about how to change your defenses • Begin positive self-talk • Think about expressing your feelings through sport or exercise and do not take them out on other people
<p>Stage 2. Contemplation</p> <ul style="list-style-type: none"> • I am getting ready and change is in my horizon 	<ul style="list-style-type: none"> <input type="checkbox"/> Thinking about making the change seriously <input type="checkbox"/> Weighing the pros and cons <input type="checkbox"/> May procrastinate or delay <input type="checkbox"/> May insist on finding the perfect solution first 	<ul style="list-style-type: none"> • Try to emotionally attach such as watch programs that deal with this or talk to others who have done it • Imagine your change and the cons or bad effects it has on you and others in your life • Make a decision using a decision making process such as a clear and honest list of pros and cons

Stage of Change	Am I in this Stage?	Ways to Move On
<p>Stage 3. Preparation</p> <ul style="list-style-type: none"> I am ready 	<ul style="list-style-type: none"> <input type="checkbox"/> Made a decision <input type="checkbox"/> Decided on the steps to take to achieve this 	<ul style="list-style-type: none"> Commit to the change Make it a priority Take small steps to avoid being anxious Set a time frame Tell people about it Make a clear action plan Write your action plan down with timelines
<p>Stage 4. Action</p> <ul style="list-style-type: none"> Time for me to get going on this change and do it 	<ul style="list-style-type: none"> <input type="checkbox"/> Following the steps in the action plan <input type="checkbox"/> Evaluating the plan and making changes if needed 	<ul style="list-style-type: none"> Try healthy ways to cope with making this change such as taking a walk when feeling like smoking Control environment such as getting rid of junk food in house, throw matches or lighters away, put running shoes by door to see them, do not walk by take-out places etc. Start a food journal Make a to do list and check off each day when done Reward yourself using healthy rewards Get others involved such as bet them you can change
<p>Stage 5. Maintenance</p> <ul style="list-style-type: none"> Keeping the change up and staying there or moving forward more 	<ul style="list-style-type: none"> <input type="checkbox"/> Keeping up the change for several months 	<ul style="list-style-type: none"> Stay alert to social pressures, negative self-talk and special situations Review your pros and cons list regularly Make a new pros and cons list Avoid people and places that sabotage your success Be clear about what you are doing and why to others Make a crisis card to read to help you deal with times when you may be tempted

Stage of Change	Am I in this Stage?	Ways to Move On
<p>Stage 6. Termination</p> <ul style="list-style-type: none"> • I did it – I made the change <p>or Recycling</p> <ul style="list-style-type: none"> • I did not succeed but I learned from this 	<ul style="list-style-type: none"> <input type="checkbox"/> New self-image and feel great about making this change <input type="checkbox"/> Relapse – did not succeed this time 	<ul style="list-style-type: none"> • Congratulate yourself • See this as 1 step back to take 2 steps forward • Many people take more than one try to make a change • Budget more time and energy to making the change • Be prepared for problems that arise next time • Start with a smaller change next time • Get some help and try again

Nutrition and Diet After Surgery

	Page
Diet Stages – Overview	45
In Hospital – Right After Surgery	46
In Hospital – Clear Fluids and Protein Supplements	47
Full Fluids	49
Full Fluids Recipes	53
Soft Foods	54
Soft Food Recipes	60
Diet for Life Guide	64
Diet for Life: Menu Ideas and Recipes	67
Key Eating Habits	72
Key Diet Guidelines	73
Get Enough Protein	74
Dietary Sources of Protein	76
Protein Shakes – Make your Own	78
Label Reading	79
Get Enough Vitamins and Minerals After Surgery	80
Diet Related Problems After Surgery	85
Diabetes and/or Low Blood Sugar After Surgery	91

Diet Stages – Overview

After surgery, the diet stages are:

Diet Stage	Start Date	Details
In Hospital – Right After Surgery	Surgery day and perhaps day after	See page 46
In Hospital – Clear Fluids and Protein Supplements	1 to 2 days after surgery	See pages 47 - 48
Week 1 – Full Fluids	Start when you get home	See pages 49 - 53
Week 2 – Full Fluids	↓	See pages 49 - 53
Week 3 – Soft Foods	↓ ↓	See pages 54 - 63
Week 4 – Soft Foods	↓ ↓ ↓	See pages 54 - 63
Week 5 – Soft Foods	↓ ↓ ↓ ↓	See pages 54 - 63
Week 6 – Diet for Life	↓ ↓ ↓ ↓ ↓	See pages 64 - 71

Generally:

- Over a 6 week period, you will progress slowly from clear fluids to a soft diet.
- During the first 4 weeks you will need to drink protein supplements to get your recommended amount of daily protein.
- At first your stomach will hold about 60 to 120 ml (1/4 to 1/2 cup).
- By about 8 weeks you will be able to eat about 240 ml (1 cup) of solid food for each meal.

In Hospital – Right After Surgery

Right after surgery you may or may not be able to drink clear fluids. This depends on your surgeon.

The day after surgery you will start or continue to be on clear fluids depending on your surgeon's plan.

For a short time, you will also continue to get fluids through the IV. When you are drinking well, the IV will be removed.

Your nurse will give you a chart similar to the one below that is specific for your surgeon's orders for you. You will be responsible to mark off how much you are drinking. Your nurses will review this with you to make sure you are drinking enough.

St. Joseph's
Healthcare Hamilton

Date: _____

Your Drinking Record

✔ over each small cup of water that you drink during the day and night. Your nurses will look at this chart to make sure you are having enough to drink in hospital. ✔

✗ **First night after surgery you cannot have anything to eat or drink**

Next Day after Surgery					
Time	✔	What you drank	Amount		
Hour 1			30 mls		
Hour 2			30 mls		
Hour 3			30 mls		
Hour 4			30 mls		
Hour 5			60 mls		
Hour 6			60 mls		
Hour 7			60 mls		
Hour 8			60 mls		
Hour 9				90 mls	
Hour 10				90 mls	
Hour 11				90 mls	
Hour 12				90 mls	
Hour 13					120 mls
Hour 14					120 mls
Hour 15					120 mls
Hour 16					120 mls

In Hospital - Clear Fluids and Protein Supplements

Tips and Suggestions

- You will start this stage in hospital after surgery.
- Clear fluids help decrease irritation and stress to the surgical area and allow time to heal.
- Clear fluids also help to prevent vomiting.
- You will begin by sipping throughout the day. Sip about 30 ml (2 tablespoons) each hour. You will progress slowly up to a maximum of 120 to 180 ml (½ to ¾ cup) an hour depending on your doctor's order.
- Record your fluid intake as advised.
- If you are tolerating clear fluids, on the first or second day after surgery you will get protein supplements on each of your meal trays. When you begin these supplements depends on your surgeon.
- It is very important to drink your protein supplements so you start to receive the nutrition you need to stay healthy. You will need to continue to take protein supplements at home as well.

Clear Fluids Diet Guide

Food Group	Foods Allowed	Foods Not Allowed
Milk and Alternatives	None	All
Meat, Fish, Poultry, and Alternatives	None	All
Fruit and Vegetables	No added sugar fruit juice (120 ml or 1/2 cup daily)	All others
Soups	Beef, chicken, or vegetable broth	All others
Grain Products and Starches	None	All
Beverages	Water No added sugar fruit juice	Carbonated drinks Caffeinated drinks Alcohol
Fats and Oils	None	All
Desserts, Sweets and Others	Sugar-free jello Sugar-free popsicles Artificial sweeteners	All other food and drinks not listed

Clear Fluids Diet + Protein Supplements

Sample Menu

During the Morning

- No sugar added fruit juice 120 ml (½ cup)
- Decaffeinated coffee or tea 120 ml (½ cup)
- Water 240 ml (1 cup)
- Protein supplement

During the Afternoon

- No sugar added fruit juice 120 ml (½ cup)
- Beef broth 120 ml (½ cup)
- Sugar-free jello 120 ml (½ cup)
- Crystal Light 120 ml (½ cup)
- Water 240 ml (1 cup)
- Protein supplement

During the Evening

- No sugar added fruit juice 120 ml (½ cup)
- Chicken broth 120 ml (½ cup)
- Sugar-free popsicle 60 ml (¼ cup)
- Decaffeinated coffee or tea 120 ml (½ cup)
- Water 240 ml (1 cup)
- Protein supplement

Full Fluids Weeks 1 and 2

Tips and Suggestions

- You will start full fluids when you get home from the hospital.
- The full fluids diet is based mainly on milk products. You can also continue to drink clear fluids.
- Full fluids are high in protein and low in sugar.
- Start by sipping about 120 to 180 ml ($\frac{1}{2}$ to $\frac{3}{4}$ cup) each hour. Slowly increase the amount you drink until you can drink about 180 to 240 ml ($\frac{3}{4}$ to 1 cup) at each meal.
- Your goal is to drink 2 litres (8 cups) of fluid each day including your protein drinks. This may be hard at first, but it should get easier with time and practice.
- Your goal is to get a minimum of 60 grams of protein each day. You need to drink protein supplements to reach this goal.
- Track your fluid and protein intake by writing it down on the pages at the back of this book. Make more copies of these pages before you run out. If you prefer you can use a notebook to track. Another way to track is to use a website or 'app' such as My Fitness Pal (www.myfitnesspal.com).
- Talk to your dietitian if you are not able to meet your goals.

