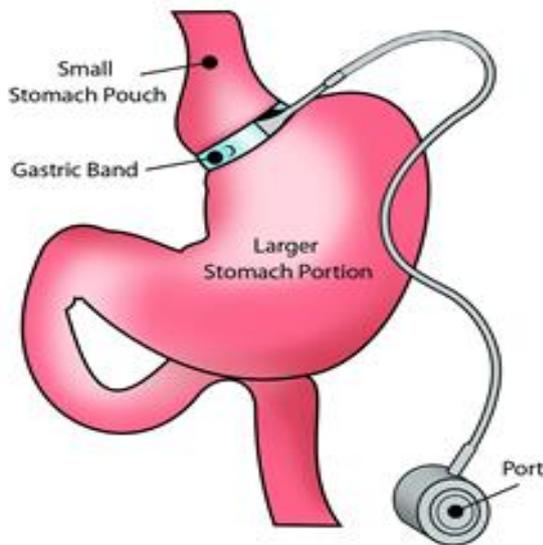


## Specialist Weight Management Service

# Dietary advice for patients having an Adjustable Laparoscopic Gastric Banding

**This information should only be used by patients who have had an Adjustable Laparoscopic Gastric Banding and should only be followed with supervision and support from a Bariatric Dietitian.**

## What is a gastric band and how does it work?



- Gastric banding involves placing an adjustable silicone band around the upper part of your stomach to divide it into two parts. The smaller half of the stomach at the top takes less food to make you feel full.
- Attached to the band is a tube that connects to a port. The port is placed under the skin on the left side of your stomach. The port allows the band to be inflated or deflated.
- The band is designed to help stop you eating large meals and to keep you feeling fuller for longer.
- Food passes slowly through the opening left by the band into the lower half of the stomach. After that, the food continues on into your intestines as normal.

## Gastric band adjustments

Once the band is in place, gastric band adjustments can be carried out by inflating (“gastric band fill”) or deflating it (“gastric band aspiration”). The band is filled with saline by using a fine needle through the skin into the port. The amount of saline and the number of fills required varies from person to person.

The Radiologist will do the first band adjustment following surgery. You will be asked to swallow some liquid which can be seen under X-ray. They will check the band is positioned correctly. You may be asked to stay on liquids for a few days after your adjustment. Subsequent fills or de-fills will usually be done by the Dietitian or Nurse in clinic.



### How will the band help me to lose weight?

You are advised to eat very slowly to allow each small mouthful of food to pass through the band. We advise that you eat a balance of food at each meal and start off with a few mouthfuls of meat or other proteins such as beans, lentils or fish. This will help you feel more satisfied. As you begin to lose weight you may need your band to be inflated slightly to help you feel satisfied eating a smaller meal.

The band will **not** stop you from eating high fat or sugary foods and drinks such as chocolate, crisps and cheese, as these types of foods will easily pass through without stimulating the nerves under the band that send signals to the brain to say you are eating which in turn switch hunger signals off.

With a gastric band you still have to carefully monitor what you eat. It is important to stop eating once you feel you have had enough. It is very easy to override the faint satisfied signals and overfill the area above your band which will cause great discomfort. Discomfort or pain can also happen if you eat too quickly. The band is a tool designed to help you lose and maintain weight loss. It is your motivation and ability to work with the band that will help you to lose weight while enjoying healthy eating and regular physical activity.

For an outline of the surgical procedure, please see: '**Laparoscopic adjustable gastric banding: the surgical procedure**' which describes the surgery in more detail – please ask for a copy.

### General rules for eating after gastric banding

It is important that you:

- Eat slowly and chew your food very well until it is of a pureed consistency. You should chew about 20-30 times for soft foods and 50-100 times for meat. It helps to move liquids around your mouth a few times before you swallow. This will encourage a new habit of slow eating. Eating too fast can cause food to get stuck.
- Once you have swallowed, start to pick up the next mouthful from your plate.
- Stop as soon as you feel satisfied, not over-full. It is important not to over fill the area above your band. This can cause pain and discomfort and may make you vomit.
- Sit down for each meal and allow 20-30 minutes.
- Separate drinks from your meals and sip fluids throughout the day leaving at least 30 minutes in between food and drinks.
- Aim to eat protein and vegetables first.
- Choose a variety of healthy foods but eat small portions. At first you will only manage a few mouthfuls of food.

### Vitamins and minerals

It is recommended that you take nutritional supplements lifelong 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. Here are some examples of suitable vitamin and mineral tablets:

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- Forceval
- Tesco's own A-Z multivitamin with iron
- Centrum Advance (you will need an additional iron tablet)
- Holland and Barrett ABC Plus
- Wellwoman Max Formula
- Pregnacare

### Calcium and Vitamin D

One calcium and vitamin D tablet is also advised in addition to the multivitamin and mineral tablet.

Remember to take the vitamins and minerals and calcium and vitamin D at separate times.

## Stage 1: Liquid diet, follow for **THREE** weeks

Fluids pass easily through the band. Following a fluid diet gives time for the band to settle and fully attach to the wall of the stomach. It is very important not to overfill the stomach as this can lead to pain and discomfort, which may result in vomiting. Try to sip liquids. Do not gulp or take large volumes quickly.

Suitable nutritious liquids include:

- Skimmed/semi skimmed milk
- Soup with no lumps (make condensed soup up with milk)
- Build up soups and drinks (available from supermarkets and chemist)
- Slimfast
- Ovaltine / Horlicks
- Smooth diet yoghurts, low fat custards, low fat fromage frais
- Fruit juice diluted (no more than 150ml undiluted per day), vegetable juices

Avoid fizzy drinks, alcohol and drinks with bits or lumps.

