

Bariatrics

After your gastric band adjustment

You have been given this leaflet to help you after your gastric band adjustment. It has important eating and drinking advice.

Name:

Date:

Your reported or measured pre-adjustment volume in band: _____ ml.

You have had _____ ml added to/removed from your gastric band.

This takes the total volume to _____ml.

Eating and drinking

Your band adjustment may irritate your stomach. This can mean that you are able to eat easily today, but you may have problems over the next few days.

It is important that you are very careful with your food choices over the next 48 hours (2 days). Only consume fluids or non-bulky foods. Do not eat after you feel fullness or satisfaction.

If eating is difficult or you vomit after food, drink only liquids (not fizzy). Try either hot drinks or sucking ice. This will help to reduce the swelling. Do not be concerned at this stage as the swelling will usually go and your usual (small) diet can be resumed. Vomiting will increase the swelling and should be avoided. Please keep us informed.

You should be able to drink immediately, even if you need to take small sips. You must be able to drink. If you are unable to drink fluids without being sick (vomiting), please contact us immediately.



Patient Information

We may need to arrange an appointment to remove fluid. This can be arranged quickly. It should be your priority to attend at the time offered.

Food advice

Do not only eat soft foods like minced meat, shepherd's pie or mashed potato. Your band does not work well when foods slip through too easily. You may need to try different foods with this new adjustment.

Avoid high calorie liquids such as juices, smoothies, alcohol, lattes and hot chocolate. These can slow your weight loss and may cause weight gain.

If you stop losing weight, you may not necessarily need another fill. You may just need to try bulkier foods. If you stop losing weight, please keep a food diary and discuss this with your dietitian.

Contact information

Please contact us if you have any concerns. **Monday to Friday, 8am to 4pm on 024 7696 6994.**

If outside of these hours and you are unable to drink fluids without being sick (vomiting): go to Ward 12 Surgical Assessment Unit, University Hospital Coventry.

If you need this information in another language or format, please contact 024 7696 6994 and we will do our best to meet your needs.

Did we get it right?

We would like you to tell us what you think about our services. This helps us to make further improvements and to recognise members of staff who provide a good service.



Have your say. Scan the QR code or visit:

www.uhcw.nhs.uk/feedback

Document History

Department:	Bariatrics
Contact:	26694
Updated:	November 2023
Review:	November 2026
Version:	1
Reference:	HIC/LFT/2828/23