

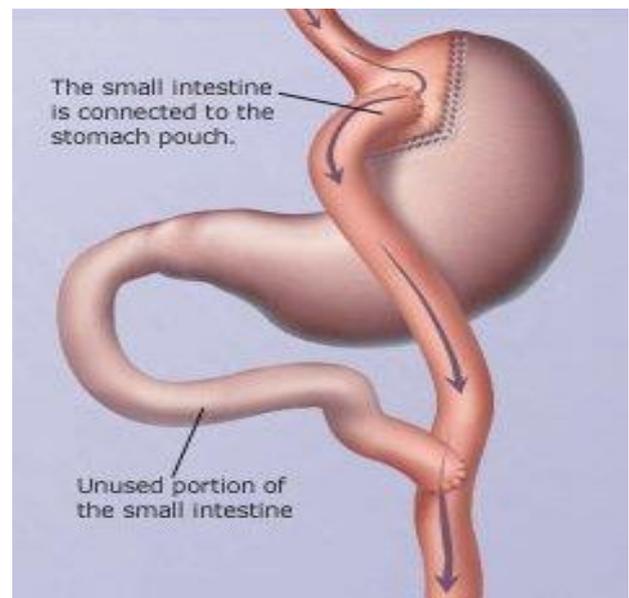
Specialist Weight Management Service

Dietary advice for patients having a Gastric Bypass

This information should only be used by patients who have had a Gastric Bypass and should only be followed with supervision and support from a Bariatric Dietitian.

What is a bypass?

- The gastric bypass is an operation that results in enhanced satiety (fullness) after a small meal and prevents some of the meal being absorbed into the body.
- The stomach is reduced to a small pouch. None of the stomach is actually removed.
- The food then bypasses the upper intestines (this is where food is mainly absorbed) through to the lower intestine.



There is a more detailed leaflet available about the surgical procedure. Please ask staff for a copy

General rules for eating after weight loss surgery

The long-term success of your gastric bypass operation is dependent upon you following the dietary recommendations outlined in this booklet.



Patient Information

- Eat slowly and chew your food well; it helps to move liquids around your mouth a few times before you swallow. This will encourage a new habit of slow eating;
- Stop as soon as you feel satisfied, not over-full;
- Sit down for each meal and allow 20-30 minutes;
- Separate drinks from your meals and sip fluids throughout the day;
- Choose a variety of healthy foods but eat small portions. At first you will only manage a few mouthfuls of food.

Vitamins and minerals

As your nutrition is compromised following surgery, it is recommended that you take nutritional supplements for the rest of your life, in addition to having a balanced diet. Any brand that states it provides between 70-100% of your daily requirements and contains Iron is acceptable. **Two tablets must be taken daily.**

Here are some examples of suitable vitamin and mineral tablets:

- Tesco's own **A-Z** multivitamin and mineral with Iron;
- Sanatogen **A-Z**
- Lloyds Pharmacy **A-Z**
- Morrisons, Sainsbury, Asda, Super drug, Wilko **A-Z**
- Aldi Every day Health **A -Z**
- Holland and Barrett ABC Plus:

Calcium and Vitamin D

Calcium and Vitamin D supplements are important to reduce the risk of osteoporosis (weakening of the bones). Your multivitamin/mineral supplement will not provide you with sufficient amounts so buy a good quality Calcium and Vitamin D supplement. **Two Calcium and Vitamin D tablets are also advised to be taken in addition to the multivitamin and mineral tablet.**

Remember to take the vitamins and minerals and Calcium and Vitamin D at separate times of the day.

Vitamin B12

Vitamin B12 deficiency is one of the most common deficiencies observed after a gastric bypass.

Intrinsic factor is a protein that helps your intestines absorb Vitamin B12. It is made by cells in the stomach lining. After a gastric bypass, the portion of the stomach responsible for making intrinsic factor is bypassed. This portion of the stomach therefore never encounters food and therefore is never stimulated to produce intrinsic factor. This lack of intrinsic factor decreases the amount the body is able to absorb Vitamin B12 after gastric bypass.

We would therefore usually recommend your GP prescribes Vitamin B12 injections on a regular basis.