60

Full Fluids Diet Guide Weeks 1 and 2

Food Group	Foods Allowed	Foods Not Allowed
Milk and Alternatives	Milk (skim, 1%, 2 %) Soy milk – plain or unsweetened (less than 12 grams of sugar each serving) Yogurt or Greek yogurt (smooth, 2% or less milk fat, less than 12 grams of sugar each serving)	Cream Chocolate milk Soy milk with 12 grams or more sugar each serving Yogurt with pieces of fruit, nuts or seeds All others
Protein Supplements <ul style="list-style-type: none"> • You need 2 to 4 protein supplements a day for the first 2 weeks depending on how much protein your supplement contains 	Pre-mixed Protein Supplements with 15 to 30 grams of protein in each serving (e.g., Premier Nutrition, Boost Diabetic) Protein Powder with 20 to 30 grams of protein in each serving (e.g., whey isolate or soy isolate) mixed with milk or water	Protein supplements with more than 12 grams of sugar each serving Protein bars
Meat, Fish, Poultry, and Alternatives	None	All
Fruit and Vegetables	None	All
Soups	Cream soup (strained) Beef, chicken, or vegetable broth	All others
Grain Products and Starches	Cooked cereals such as oatmeal or cream of wheat (less than 12 grams of sugar each serving)	All others

**Full Fluids Diet Guide
Weeks 1 and 2 (continued)**

Food Group	Foods Allowed	Foods Not Allowed
Beverages	Water Low-calorie drinks (e.g., Crystal Light, sugar-free Kool-Aid, Gatorade G2) No added sugar fruit juice (120 ml or ½ cup a day)	Carbonated drinks Caffeinated drinks Alcohol Regular sports drinks Energy drinks
Fats and Oils	None	All
Desserts, Sweets and Others	Sugar-free jello Sugar-free popsicles Pudding with no sugar added or artificially sweetened Artificial sweeteners	All other food and drinks not listed

Full Fluids Diet

Sample Menu

Weeks 1 and 2

These are examples of possible menus. You may change the type of fluids to whatever you like from the Full Fluids list but remember you must have 2 to 4 protein drinks a day (depending on how much protein is in each drink) and a total of 2 litres (8 cups) of fluid.

Note:

- This sample menu contains 2 protein drinks as the Premier Nutrition brand is high in protein. If you are using another protein drink, you may have to add another drink or 2 to this menu depending on the amount of protein each drink contains.

During the Morning

- 325 ml of Premier Nutrition protein drink
- Milk 120 ml (½ cup)
- Water 240 ml (1 cup)

During the Afternoon

- 325 ml of Premier Nutrition protein drink
- No sugar added/artificially sweetened pudding 120 ml (½ cup)
- Milk 120 ml (½ cup)
- Water 120 ml (½ cup)

During the Evening

- Strained, cream soup 120 ml (½ cup)
- Yogurt 120 ml (½ cup)
- Water 120 ml (½ cup)

Full Fluids Recipes

Vanilla-Raspberry Heaven (or flavour you like)

- 1 scoop vanilla protein powder or 1 scoop of flavoured protein powder that you like
- 240 ml (1 cup) skim, 1%, 2% milk or soy milk
- ½ single package Crystal Light raspberry flavour OR 5 ml sugar free raspberry extract or any flavour that you like

Mix in shaker or blender with ice

Protein Drink

- 1 scoop flavoured protein powder that you like
- 240 ml (1 cup) skim, 1%, 2% milk or soy milk
- 1 to 2 ice cubes
- 2 to 3 drops flavoured extract that you like

Blend

Protein Smoothie with a Boost

- 1 to 2 scoops vanilla, chocolate, or unflavoured protein powder containing a total of 20 to 40g protein
- 125 ml (½ cup) skim, 1%, or 2% milk or soy milk
- 1 (100 grams) container of yogurt with less than 12 grams of sugar and less than 12 grams of fat **or** 15 to 30 ml (1 to 2 tablespoons) of Greek yogurt for added protein.

Mix ingredients in blender

High Protein Chocolate Peanut Butter Smoothie

- 1 to 2 scoops chocolate protein powder containing 20 to 40 grams protein
- 240 ml (1 cup) skim, 1%, or 2% milk or soy milk
- 1 tablespoon peanut butter powder such as PB2 powder

Mix in blender

High Protein Peanut Butter Banana Smoothie

- 1 to 2 scoops banana flavoured protein powder containing 20 to 40 grams protein
- 240 ml (1 cup) skim, 1%, or 2% milk or soy milk
- 1 tablespoon peanut butter powder such as PB2 powder

Mix in blender

Soft Foods

Weeks 3, 4 and 5

Tips and Suggestions

- This stage is designed to last a minimum of 3 weeks. For some people, this stage may take longer than 3 weeks because everybody heals differently and has different tolerances.
- The focus of this stage is on **soft protein** foods that are easy to chew and digest. This should cause you the least amount of discomfort. **You can still eat all foods from the list for the previous weeks.**
- Your goal is to get a minimum of 60 grams of protein each day. **60**
- Always eat your protein foods first so that you are more likely to meet your daily protein requirements. Refer to pages 75 to 77 for help with meeting your daily protein intake.
- You need to continue to eat slowly and to chew very well in order to minimize discomfort. Your meal should take 30 to 40 minutes to eat. Avoid distractions such as watching television or using the computer while you eat so that you are less likely to overeat or eat too quickly.
- You need to pay close attention to your portion sizes. Stop eating as soon as you feel full. You should be able to eat about 120 to 240 ml ($\frac{1}{2}$ to 1 cup) of food at one time.
- You should plan to eat 3 meals each day. You will also need to add a snack in the morning and the afternoon in order to meet your requirements.
- Add one new food at a time. Start with only a small amount at first. If you have trouble tolerating a new food, try it again in a few weeks.
- Do not drink liquids before or during meal times as they may fill you up and leave you unable to eat your meal.
- Moist meats such as canned fish, slow-cooked stews or soups are generally better tolerated than dry or tough meats. Use small amount of gravy or broth to moisten foods and improve tolerance.
- Some people find spicy foods hard to tolerate at this stage. Avoid them if they cause you discomfort.

Soft Food Diet Guide

Week 3

Food Group	Foods Allowed	Foods Not Allowed
Milk and Alternatives	Milk (skim, 1%, 2%) Soy milk – plain (less than 12 grams of sugar each serving) Yogurt or Greek yogurt (smooth, 2% or less milk fat, less than 12 grams of sugar each serving) Cottage cheese (2% or less milk fat,) Soft cheese (e.g., cheese strings, Babybel, Laughing Cow) Cream soup	Homogenized milk Cream Soy milk with 12 grams or more sugar each serving Yogurt with pieces of fruit, seeds or nuts Hard cheese
Protein Supplements <ul style="list-style-type: none">Your goal is to get protein from food sources but you may still need 1 to 2 protein supplements each day during weeks 3 to 5	Pre-mixed Protein Supplements with 20 to 30 grams of protein in each serving (e.g., Premier Nutrition) Protein Powder with 20 to 30 grams of protein in each serving (e.g., whey isolate or soy isolate) mixed with milk or water	Protein supplements with more than 12 grams of sugar each serving Protein bars

Continued on next page

Soft Food Diet Guide

Week 3 (continued)

Food Group	Foods Allowed	Foods Not Allowed
Meat, Fish, Poultry and Alternatives	Poultry (soft, moist) Beef and pork (ground, lean or extra lean) Fish (fresh/frozen filets) Tuna or salmon (canned, water-packed) Lean deli meats (limit to 2 times a week) Eggs Egg salad (without hard vegetables such as celery and onion) Peanut butter (smooth) Soft tofu Pureed legumes (e.g., hummus)	Fried or barbequed meat Fried eggs Fried tofu Skin of chicken, turkey or other Sausages, wieners Bacon Fish with bones Peanut butter (chunky) Nuts and seeds
Fruit and Vegetables	None	All
Grain Products and Starches	Cooked cereals such as oatmeal or cream of wheat (less than 12 grams of sugar each serving) Soda crackers or melba toast	Bread, bagels, toast Rice Pasta, noodles All other cereals Potato skins French fries
Beverages	Water Low-calorie drinks (e.g., Crystal Light, sugar-free Kool-Aid, Gatorade G2) No added sugar fruit juice (120 ml or ½ cup a day)	Carbonated drinks Caffeinated drinks Alcohol
Fats and Oils <ul style="list-style-type: none"> • Use small amounts of these choices 	Butter Non-hydrogenated margarine, Healthy oils (e.g., olive, canola) Mayonnaise Avocado	Hydrogenated margarine Lard, shortening Coconut, palm oil All others

Soft Food Diet Guide
Week 3 (continued)