Aim for eight to ten cups 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 in the first 3 weeks, even if they melt in your mouth as this will upset the healing process in the early stages**



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### **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.

- 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 between eight to ten drinks per day. Sip your drinks between meals. You may overextend your stomach if you fill up with fluid during a meal and then not be able to eat sufficiently to meet your nutritional requirements
- Serve all food on either a side plate, ramekin dish or small bowl

### **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.**

- Use lean minced meat, chicken or turkey, or casserole meat. Blend with a sauce or gravy.
- Mash potatoes with a little water or with skimmed milk and blend to a smooth paste.
- Soft pasta blends well if extra tomato based sauce is added. Try to avoid cream or cheesy sauces.
- Mash boiled 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.
- It helps to blend foods separately, for example, potatoes, vegetables and meat separately. This will help to make eating a more pleasurable experience because it will look more appealing
- 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**

#### **Breakfast**

- ½ a small pot of plain or diet/light yoghurt (avoid the larger Muller light pots)

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- 2 tbsp of oats/porridge/Ready Brek.
- 1 Weetabix with skimmed milk.
- Very soft scrambled egg blended with milk and a little cheese.
- 100ml fruit smoothie (blended fruit and skimmed milk or diet yogurt).

### Lunch/Evening Meal

**Serve the options below with 1 tbsp of (blended) vegetables and 1 tbsp of (blended) carbohydrate foods, e.g. pasta or mashed potato**

- 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 or tomato puree.
- 100-150ml ( $\frac{1}{6}$  pint) 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.

### Morning/mid afternoon snack (Only if hungry, but try a drink first)

- 150ml glass of semi skimmed milk.
- 1-2 tbsp low fat custard.
- $\frac{1}{2}$  a small pot of plain or diet/light yoghurt.
- 1-2 tbsp blended, peeled fresh fruit/tinned fruit in natural juice.
- 100-150ml ( $\frac{1}{6}$  pint) fruit smoothie.
- Small bowl of sugar free jelly.



## 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). Do this by continuing with the blended diet above but start to experiment with some of the soft foods listed below. Be careful not to increase the portion sizes too much. Listen to the fullness feeling in your stomach. Do not over fill. Chew foods really well and eat slowly.

- Soft omelettes/scrambled/poached egg.
- Tinned meats/fish/vegetables or fruits in natural juice. Tinned foods are convenient and are likely to be the right texture.
- 1-2 tbsp white fish in parsley/white sauce with 1 tbsp mashed potato and 2 tbsp soft vegetables. Mash the potatoes using some of the water they are cooked in or add a little skimmed milk. Avoid butter or margarine.
- 1-2 tbsp lean minced meat with tomato based sauce or tomato puree with 1-2 tbsp pasta and 2 tbsp vegetables.

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- 1-2 tbsp beans/pulses/dahl (any type) with 1tbsp softly boiled potatoes and gravy.
- 2-3 tbsp macaroni cheese, cauliflower or broccoli cheese.

### Stage 4: Normal textured diet

Continue to have foods from stages two and three but gradually introduce foods with a solid texture.

**Refer to the general rules of eating on page 2 in addition to:**

- Eat protein and vegetables first.
- If you are managing a tea plate sized meal aim to have three meals per day.
- If necessary, have skimmed milk or yoghurts between meals to ensure you get enough protein.
- Remember to have five portions of fruits and vegetables too.
- Do not overcook meat; it is difficult to chew.

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). One quarter of the plate should be protein and one quarter can be a starchy food (potatoes, rice, pasta, chapattis, bread, and other cereals) but these 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, toast, 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, alcohol, ice cream, biscuits. These foods can easily become a habit and all your weight loss efforts will be lost.

#### Caution

**Some foods need to be chewed more than others or may get stuck. Caution foods include:**

- Soft or white bread, non-toasted.
- Roasted, barbequed meats (these tend to dry out a little and make chewing difficult).
- Fibrous vegetables, green beans, celery, cabbage.
- Skin on fruit.
- Overcooked rice and pasta.
- Nuts and dried fruits.
- Egg white.

Remember sometimes a food is not tolerated just because you have not chewed well.

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### Frequently asked questions

#### Should I expect to be sick or vomit?

No you should not. If you are vomiting 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 overeat?

#### Should I expect to have diarrhoea?

Some people do experience diarrhoea after having a sleeve gastrectomy but this should resolve in one to two weeks. To help prevent symptoms continuing for too long try to introduce new foods one at a time to see if you are tolerating them. If you experience diarrhoea avoid the new food for one week then reintroduce and check symptoms again. Make sure you have plenty of fluids to replace the fluids you lose.

#### What can I do if I get constipated?

To prevent constipation ensure you drink plenty of fluids. Water is best; use the drink chart as a reminder. Ensure you eat plenty of vegetables at meal times and occasionally have fruit. Choose whole grain cereals, pasta and breads. You can also take a non-bulking laxative agent such as Benifibre, Lactulose or Senna for a short time. Taking laxatives for too long can make constipation worse. Seek medical help if it becomes a problem.

#### Physical Activity

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, for example watching the television. 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

British Dietetic Association [www.bda.uk.com](http://www.bda.uk.com)

BOSPA. British Obesity Society Patient Association <http://www.bospa.org/>

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

This is a free member's 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: 6.30-8.00. You are welcome to attend

# Patient Information

Contact number: 024 7696 5980/1/2

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5980/1/2 and we will do our best to meet your needs.

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