Stage 1 - Liquid diet: follow for THREE weeks (should be thin enough to pass through a straw).

It is more difficult to meet your nutritional requirements following a liquid diet so here are some examples of suitable nutritious liquids:

- Skimmed/semi skimmed milk;
- Soup with no lumps (make condensed soup up with milk);
- Meritene/complan soups and drinks (available from supermarkets and chemist);
- Slimfast;
- Ovaltine / Horlicks;
- Smooth drinking diet yoghurts, low fat custards, low fat fromage frais (add milk to make it a pouring consistency)
- Sugar free/no added sugar squashes;
- Smoothies (blended fruit or vegetables with skimmed milk or yoghurts).
You will need to dilute with water and sieve any bits.



Aim to build up to 2 litres of fluid per day; for example, tea, coffee or no added sugar squash. It is important to keep yourself hydrated to help with wound healing and prevent constipation.



It is imperative to avoid any solid foods including ice cream and jellies in the first 3 weeks, even if they melt in your mouth as this will upset the healing process in the early stages

Stage 2 - Blended/puree textured diet, follow for TWO weeks

Try to have as much variety in your diet as you can. Continue to have protein and vegetables daily. If you feel any discomfort, remain on the liquid diet for a few more days then retry. It is important to avoid lumps. It may be useful to use a liquidizer or blender or a potato masher. The correct consistency is the same as tomato ketchup.

- Aim for three small meals with drinks in between;
- Aim for two to three tablespoons at each meal;
- Keep to recommended portion sizes. Remember your stomach is still trying to heal along the staple line; over filling may cause problems;
- Ensure you continue to have 2 litres of fluid a day. Sip your drinks between meals. Always eat and drink separately so you can eat enough to meet your nutritional needs;

Preparing blended meals

- **All foods should be the texture of custard. You may need to use a food blender, liquidiser or food processor to achieve this. A sieve and spoon can be used to remove lumps, pips and skins from certain foods**
- Use lean minced meat, chicken or turkey, or casserole meat slowly. Blend with a sauce or gravy;
- Mash potatoes with a little water or with skimmed milk and blend to a smooth paste;
- Mash boiled or steamed vegetables, use the cooking water for gravy;
- Mash or blend tinned, fresh or stewed fruit. Add fruit juice to help blend to a smooth pulp;
- Avoid adding salt, instead use herbs and spices to flavour dishes as blended foods can be bland. Try to reduce your taste for sweet foods too. Sweetened foods whether artificially or naturally sweetened can cause you to crave more.
- Cook and blend dishes in bulk. Freeze in individual portions. Avoid adding too much water as you can dilute the nutrients;

Sample meal ideas (aim for about 2 tablespoons)

Breakfast

- Plain or diet/light yoghurt (avoid the larger Muller light pots) SKYR yoghurts have good amount of protein.
- Oats/porridge/ready brek
- Mashed Weetabix with skimmed milk
- Very soft scrambled egg blended with milk and a little cheese.
- Fruit smoothie (blended fruit and skimmed milk or diet yogurt)

Lunch/Evening Meal

Serve the options below with blended Vegetables.

- Blended white fish in parsley/white sauce;
- Chicken, turkey lamb or beef liquidised with gravy granules or a stock cube;
- Lean minced meat liquidised with a tomato based sauce.
- Smooth soup containing meat, fish and vegetables. You can liquidise chunky tinned or homemade soups.
- Liquidised beans (any type) with mash and gravy;
- Liquidised cauliflower cheese/macaroni cheese.

Stage 3 - Fork-mashable diet, follow for TWO weeks

Gradually start to introduce soft textured foods (foods that can be mashed easily with a fork). Start to experiment with some of the soft foods listed below. Be careful not to increase the portion size too much. Be Mindful of signs telling you are full. Do not over fill. Chew foods really well and eat slowly.

- Soft lightly cooked omelettes/scrambled/poached egg;
- Tinned oily fish;
- Tinned vegetables or fruits in natural juice. Tinned foods are convenient and are likely to be the right texture.