Food Group	Foods Allowed	Foods Not Allowed
Desserts, Sweets and Others	No sugar added jam, jelly Pudding (no sugar added or artificially sweetened) Sugar-free jello Sugar-free popsicles Artificial sweeteners	Agave Honey Molasses Regular jam, jelly Ice cream Popcorn Rice pudding Tapioca pudding Baked goods (e.g., muffins, pastries, cookies) Chips Candies All others

Soft Food Diet Guide

Week 4

60

- Remember to eat protein foods first in order to meet your 60 grams a day requirement.
- This week, you may continue to eat all of the foods from the previous weeks.
- You may also begin to **add** the following foods:

Food Group	Foods Allowed	Foods Not Allowed
Milk and Alternatives	Same as Week 3	Same as Week 3
Protein Supplements	Same as Week 3	Same as Week 3
Meat, Fish, Poultry and Alternatives	Same as Week 3	Same as Week 3
Fruit and Vegetables	Fruit (fresh, soft) Canned fruit (water-packed) Vegetables (soft and well-cooked)	Fruit with seeds or tough skin (e.g., cherries, oranges, watermelon strawberries, raspberries, blackberries) Canned fruit packed in juice or syrup Dried fruit Raw or stringy vegetables (e.g., celery, snow peas, asparagus)
Grain Products and Starches <ul style="list-style-type: none"> • Limit these choices to small servings so that you can meet your protein goal 	Cereal (less than 12 grams of sugar each serving) Mashed potatoes Couscous Quinoa	Bread, bagels, toast Rice Pasta, noodles Baked potato with skin French fries
Beverages	Same as Week 3	Same as Week 3
Fats and Oils	Same as Week 3	Same as Week 3
Desserts, Sweets and Others	Same as Week 3	Same as Week 3

Soft Food Diet Guide

Week 5

60

- Remember to eat protein foods first in order to meet your 60 grams a day requirement.
- This week, you may continue to eat all of the foods from the previous weeks.
- You may also begin to **add** the following foods:

Food Group	Foods Allowed	Foods Not Allowed
Milk and Alternatives	Same as Week 3	Same as Week 3
Protein Supplements	Same as Week 3	Same as Week 3
Meat, Fish, Poultry, and Alternatives	Same as Week 3	Same as Week 3
Fruit and Vegetables	Same as Week 4	Same as Week 4
Grain Products and Starches	Whole wheat toast Whole wheat pita bread Whole wheat tortillas, wraps Other whole-grain crackers Baked or oven-roasted potatoes or sweet potatoes	Bread Bagels Rice Pasta, noodles French fries
Beverages	Same as Week 3	Same as Week 3
Fats and Oils	Same as Week 3	Same as Week 3
Desserts, Sweets and Others	Same as Week 3	Same as Week 3

Soft Food Recipes

High Protein Blended Soups

When looking at recipes, consider some of the following options:

- minestrone
- lentil
- navy bean
- cream of tomato
- cream of spinach
- potato soup

Add unflavoured protein powder containing 10 to 20 grams of protein or skim milk powder for each portion of soup

Let the soup cool before adding protein powder or it may clump.

Strain if needed.

President Choice (PC) Blue Menu Tomato and Roasted Red Pepper Soup

In large cooking pot, add:

- 1 can PC Blue Menu Tomato and Roasted Red Pepper Soup
- 1 can of white kidney beans or white navy beans
- spices to taste such as basil, oregano, pepper etc.

Cook soup until beans are soft.

Add 30 to 45 ml (2 to 3 tablespoons) of Greek yogurt when cool to boost protein and make the soup creamier.

Leave as is or blend if desired.

Spaghetti Squash Supreme

Ingredients:

- 1 spaghetti squash
- special protein sauce (see next recipe)
- ground chicken, turkey, or beef (browned)
- soft vegetables such as mushrooms, zucchini, pepper, onion, garlic, spinach

Directions:

Cut spaghetti squash lengthwise down the middle.

Scrape out seeds and pulp.

Microwave squash for about 6 to 8 minutes or cook in 350° oven for 20 minutes face down then 10 minutes face up.

Separate strands by running fork through squash from end to end.

Mix cooked meat and vegetables into sauce and pour over top of squash noodles.

Special Protein Sauce

Ingredients:

- 1 to 2 cans white navy beans or kidney beans
- 2 cans of no salt added diced tomatoes
- spices of your choice such as pepper, oregano, basil, bay leaf
- any soft, cooked, steamed or microwaved vegetables
- onion
- garlic

Directions:

Add everything to blender and blend.

Cook in slow cooker.

This sauce boosts protein and adds vegetables in your meals. It can be used as a pasta sauce, added to beef stew, as a base for chili, mixed into meatloaf or meatballs, or can be poured over chicken.

Make this sauce in large batches and portion into containers and refrigerate or freeze.

Crustless Spinach Quiche (Makes 8 small portions)

Ingredients:

- 10 ml (2 teaspoons) vegetable oil
- 1 medium onion, chopped
- 1 package (10 ounces) frozen chopped spinach, thawed and drained
- 360 ml (1½ cups) shredded cheddar cheese
- 4 egg whites
- 2 whole eggs
- 80 ml (1/3 cup) cottage cheese (4% or less milk fat)
- 1.5 ml (¼ teaspoon) cayenne pepper
- pinch salt
- pinch nutmeg

Directions:

Pre-heat oven to 375°. Coat a 9 inch pie pan with vegetable cooking spray.

In a medium non-stick skillet, heat oil on medium high. Add onion and cook 5 minutes or until softened. Add spinach and stir in 3 more minutes or until spinach is dry. Set aside.

Sprinkle cheese in pie pan. Top with onion and spinach mixture.

In a medium bowl, whisk egg whites and whole eggs, cottage cheese, cayenne pepper, salt and nutmeg. Pour over spinach layer. Bake 30 to 35 minutes or until set. Let stand 5 minutes before cutting and serving.

Spanish Omelette (Makes 2 portions)

Ingredients:

15 ml (1 tablespoon) drained/chopped roasted red pepper or ½ red pepper (diced)

30 ml (2 tablespoons) chopped tomato

2.5 ml (½ teaspoon) fresh minced garlic

3 to 4 button mushrooms, cleaned and chopped

2 tablespoons ham diced

120 ml (½ cup) liquid egg substitute

1 slice mozzarella cheese cut into strips

7.5 ml (1½ teaspoons) fresh cilantro chopped

30 ml (2 tablespoons) fresh salsa

Fresh strawberries

Directions:

Coat a 6 inch non-stick omelette or frying pan with cooking spray or butter and heat to medium high. Add roasted red pepper, tomato, garlic, mushrooms, and ham. Sauté for about 4 minutes or until the mushrooms are soft.

Transfer the mixture to a bowl, drain off excess liquid and set aside. Wipe the pan clean with a paper towel and coat again with non-stick spray. Heat over medium heat and add the egg substitute.

Using a rubber spatula, carefully lift the sides of the omelette up to let the egg substitute spilled underneath the cooked solid bottom. Repeat the process until the egg mixture is almost done then turn off the heat.

Immediately add the cheese and cilantro to the bottom half of the omelette followed by the sauté mixture. Gently fold the top half of the omelette over the bottom half and carefully slide onto a serving plate.

Top the omelette with salsa and garnish with strawberries.

Diet for Life Guide

Week 6 and Forward

- This is your new diet plan for the rest of your life.
- Remember to eat protein foods first so you can meet your 60 grams a day requirement.
- Certain foods are not always tolerated until several months after surgery. They are listed in the 'Proceed with Caution' column.

60

Food Group	Choose More Often	Proceed with Caution (may not be tolerated)	Choose Less Often
Milk and Alternatives	Milk (skim, 1%, 2%) Soy milk – plain or unsweetened (less than 12 grams of sugar in a serving) Yogurt or Greek yogurt (smooth, 2% or less milk fat, and less than 12 grams of sugar in a serving) Cottage cheese (2% or less milk fat,) Soft cheese (e.g., cheese strings, Babybel, Laughing Cow) Hard cheese		Cream Chocolate milk Yogurt with 12 grams or more sugar in a serving Liquid yogurt drinks
Protein Supplements <ul style="list-style-type: none"> • Your goal is to get protein from food sources but you may use protein shakes to help meet your goal. 	Pre-mixed Protein Supplements – 20 to 30 grams of protein in each serving (e.g., Premier Nutrition) Protein Powder – 20 to 30 grams of protein in each serving (e.g., whey isolate or soy isolate) mixed with milk or water	Protein Bars (at least 20 grams of protein in each serving and less than 12 grams of sugar in each serving)	

