



Weight Management Lifeskills Program

Bariatric Surgery Diet Review

Pre-operative Diet Recommendations

- _____ Chewable multi-vitamin twice daily
- _____ Chewable calcium 500 mg three times per day
- _____ 4 ounces of water by mouth every hour while awake
- _____ Small, frequent meal/snacks, five times per day
- _____ No caffeine at least one week before operation
- _____ No carbonated beverages
- _____ Try 2-3 high protein (low carbohydrate/low fat) drinks and find ones that you can tolerate

Post-operative Diet Restrictions

- _____ Stage 2- Clear liquids
- _____ Stage 3- Full liquid/pureed diet
- _____ Stage 4- Gradual introduction of soft solids
- _____ Importance of fluid intake with goal of more than 40 ounces per day
- _____ Importance of protein intake with goal of more than 70 grams per day
- _____ Protein sources
- _____ Recognition of lifetime dietary changes including portion sizes, focus on protein, need for fluids between meals, etc.
- _____ Need for vitamin/mineral supplement for life
- _____ Avoidance of concentrated sugars for life
- _____ Patient aware of potential nutritional complication including but not limited to _____ .
dehydration, protein malnutrition, nausea, vomiting, abdominal pain, diarrhea, dumping syndrome, hair loss, fatigue, malabsorption, vitamin/mineral/trace element deficiencies

Patient Name _____ RD Signature _____