Stage 4 - Normal textured diet

Continue to have foods from stages 2 and 3 but gradually introduce foods with a solid texture.

Refer to the general rules of eating on page 1 in addition to:

- The aim is to have 3 tea plate sized meals per day with drinks between at 12 months

Half the plate should be covered with vegetables and it is very important for you to eat protein at least twice a day (lean meats, fish, beans, pulses, tofu, Quorn). Starchy food (potatoes, rice, pasta, chapattis, bread, and other cereals) are not necessary.

Snacks (if required)

If you feel hungry between meals try having a drink first (our bodies have the same signal to tell us we need a drink as it does for food). If you still feel hungry after having a cup of tea, coffee, water, then try a healthy food snack, for example, chopped vegetables, a piece of fruit, crackers, rice cakes, skimmed milk, diet or light yoghurt or low fat fromage frais.

Avoid high sugar, high fat snacks such as chocolate, crisps, sausage rolls, ice cream, and biscuits and salted nuts. These foods can easily become a habit and all your weight loss efforts will be lost.

We advise you to avoid alcohol after surgery as it is absorbed more quickly and the effects are more intoxicating. There is also an increased risk of addiction.

Frequently asked questions

Should I expect to vomit or regurgitate food?

No you should not. If you do ask yourself the following questions:

- Did I eat too quickly?
- Did I chew enough?
- Was the food the correct consistency?
- Did I fill up with a drink before eating my meal?
- Did I over eat?

Patient Information

Should I expect to have diarrhoea?

Some people develop diarrhoea in the first few weeks after having a bypass. This may be due to a change in the type of medication you are having or may simply be due to having a change in your diet. It is important to have plenty of fluids during this time. Diarrhoea should settle after a few days.

The most common reason for diarrhoea when eating solid foods is eating foods high in sugar (sweets, chocolates, sweet drinks or sugar added to food), or food that is high in fat (crisps, snack foods, chips, fried foods, cheese and fatty meals). If your bowel motions become fatty, yellow and difficult to flush, this is always due to eating too much fat. It will settle if your diet is adjusted. If it continues for longer and is affecting your lifestyle please see your GP

Dumping syndrome

Eating sugar or large quantities of starchy foods such as potato, rice and pasta is **not** advised because doing so can result in 'dumping'. Dumping is a group of unpleasant symptoms that feels like food poisoning (nausea, vomiting, diarrhoea, abdominal cramps, flushing/sweating, and palpitations). It occurs when sugar from the breakdown of your food enters the small intestine rapidly.

What can I do if I get constipated?

To prevent constipation in the long term ensure you drink plenty of fluids; eat vegetables and be active. Being active helps greatly. In the short term take the laxatives you are given on discharge. Seek medical help if it becomes a problem.

Physical Activity

It is important to do as much as you feel able. You must move around/walk at regular intervals in order to reduce the chance of any post-operative complications, for example, Deep Vein Thrombosis (DVT).

It is important to stay mobile when you first get home, and gentle exercise is encouraged. After two weeks you should start to build up a habit of taking regular exercise such as brisk walking or swimming (ensure your wounds are fully healed).

Patient Information

To maintain heart health you should aim to be moderately active (heart rate is raised but you can still talk) for 30 minutes, five times a week. To lose and maintain weight loss you need to increase this to 1 to 1½ hours every day. This means where possible taking the stairs, walking instead of driving, doing more house-hold chores and most importantly reducing the amount of time you spend sitting. You could make a conscious decision to reduce television, or computer games by one hour per day and do a job around the house instead.

Further information can be obtained from:

British Dietetic Association www.bda.uk.com

BOSPA (British Obesity Society Patient Association)
<https://www.careplace.org.uk/Services/14206/BOSPA-UK-British-Ob>

Weight loss surgery information <http://www.wlsinfo.org.uk/>

This is a free members' site where you can get support and information about surgery.

We hold a Weight Loss Surgery Support Group at the Forum Health Centre every second Wednesday of the month: 6.30pm-8.00pm. You are welcome to attend.

UHCW Specialist Dietitians' Contact number: 024 7696 6155

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact 02476 966155 and we will do our best to meet your needs.

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