Diet for Life Guide (continued)
Week 6 and Forward

Food Group	Choose More Often	Proceed with Caution (may not be tolerated)	Choose Less Often
Meat, Fish, Poultry and Alternatives	Poultry Lean meat with visible fat cut off Fish: canned, frozen or fresh Eggs Legumes Hummus Peanut butter Tofu	Red meat such as steak, roast beef, pork, lamb (Limit to 2 times a week) Plain or lightly salted nuts (1/4 cup or 60 ml a day maximum)	Breaded or fried meats, fish or poultry Meat with visible fat Bacon, sausages, wieners Nuts with coating or heavy seasoning
Fruit and Vegetables	Fruit and vegetables: fresh, frozen or canned	Raw vegetables Fruit and vegetables with tough skin such as celery, apples and corn	Canned fruit with added sugar Fried vegetables Dried fruits (high in sugar)
Grain Products and Starches	Toasted breads and flat breads Tortilla Toasted English muffins Cooked cereals such as oatmeal or cream of wheat (less than 12 grams of sugar for each serving) Crackers and melba toast (whole grain)	Bread and rolls Rice Pasta	Bagels Croissants Muffins Scones High sugar cereals
Soups	Soup made with meat and vegetables Creamed soup		High-fat cream soups

Diet for Life Guide (continued)
Week 6 and Forward

Food Group	Choose More Often	Proceed with Caution (may not be tolerated)	Choose Less Often
Beverages	Water Low-calorie drinks (e.g., Crystal Light, sugar-free Kool-Aid, Gatorade G2) No added sugar fruit and/or vegetable juice (1/2 cup or 120 ml a day)	Caffeine: not until 3 months after surgery	Carbonated drinks Alcohol
Fats and Oils <ul style="list-style-type: none"> • Use small portions for these choices 	Butter Non-hydrogenated margarine Canola oil Olive oil, canola oil Mayonnaise Avocado		All others High fat salad dressing
Desserts, Sweets and Others	Sugar-free jello Sugar-free popsicles Artificial sweeteners	Spicy foods	Honey, jam, jelly, syrup Pies, pastries, donuts Ice cream Puddings, custards sweetened with sugar Candy High-fat and/or high-calorie baked goods Fried snacks including chips, cheesies, corn chips Popcorn

Diet for Life

Menu Ideas and Recipes

Breakfast ideas:

Choose one food from each food group to create balanced meals, some examples are:

Protein	Vegetable and Fruit	Grain and Starch
1 to 2 eggs	1 small ripe pear or apple	1 slice of whole grain toast
120 ml (½ cup) cottage cheese	2 to 3 tomato slices	1 whole wheat English muffin
15 to 30 ml (1 to 2 tablespoons) peanut butter or other nut butter as tolerated	½ cup strawberries	3 to 4 Ryvita crackers
60 grams (2 ounces) lean ham	½ small banana	180 ml (¾ cup) high fibre cereal
120 ml (½ cup) plain or artificially sweetened yogurt or Greek yogurt (choose 4% milk fat or less)	½ cup canned peach	180 ml (¾ cup) oatmeal
22.5 ml (1½ tablespoons) protein powder	120 ml (½ cup) diced melon	
	120 ml (½ cup) blueberries	

Peanut Butter and Fruit Wrap:

- 1 small 6" whole wheat tortilla
- 1 to 2 tablespoons peanut butter
- ½ banana or thinly sliced apple with cinnamon

Spread peanut butter on wrap. Top with banana or apple with cinnamon and roll.

Cut into bite sizes if desired. Keep refrigerated.

Cheesy Wrap:

- 1 small 6" whole wheat tortilla
- baby spinach leaves with stems removed
- cheese string or slice of cheese under 20% milk fat

Spread baby spinach leaves on centre of wrap. Top with cheese.

Roll and wrap in paper towel.

Microwave for about 10 to 20 seconds depending on your microwave.

Nutty Oatmeal:

Stir 15 to 30 ml (1 to 2 tablespoons) peanut butter, almond butter or nut butter of your choice into 180 ml ($\frac{3}{4}$ cup) oatmeal cooked with hot water or milk.

Wait for nut butter to melt.

Add cinnamon and top with fruit of your choice.

A Cheesy Change:

Mix 120 ml ($\frac{1}{2}$ cup) cottage cheese with diced canned peaches.

Spread on 3 to 4 Ryvita crackers, melba toast or 1 slice of whole grain toast.

McHome:

Top $\frac{1}{2}$ of a whole wheat English muffin with Dijon mustard, tomato slice, 1 to 2 slices lean ham and 1 scrambled or boiled egg.

Yogurt Parfait:

120 ml ($\frac{1}{2}$ cup) of blueberries

30 to 45 ml (2 to 3 tablespoons) of bran buds or 60 ml ($\frac{1}{4}$ cup) oats

120 ml ($\frac{1}{2}$ cup) plain or artificially sweetened Greek yogurt or mix plain yogurt with flavoured yogurt

Mix together.

Lunch Ideas:

Choose one food from each food group to create balanced meals, some examples are:

Protein	Vegetable and Fruit	Grain and Starch
60 ml (¼ cup) hummus	cucumber slices	5 to 8 Triscuits
30 ml (2 tablespoons) peanut butter or other nut butter (as tolerated)	1 small apple	3 to 4 flatbread crackers
60 to 90 grams (2 to 3 ounces) canned tuna/salmon	30 to 60 ml (2 to 4 tablespoons) tomato bruschetta	2 to 3 slices toasted baguette
120 ml (½ cup) cottage cheese	240 ml (1 cup) chopped garden salad	1 slice whole grain bread
90 ml (1/3 cup) egg salad	3 to 4 avocado slices (1/6 of an avocado)	1 small 6” whole wheat tortilla
120 ml (½ cup) beans such as baked, black, kidney	120 ml (½ cup) raw or steamed vegetables (fresh or frozen)	90 ml (1/3 cup) pearl barley
60 to 90 grams (2 to 3 ounces) diced chicken	90 ml (1/3 cup) pineapple	½ to 1 small whole wheat pita

Fajita Time:

- 1 small 6” whole wheat tortilla
- 120 ml (½ cup) black beans
- 30 ml (2 tablespoon) salsa
- 15 ml (1 tablespoon) sour cream (4% or less milk fat)
- 1 ounce shredded cheese
- diced lettuce and tomato

Fill tortilla and roll or fold in half and warm in microwave if desired.

Pizza Pizzazz:

Top whole wheat English muffin with tomato sauce, pineapple, 2 to 3 ounces diced chicken or ham, and shredded cheese. Broil until cheese is melted.

Egg Salad Sandwich:

Enjoy 1/3 cup of egg salad with 3 to 4 flatbread crackers such as Ryvita and 1 cup chopped garden salad topped with light salad dressing and 6 to 8 chopped almonds.

Topped Up Chicken Stew:

Add 90 ml (1/3 cup) of cooked pearl barley to 120 ml (½ cup) cooked vegetables to 120 ml (½ cup) of chicken stew.

Supper Ideas:

Choose one food from each food group to create balanced meals, some examples are:

Protein	Vegetable and Fruit	Grain and Starch
120 ml (½ cup) lentils	120 ml (½ cup) mixed vegetables	½ small sweet potato
120 ml (½ cup) chili with beans or ground beef	120 ml (½ cup) carrots	60ml (¼ cup) quinoa
120 ml (½ cup) turkey stew	120 ml (½ cup) tomato and cucumber salad	60ml (¼ cup) scalloped potato (low fat recipe)
90 grams (3 ounces) grilled or baked chicken breast	120 ml (½ cup) green beans	60ml (¼ cup) whole wheat couscous
90 grams (3 ounces) grilled or baked fish	120 ml (½ cup) zucchini	small whole wheat roll
90 grams (3 ounces) lean pork or lean beef (as tolerated)	120 ml (½ cup) cooked mushrooms	4 to 8 oven baked potato fries
90 grams (3 ounces) veggie burger (about ½ small burger)	120 ml (½ cup) broccoli	

Fish and Chips:

Bake 90 grams (3 ounces) fish seasoned with lemon pepper, garlic and pepper. Serve with 120 ml (½ cup) steamed carrots and 4-8 oven baked potato fries.

BBQ Chicken:

Brush 90 grams (3 ounces) chicken breast with BBQ sauce and grill. Serve with 120 ml (½ cup) green beans and ½ of a small sweet potato.

Chili:

Serve 240 ml (1 cup) chili with mushrooms over 60 ml (¼ cup) whole wheat couscous or quinoa. Sprinkle with parmesan cheese.

Next Day Chili:

Put 120 ml (½ cup) chili on 240 ml (1 cup) of romaine lettuce with 15 to 30 ml (1 to 2 tablespoons) of salsa and 30 grams (1 ounce) shredded cheese.

Burger Delight:

Enjoy ½ small veggie burger patty on a small whole wheat roll. Top with 120 ml (½ cup) tomato and cucumber salad.

Vegetarian Bean Chili

Ingredients:

- 30 ml (2 tablespoons) vegetable oil
- 1 large chopped onion
- 2 cloves minced garlic
- 15 ml (1 tablespoon) chili powder
- 5 ml (1 teaspoon) cumin
- 5 ml (1 teaspoon) dried oregano
- 1 can 796 ml/28 ounces) diced tomatoes
- 1 can (540 ml/19 ounces) red kidney beans
- 1 can (540 ml/19 ounces) black beans
- 1 can (540 ml/19 ounces) chick peas
- 1 green, red or yellow pepper diced
- 240 ml (1 cup) sliced mushrooms
- 15 ml (1 tablespoon) cider vinegar
- ½ teaspoon cinnamon
- pinch salt and fresh ground black pepper

Directions:

In a large saucepan or pot, heat oil over medium to high heat.

