



# The Foundation

HUMBOLDT-DEL NORTE FOUNDATION FOR MEDICAL CARE

A partner in the delivery of medical care in Humboldt and Del Norte Counties since 1963

## **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 \_\_\_\_\_