Sauté onion and garlic until softened.

Stir in chili powder, cumin, oregano and tomatoes with juice.

Add beans, peppers, vinegar, salt, cinnamon and pepper.

Bring to boil then reduce heat to medium low and simmer for 20 minutes.

Freeze leftover portions. This recipe cooks well in a crock pot too.

Serve with a small whole wheat roll or slice of whole grain bread to balance the meal.

If you would like more recipe ideas see list of recommended bariatric books that you can purchase on page 109

Key Eating Habits

It is important to follow some healthy eating habits to avoid discomfort, pain, vomiting and to help with weight loss.

- Take 30 to 60 minutes to eat a meal
- Always eat protein first
- Keep food moist to help with tolerance
- Cut food into small pieces
- Chew every bite thoroughly and eat slowly
- Put fork down between bites
- Pay attention to taste. Note taste and flavour of food
- Sit at the kitchen or dining room table to eat
- Avoid distraction such as television computer or work while eating
- Stop eating as soon as you feel full
- Do not eat and drink at the same time. Separate solids and liquids by 30 minutes
- Avoid straws if they cause too much gas
- Have water nearby at all times

Key Diet Guidelines

Get enough fluids:

- Drink at least 2 litres (8 cups) of fluid a day. You will need to sip on liquids throughout the day.
 - Start slowly and increase the amount you drink as you tolerate fluid. Listen to your body. It is important to get enough fluids for many reasons.
 - Drink all fluids 30 minutes before or 30 minutes after a meal. This prevents dehydration, bloating, low food intake and vomiting.
- Do not drink fluids with meals once you are eating solid food. Soup and cereal are fine even though they are a combination of liquid and solids.**

Remember:

- Measure the amount of fluid you have each day for at least 8 weeks after surgery.
- You can use the Fluid and Protein Record on pages 100 to 103 to help you record and follow the amount of fluid you have each day

Get enough protein:

- Meeting your protein needs during weight loss helps promote the loss of body fat and preserve lean body mass or muscle.
- Protein helps with healing right away.
- Have your protein at the beginning of each meal to be sure that you meet your daily requirements.
- **Your initial goal is to have at least 60 grams of protein each day.** Divide this amount into at least 3 to 5 meals and snacks. This will be increased after you see a dietitian in the Bariatric Clinic.
- For more information on how to meet your daily protein requirements refer to pages 74 to 78.

60

Get enough vitamins and minerals:

- Take your multivitamin/multimineral supplement and any other supplements prescribed every day.
- Remember to crush or split pills if needed.
- There are more details starting on page 80.

Get Enough Protein

Protein Supplements:

- During the first 6 weeks after surgery, you need to drink protein shakes in order to get enough protein. After the first 6 weeks, you may need to continue to drink protein supplements until you are able to get enough protein from food. Ready-to-drink protein supplements can be used or you can make your own using protein powder.
- If you choose to buy a liquid ready-to-drink protein supplement look for one that has at least **15 grams of protein, less than 12 grams of sugar and less than 5 grams fat for each serving**. Many people use Premier Nutrition High Protein Shake available only at Costco.
- Do not choose any of the following supplements as they are too high in carbohydrates: Carnation Breakfast Essentials, Boost, Ensure and Slim Fast.
- If you decide to make your own protein shakes using a protein powder supplement, choose one made of whey protein isolate or a soy protein isolate, both of which are lactose-free. When choosing a protein powder look for one that has **20 to 40 grams of protein, less than 5 grams of sugar and less than 3 grams of fat for each serving**.
- When using protein powder to make your own protein shake, read and follow the directions on the label carefully. Mix the protein powder with milk or soy milk (less than 12 grams of sugar for each serving) or water. Do not mix with juice as this will provide too many calories and sugar.

How many protein drinks do I need in a day?

60

During the Full Fluids Stage:

- During the first 2 weeks, most of your protein comes from protein drinks. The rest of your protein comes from food sources.
- Your goal is to have at least 60 grams of protein in a day. The amount of protein in the protein supplement or shake you decide to use will determine how many you need in a day.
- If your shake has 30 to 40 grams of protein for 1 serving then you need to drink at least 1 to 2 every day to meet your protein needs.
- If your shake has 20 to 30 grams of protein for 1 serving then you need to drink at least 2 to 3 every day to meet your protein needs.
- Ask your dietitian if you are not sure of how many protein shakes to drink each day.
- It is important to know how much protein is in your protein shake or the protein powder you buy so your dietitian can help you meet your protein needs.
- It is important to keep track of your protein intake for the first several weeks. The chart on the next page will help you figure out how much protein you are getting.
- You can either use the pages at the back of this book to keep track, a notebook or use a website or 'APP' such as My Fitness Pal (www.myfitnesspal.com).

When you start eating soft foods:

60

- Continue to aim for at least 60 grams of protein each day.
- As you move through weeks 3, 4 and 5, you will get more protein from food sources.
- During week 3 of your diet, you can start cutting down on your protein supplements. However, you will need to keep track of how much protein you get from foods and protein supplements.
- Bring your food records to your follow-up appointments after surgery.

Dietary Sources of Protein

60

You need to have at least 60 grams of protein each day.

If you take a protein supplement such as Premier Nutrition or use another protein powder, you need to calculate the number of grams of protein you need as well as your supplement to total 60 grams a day. Ask for help if you need help calculating.

Food	Portion	Grams of Protein
Beef, pork, veal, chicken, turkey, fish, shrimp	30 grams (1 ounce)	7 grams
	60 grams (2 ounces)	14 grams
	90 grams (3 ounces)	21 grams
Pepperette (lean)	1 piece	6 grams
Egg	1	7 grams
Cheese: colby, swiss, cheddar, mozzarella, gouda	30 grams (1 ounce)	7 grams
Cottage cheese, ricotta cheese	60 ml (¼ cup)	7 grams
Canned tuna or salmon	60 ml (¼ cup)	7 grams
Peanut butter and nut butters	30 ml (2 tablespoons)	7 grams
Nuts and seeds	60 ml (¼ cup)	7 grams
Dried peas and beans (kidney beans, chickpeas, lima beans)	125 ml (½ cup) after cooking or canned	7 grams
Lentils	125 ml (½ cup) after cooking or canned	7 grams
Milk – skim, 1%, 2% Milk – soy (less than 12 grams of sugar)	250 ml (1 cup)	8 grams
Tofu	125 ml (½ cup)	10 grams
Yogurt – Greek	60 ml (¼ cup)	6 grams
Yogurt – regular	60 ml (¼ cup)	2 grams

More about protein:

A piece of meat the size of a normal deck of cards in thickness and surface area weighs about 90 gram (3 ounces). This amount contains around 21 grams of protein.

Ways to get the amount of protein you need each day:

- **Breakfast:** 10 to 15 grams
- **Morning snack:** 5 to 10 grams
- **Lunch:** 20 to 25 grams
- **Afternoon snack:** 5 to 10 grams
- **Dinner:** 20 to 25 grams
- **Bedtime snack:** 5 to 10 grams if needed

Tips for getting more protein:

After bariatric surgery you should consume moist protein. Soup, stew, chili and meat cooked in a slow cooker will help you get moist protein.

Try to drink 250 to 500 ml (1 to 2 cups) of milk or soy milk a day. This gives you fluids and protein at the same time.

Examples of high protein snacks and food:

- Cheese with 4 to 6 crackers
- Cottage cheese with fruit
- Tuna, egg or salmon salad made with mayonnaise – serve on top of crackers
- Peanut butter or other nut butter with banana
- Kidney beans, chick peas, lentils or other legumes added to soup
- Greek yogurt added to a serving of lentil, bean or tomato or cream soup

When you have questions:

If you have any questions about the amount of protein you need from food, call the dietitian.

Protein Shakes – Make Your Own

(Recipes reprinted with permission courtesy of the Registered Dietitians at Toronto Western Hospital (UHN) Bariatric Surgery Program)

As your lifestyle program progresses your goal is to use less and less protein shakes and by the end of 3 to 6 months get all of your protein from solid food.

Remember – Do not add any fruit until Week 3.

Strawberry Banana Shake:

Blend together until smooth:

- 1 scoop protein powder
- ½ cup (120 ml) milk frozen into ice cubes
- ½ cup (120 ml) plain yogurt
- 4 whole unsweetened frozen strawberries
- 2 inches (5 cm) banana
- ½ teaspoon (2.5 ml) vanilla
- 1 package artificial sweetener if desired

Peach Shake:

Blend together until smooth:

- 1 scoop protein powder
- ½ cup (120 ml) milk frozen into ice cubes
- ½ cup (120 ml) plain yogurt
- ¼ cup (60 ml) chopped unsweetened frozen peaches
- ½ teaspoon (2.5 ml) vanilla
- 1 package artificial sweetener if desired

Helpful Hints:

- Prepare frozen fruit in small baggies or containers in advance so they are ready to pop into the blender when needed.
- Use plain, no sugar added yogurt since you are adding your own fruit.
- Try adding flavourings and extracts for extra flavour.
- Do not add sugar, honey, juice or sweetened syrups.

Label Reading

It is important to learn how to read labels so you can compare products and make the best choice for your health. If you need help reading food labels, talk to your dietitian.

For example the portion size on the label gives you the nutrition information for that size only.

This example is 125 mL or ½ cup. →

If you eat more or less than this amount you have to multiply or divide to know how much is in the amount you eat.

Note: g = grams

Protein:

You need to have at least 60 grams (g) of protein a day.

This product has 3 grams (g) in 125 mL or ½ cup. →

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value**
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

Nutrition Facts	
Valeur nutritive	
Per 1 bowl (300 g) / Pour 1 bol (300 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 440	
Fat / Lipides 19 g	29 %
Saturated / Saturés 4 g + Trans / Trans 0.2 g	21 %
Cholesterol / Cholestérol 35 mg	
Sodium / Sodium 860 mg	36 %
Carbohydrate / Glucides 53 g	18 %
Fibre / Fibres 4 g	16 %
Sugars / Sucres 6 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	45 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	20 %
Iron / Fer	20 %

This product has 15 grams of protein in a 300 gram bowl. →

Getting Enough Vitamins and Minerals After Surgery

After surgery, you will only be eating small amounts of food. Your body does not absorb all the vitamins and minerals from your food. Problems caused by a lack of these vitamins and minerals are common after surgery and can lead to serious conditions.

Because of this, it is hard to get enough vitamins and minerals from food alone.

To keep you healthy and help prevent problems you need to take supplements for the rest of your life.

Start taking your vitamin and mineral supplements the day you come home from the hospital.

If you had Gastric Bypass you will need to take the following:

1. A multivitamin/multimineral supplement most often in the form of a prenatal vitamin
2. Vitamin D supplement
3. Calcium citrate (with added vitamin D) supplement

If you had Vertical Sleeve Gastrectomy you will need to take the following:

1. A multivitamin/multimineral supplement most often in the form of a prenatal vitamin
2. Vitamin D supplement
3. Calcium citrate (with added vitamin D) supplement
4. B₁₂ supplement

Women of child-bearing age will usually also need:

5. Iron supplement

Remember:

- Your dietitian will tell you the correct amount of each supplement to take and the time of day to take each one. You may also need to take other vitamin or mineral supplements before or after surgery. Your doctor or dietitian will talk to you if you need more.
- The next 3 pages give you more information about why vitamins and minerals are important for your health and well-being.
- Please bring all of the supplements you take with you to each appointment with the dietitian.

Multivitamin/Multimineral Supplement

Check the label when buying this. It must have the following ingredients:

- Folate or folic acid
- Iron
- Vitamin B₁₂
- Zinc
- Selenium

Children's or 'gummy' types of vitamins are **NOT** recommended.

After surgery, your multivitamin/multimineral supplement may have to be split into 2 before taking. You can begin splitting your multivitamin for practice before surgery to get used to doing this.

Take your multivitamin with a meal or at bedtime if it upsets your stomach.

Do not take your multivitamin at the same time that you take the vitamin D and the calcium citrate (with added vitamin D).

Calcium Citrate (with added Vitamin D)

- Since it is very hard to get the correct amount of vitamin D and calcium you need from food, you will take daily supplements.
- You need to take a type of calcium called **calcium citrate**. Take one that has added vitamin D added to it. Most pharmacies carry this type of calcium, but you may need to ask for help finding it. It is available in pill and liquid forms.
- You need to take **600 mg of calcium citrate 2 times a day**. This gives you a total dose of 1200 mg of calcium a day. You can only take 600 mg at one time because your body cannot absorb more than this at one time. Depending on the type of pill or liquid you buy, this should also give you between **400 and 800 IU of vitamin D a day**.
- You may take the calcium citrate with vitamin D supplement with or without food.
- Take your calcium citrate with vitamin D supplement at least 2 hours before or 2 hours after taking your multivitamin or any other iron-containing supplement. Iron and calcium compete for absorption in the body, so if taken together you reduce the absorption of each.
- Talk to your pharmacist if you are on other medications as some cannot be taken at the same time as your calcium citrate with vitamin D supplement.

Calcium – Why you need it

Calcium is needed to develop and maintain healthy bones, nails and muscles. It helps in blood clotting and heart nerve functions as well as prevents osteoporosis (decreased bone density).

Low amounts of calcium cause bone loss, bone fractures and osteoporosis (decreased bone density).

Sources of calcium in your diet include all milk products, oysters, scallops, salmon and sardines with bones, tofu, green leafy vegetables, broccoli and dates.

Vitamin D – Why you need it

Vitamin D is needed for normal growth and healthy bones, teeth and nails. Vitamin D helps the absorption of calcium and phosphorous and prevents osteoporosis (decreased bone density).

Low amounts of vitamin D may cause a problem called osteomalacia or softening of the bones. Sources of vitamin D in your diet include fortified milk products, eggs, liver and fish liver oils.

Along with the calcium citrate with added vitamin D you need to take a plain vitamin D supplement. Your dietitian will tell you how much and the type to buy. It will be between 2000 and 4000 IU. Follow your dietitian's advice about the time of day to take this.

B₁₂

If you have a vertical sleeve gastrectomy, you need to take a B₁₂ supplement. There are several options for this supplement.

There are 3 options for this supplement regularly. You can take:

- a 1000 mcg oral pill every day **OR**
- a 1000 mcg sub-lingual tablet dissolved under your tongue every day **OR**
- a 1000 mcg injection from your family doctor once a month

If you have a gastric bypass, you may also need to take B₁₂ supplements. Your doctor or dietitian will tell you if you need to take this supplement.

B₁₂ – Why you need it

B₁₂ has many functions. It is needed for energy and red blood cell production, utilization of folic acid, and nervous system function. It also helps break down carbohydrates and fats and helps build proteins.

Low amounts of vitamin B₁₂ may cause anemia and neurological disorders. Symptoms of anemia include looking pale, feeling weak, tired, dizzy and short of breath.

To prevent low Vitamin B₁₂ you may need to have intramuscular injections if the oral vitamin B₁₂ supplement is not enough.

Sources of vitamin B₁₂ in your diet include meat (organ meat), eggs, fish, legumes, cheese and yogurt.

Iron

Your multivitamin/multimineral supplement contains some iron. However, you may need to take additional iron if you are at risk for iron deficiency. Your doctor or dietitian will tell you if you need to take iron. Do not take iron unless told to do so by the healthcare provider.

Taking extra iron may upset your stomach. Talk to your dietitian or doctor if this causes a problem for you.

Iron – Why you need it

Iron helps make healthy red blood cells that carry oxygen to all of the cells in your body. You may need to take iron.

Low amounts of iron cause anemia, a weakened immune system and problems with your neurological system. Symptoms of anemia include looking pale, feeling weak, tired, dizzy and short of breath.

Sources of iron in your diet include meat, liver, eggs, shellfish, nuts, sardines, legumes, broccoli, peas, spinach, prunes, raisins, bran and iron enriched cereals and wheat germ. Non-meat sources of iron are not well absorbed after surgery so eating iron-rich foods alone may not be sufficient for some people.

It is important to have a source of vitamin C when eating foods containing iron to improve the absorption of iron. Sources of vitamin C include citrus juices, strawberries, tomatoes and potatoes.

Helpful hints for taking your supplements:

- Keep your supplements in a handy spot but always out of the reach and safe away from children.
- Follow a regular schedule to help you remember to take them.
- Use a pill organizer to keep track of the medications you take.
- If you take other medications, ask your pharmacist to help you design a schedule for all of your pills. Some medications cannot be taken with vitamin and mineral supplements.

Here is a sample schedule:

Time	What to Take
Morning	Calcium citrate Vitamin D Vitamin B ₁₂ (if needed)
Afternoon	Calcium citrate Vitamin D
Bedtime	Multivitamin/Multimineral supplement Iron (if needed)

This sample schedule is only an example. **Your schedule is based on your blood tests and overall needs after surgery.** The schedule is changed by members of your health care team based on the results of your blood tests.

Arrange to have your blood tests done about 2 to 3 weeks before you come for your 3, 6 and 12 month and yearly appointments in the Bariatric Clinic. This allows time for the tests to be done and the results to be ready for the team to review with you.

Diet Related Problems After Surgery

Nausea and Vomiting

After surgery, it is common to have an upset stomach or nausea. This can be caused by:

- the surgery
- eating too much
- eating too fast
- certain smells
- pain medication

Nausea caused by the surgery can last a few days to a few weeks. This should go away over time. If you think the problem may be caused by pain medications, contact your doctor for a change in medication.

Nausea can also happen when you eat too much. Eating too much will put pressure on the surgical area.

Pressure and distention may also cause vomiting. Too much vomiting can cause dehydration and a change in the nutrients in your body. It may also cause problems with your incision healing. This is not healthy.

You can prevent vomiting by:

- eating slowly
- eating small amounts
- chewing well
- not laying down after eating
- not drinking fluids for 30 minutes before or after meals
- not drinking with meals

You can usually eat again shortly after vomiting.

If you have persistent nausea and vomiting or if you are concerned, contact the Bariatric Clinic or go to Emergency.

Stricture

A stricture can occur when the new connection between the stomach pouch and small intestine heals but forms scar tissue as it heals. The scar tissue makes the opening of the connection narrow. You may have symptoms such as difficulty swallowing liquids or food, persistent nausea and/or vomiting, increased saliva or mucous, pain with swallowing or regurgitation of food or liquids.

Contact your surgeon or health care provider if you think you may have a stricture.

The surgeon may be able to fix the stricture by a procedure done in Endoscopy. A tube with a small balloon on the end is passed down your esophagus through the scar. The balloon is then inflated to stretch the scar wide enough for food and liquid to go through. The tube and balloon are then removed. This process may need to happen 2 to 3 times to help.

Dehydration

Dehydration means that you do not have enough water in your body to function well. People with severe dehydration are admitted to the hospital and given fluids through their veins.

Symptoms of dehydration are:

- dark urine
- nausea
- feeling tired all of the time
- lower back pain
- making less urine
- dry mouth and tongue
- feeling dizzy
- feeling irritable

You can prevent dehydration by:

- Drinking at least 2 litres (8 cups) of fluid a day.
- Sip fluids all day long. Buy a sports bottle and keep on filling it and drinking.
- Sucking on ice chips or sugar-free popsicles if you have nausea.

Dumping Syndrome – For Gastric Bypass Only

This happens when the new, smaller stomach pouch empties into the bowel too fast. It is caused by:

- eating or drinking too much fat
- eating or drinking too much sugar
- drinking with your meal

Symptoms of Dumping Syndrome are:

- abdominal pain
- nausea
- cramping
- diarrhea
- shakes or chills
- sweating
- feeling faint
- increased heart rate
- bloating

To prevent Dumping Syndrome:

- Eat protein at each meal.
- Eat food that has less than 12 to 15 grams of sugar per serving
- Avoid deep fried and/or greasy food.
- Avoid drinking with a meal. Drink at least 30 minutes before and after a meal.

Constipation

Your stool may be soft at first as you are not eating solid food. Some people have stool that is hard to pass. This is called constipation.

Constipation may be caused by:

- eating less fibre because you are eating less food
- not drinking enough fluids during the day
- pain control medications such as Tylenol #3
- medications and supplements such as iron and calcium

It is normal to have from 1 bowel movement every 3 days to 3 bowel movements of soft stool daily.

To help your bowels stay soft and move, your fluid intake needs to be at least 2.0 litres (8 cups) a day and you need to have regular physical activity.

If you have not had a soft bowel movement after 2 days start adding 120 ml (1/2 cup) of prune juice to your meal plan. After having the prune juice, drink warm water, decaffeinated coffee or tea. You can do this 1 to 2 times a day to help. Remember that prune juice adds extra calories to your diet plan so be sure to count this and avoid other types of juice if drinking prune juice.

If you still have constipation or pain when you have a bowel movement your dietitian may want you to add a 100% inulin fibre supplement such as Benefibre, Metamucil Simply Clear or equivalent generic product.

Start by adding a small amount in your diet such as 5 ml (1 teaspoon) daily and increase slowly 5 to 10 ml (1 to 2 teaspoons) 1 to 2 times a day until your stool is soft and your bowels move every 1 to 3 days. Increasing too fast will cause an increase in gas and can cause problems and pain.

You should not use a fibre supplement such as Benefibre or Metamucil if you are not drinking 2 litres (8 cups) of fluid a day. This amount of water is needed to make the fibre supplement work. If you cannot drink 2 litres of fluid a day and take a fibre supplement you may become more constipated.

If you have not had a bowel movement after 3 days you can talk to your pharmacist about adding a product such as colace, senokot or milk of magnesia. Your pharmacist can counsel you on the dose to start with and how to take this type of product.

If you do not have a soft bowel movement for 3 days, contact the Bariatric Clinic.

Diarrhea

Some people have soft or liquid stool called diarrhea for a few months after surgery. This can happen as your body gets used to the changes. It can also happen with Dumping Syndrome (Gastric Bypass only).

To help prevent diarrhea, avoid:

- food and fluids that contain caffeine
- alcohol and prune juice
- spicy foods
- high fat or high sugar foods

Drink extra fluids. You may need to take a fibre supplement to help thicken your stool. You may need to add foods that thicken stool to your diet such as bananas, applesauce and oatmeal. This depends on the stage of diet you are on when you have diarrhea. Talk to your dietitian.

If you have many bouts of diarrhea several times daily that continues more than 3 days, contact the Bariatric Clinic.

Gas

After surgery it is normal to have pain or discomfort from gas in your abdomen.

Food is a common cause of gas. Foods that may cause gas are:

- beans, lentils, legumes
- vegetables such as broccoli, cauliflower
- melons
- apple skins
- eggs
- beer
- carbonated drinks
- diabetic products that contain sugar alcohols

To help prevent gas:

- eat slowly
- chew food well
- avoid skipping meals
- avoid straws
- avoid chewing gum

If you snore or breathe through your mouth, you may also have more gas.

Hair Thinning or Hair Loss

Hair thinning or loss can happen during rapid weight loss. You may be the only one who can see your hair loss. Many people have hair thinning between 3 and 9 months after surgery. Your hair grows back as your body recovers.

To help prevent problems:

- follow your diet plan
- make sure you get enough protein and water in your diet
- take your vitamin and mineral supplements each day

Vitamin and Mineral Deficiencies

As you recover and adjust to your new lifestyle your needs may change.

It is very important to follow the diet and vitamin and mineral supplement guidelines advised. Refer to page 80 to 84 for information on vitamins and minerals.

After bypass surgery you have an increased risk of developing serious and life-threatening problems from a nutritional deficiency.

Following your diet and taking your vitamin and mineral supplements as directed will help prevent problems and help you feel better, stronger, and healthier.

Blood tests will be done and monitored before surgery and at your follow-up appointments to assess for vitamin and mineral deficiencies. You may need to take more supplements.

Some vitamin and mineral deficiencies do not have obvious symptoms.

It is very important that you come to your follow-up appointments and that you get your blood tests done 2 to 3 weeks before your scheduled visits. This is the only way that we can know if you have a deficiency.

Kidney Stones

After bariatric surgery there is an increased risk of developing a certain type of kidney stone. Your risk increases if you have a history of having kidney stones already.

Urine is made up of water and substances such as calcium and oxalate. Crystals begin to form in the kidney when:

- there are higher than normal amounts of these substances in the urine
- the amount of water in the urine is low which makes the urine concentrated

The crystals get bigger and bigger as more substances build up around them. Then they are called kidney stones.

Kidney stones often cause severe back pain. The pain may move to the groin if the stone moves down the ureter. You may see blood in your urine. A CT scan of the kidneys, ureters and bladder can show the presence of most stones. An ultrasound or dye injection can also show the size of a stone.

Kidney stones may stay in the kidney or move down a ureter to be sent out of the body in the urine.

Some kidney stones are too big to pass out in the urine. They may block the flow of urine from a kidney to the bladder and need to be removed by surgery.

Ways to prevent kidney stones:

Drink fluids:

- Make sure you follow the instructions for the amount of fluids to have for each stage of your diet. This is very important.
- You can find the details about the amount of fluids to drink in the Nutrition and Diet After Surgery section.

Eat recommended amount of protein:

- Make sure you follow the instructions for the amount of protein to have for each stage of your diet. This is very important.
- You can find the details about the amount of protein to have in the Nutrition and Diet After Surgery section.

Follow a low oxalate diet if your dietitian tells you to:

Avoid these high oxalate foods:

- | | | |
|---------------------------|-----------|------------------|
| • beets | • greens | • soy, tofu |
| • black tea, coffee, soda | • leeks | • spinach |
| • celery | • peanuts | • sweet potatoes |
| • cocoa, chocolate | • prunes | • wheat germ |
| • dried beans | • quinoa | • wheat bran |

Take all of your supplements:

- Make sure you take all of your daily supplements. Members of your bariatric health care team will monitor the supplements you take and make changes based on your blood test results.
- Do not take any extra supplements unless advised by your health care team.

Remember:

- You and members of your health care team will work together to determine your risk of getting kidney stones based on your health history and lifestyle.
- You may have to follow a special diet or make changes to the supplements you take.

Diabetes and/or Low Blood Sugar After Surgery

When you go home from the hospital after surgery, you will probably not be taking any medications for diabetes. This includes oral medications and insulin. When you come in for your 1-week follow-up visit, your diabetes medications will be re-assessed. This is why it is very important to test your blood sugars often after surgery.

You should test your blood sugar 2 to 4 times a day, including a fasting blood sugar first thing in the morning.

What do I do with my blood sugar results?

- Record your blood sugars on a Blood Sugar Record at the back of this book. Record the results even though your meter has a memory. This will help your diabetes care provider see the patterns in your blood sugar levels.
- When you test your blood sugars on a regular basis, you can see if your blood sugars are in good control.

Sample Blood Sugar Record

Date	Breakfast		Lunch		Supper		Evening
	Before	After	Before	After	Before	After	
Jan 15	6		4.8	6			5.4
Jan 16	6.3	8		7.8	5.5		
Jan 17		7.5			6.2		8.3
Jan 18	7			8.5			

What should blood sugars be?

Target blood sugar levels are:

Before meals	4 to 7 mmol/L
2 hours after meals	5 to 10 mmol/L

Your blood sugar targets may be different. You and your diabetes care provider will work together to set your blood sugar targets.

Low Blood Sugar After Surgery

Since you are eating in small amounts you are at risk of having low blood sugar. Low blood sugar is also called hypoglycemia.

Some signs of low blood sugar are:

- sweating
- dizziness
- feeling tired
- feeling shaky
- blurred vision
- headache
- clammy skin
- slurred speech
- mood change
- feeling hungry

You need to check your blood sugar if you have any of the above symptoms.

If you have problems with low blood sugar, you need to test your blood sugar.

The diabetes educator will give you a blood testing meter and show you how to use it if you do not already have one.

The diabetes educator will tell you when to test your blood sugar.

Up to 3 Weeks After Surgery

When your blood sugar is below 4 mmol/L:

1. Take 15 grams of a fast acting carbohydrate right away by sipping 175 ml ($\frac{3}{4}$ cup) juice.
Doing this will raise your blood sugar.
2. Wait 15 minutes and check your blood sugar again.
3. Repeat these steps until your blood sugar is in your target level then sip a protein drink to keep your blood sugar in your target range.

After 3 Weeks and More After Surgery

When your blood sugar is below 4 mmol/L:

1. Take 15 grams of a fast acting carbohydrate right away.

Examples of having 15 grams of fast acting carbohydrate are:

- Chewing 3 to 4 dextrose or glucose tablets – read the label **or**
- Drinking 175 ml ($\frac{3}{4}$ cup) juice

Taking 15 grams of a fast acting carbohydrate will raise your blood sugar quickly.

2. Wait 15 minutes and check your blood sugar again.
3. If your blood sugar is still below 4 mmol/L, treat again with one of the fast acting carbohydrates listed above.
4. Repeat these steps until your blood sugar is in your target level.
5. If your next meal or snack is more than 1 hour away, you need to have solid snack that contains carbohydrate and protein and fits into the stage of diet you are at – for example cheese and crackers.

If you have any concerns about having low blood sugar or what to do, talk to your diabetes educator.

What is A1C?

A1C is also called glycosolated hemoglobin. A1C shows the 3-month average blood sugar level before the test was taken. You do not have to fast before this test.

When your A1C result is less than 7%, you decrease your risk of complications.

The A1C is not the same as your blood sugar results.

The chart below will help you know what your A1C results mean.

Comments	A1C Results:	Your average blood sugar during the past 3 months:
Normal Range: 4.4% to 6.4% Lowest risk of complications	5%	5 mmol/L
	----- 6%	----- 6 to 7 mmol/L
Lower risk of complications	7%	8 to 9 mmol/L
Higher risk of complications: Need to make changes to improve blood sugar control	8%	9 to 11 mmol/L
	----- 9%	----- 11 to 13 mmol/L
	----- 10%	----- 12 to 15 mmol/L
	----- 11%	----- 14 to 17 mmol/L
	----- 12%	----- 15 to 19 mmol/L

Food Journal, Records and Logs

If you need more pages, copy a blank form before using.

	Page
Food Journal	97
Fluid and Protein Record	100
Blood Sugar Record	104
Blood Pressure Record	105
Weight Tracking Record	106
Medication and Supplement Record	107

How to Start and Use a Food Journal

A food journal is a great way for you and your dietitian see what you are eating, help you understand positive changes you have made and/or offer advice to help prevent or manage problems.

Bring a minimum 3 day journal with you every time you meet with your dietitian.

There are many types of food journals available. There is a paper sample on the next page for you to use as an example or you can use online websites or apps for food journals such as:

- My Fitness Pal
- EaTracker
- My Net Diary
- My Plate

Tips for starting and using a food journal:

- You can begin by tracking everything you eat and drink so you can get into the habit.
- If you decide to track only 3 days in a row, make sure 1 day is a 'weekend' type day (a day off from work or school for example).
- Record exactly what you eat and/or drink right after you have it, so that you don't forget. It is important to be specific by writing things like amount, type, way it was cooked and/or brand of product used such as:
 - 240 ml of **1%** milk
 - ½ cup **steamed** broccoli
 - 1 cup hot tea with **skim** milk
 - 1 teaspoon (15 ml) **Becel** margarine (put on broccoli)
 - 3 ounces stir fried chicken breast **cooked in 5 ml (1 teaspoon) of olive oil**
- Write down time of your meals and snacks, as well as the amount of time taken to eat
- If you eat at a restaurant or take-out place, record the name of the place.
- Record the vitamins and minerals you took in your journal.
- Record your thoughts and feelings, if you find this helpful

There is a sample food journal on the next page followed by a blank copy.

Be sure to make copies before you start if you plan to use the sample provided.

Sample Food Journal

Date: Monday, May 9, 2016

Time of Day	Food	Amount	Type/Brand/Details
Breakfast Time: 9:00 - 9:30 am	fruit smoothie	½ cup (120 ml) ½ cup (120 ml) 2 tablespoons (30 ml) 1 packet	skim milk frozen strawberries whey isolate protein powder Splenda sweetener
Morning Snack Time:			
Lunch Time: 12:20 -12:50 pm	turkey sandwich milk	1 slice 1 teaspoon (5 ml) 1 slice 3 slices 1 cup (240 ml)	Dempsters whole wheat bread dijon mustard tomato Schneiders deli turkey skim
Afternoon Snack Time: 3:00 - 3:05 pm	Cheese	1 piece	Original Babybel (red)
Dinner Time: 6:15 - 6:45 pm	chicken olive oil soy sauce rice vegetables	4 ounces (120 grams) 1 tablespoon(15 ml) 1 teaspoon (5 ml) ½ cup (120 ml) 1 cup (240 ml)	pan fried, boneless, skinless breast Bertoli, extra virgin China Lily low sodium steamed brown rice steamed broccoli
Evening Snack Time:			
Supplements taken	<input type="checkbox"/> Multivitamin/multimineral <input type="checkbox"/> Other: <input type="checkbox"/> 600 mg Calcium citrate 2 times a day <input type="checkbox"/> Vitamin D: _____ <input type="checkbox"/> Other: <input type="checkbox"/> Vitamin B ₁₂		
How I felt today:			

Food Journal

Date: _____

Time of Day	Food	Amount	Type/Brand/Details
Breakfast Time:			
Morning Snack Time:			
Lunch Time:			
Afternoon Snack			
Dinner			
Evening Snack Time:			
Supplements taken	<input type="checkbox"/> Multivitamin/multimineral <input type="checkbox"/> Other: <input type="checkbox"/> 600 mg Calcium citrate 2 times a day <input type="checkbox"/> Vitamin D: _____ <input type="checkbox"/> Other: <input type="checkbox"/> Vitamin B ₁₂		
How I felt today:			

Fluid and Protein Record

Friday Time:	Fluid Type	Fluid Amount	Protein Type	Protein Amount
	Fluid Total:		Protein Total:	

Sat Time:	Fluid Type	Fluid Amount	Protein Type	Protein Amount
	Fluid Total:		Protein Total:	

Fluid and Protein Record

Sunday Time:	Fluid Type	Fluid Amount	Protein Type	Protein Amount
	Fluid Total:		Protein Total:	

Time:	Fluid Type	Fluid Amount	Protein Type	Protein Amount
	Fluid Total:		Protein Total:	

Weight Tracking Record

Date	Weight (kg)	Waist Circ (cm)	Hip Circ (cm)
Before Surgery			
4 to 6 weeks			
3 months			
6 months			
12 months (1 year)			

Medication and Supplement Record

Date and Time	Name and Strength	Number Taken

Medication and Supplement Record

Date and Time	Name and Strength	Number Taken

Book Resources

Name: The Complete Weight-Loss Surgery Guide and Diet Program

Author: Sue Ekserci and dr. Laz Klein

This book is written by the registered dietitians and surgeons of the Humber River Regional Hospital Bariatric Surgery Program. It provides information on bariatric surgery procedures and the risks and benefits of these surgeries. It is the only Canadian weight loss surgery cookbook and includes 150 recipes.

Name: Weight Loss Surgery Cookbooks for Dummies

Author: Brian Davidson, David Fouts and Karen Meyers

This book offers recipe ideas for different diet phases after bariatric surgery.

Name: Eating Well after Weight Loss Surgery

Author: Patt Levine and Michele Bontempo-Saray

Co-written by Patt Levine, who had lap-band surgery in 2003, this book offers recipe ideas for different diet phases after surgery.

Name: Recipes for Life after Weight-Loss Surgery

Author: Margaret Furtado and Lynette Schultz

Written by a clinical dietitian and chef, this book provides recipe ideas and information on entertaining and eating on the go.
