University College Hospital

A guide to eating and drinking after Gastric Bypass
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1 Introduction
Following a Gastric Bypass procedure the majority of the stomach and proximal intestine is bypassed and there is an enhanced delivery of nutrients to the distal gut. There is also a change in gut hormone levels following a Gastric Bypass which can lead to reduced appetite and improved glucose tolerance for a period of time (usually 1 year to 18 months following surgery). However, it isn’t a ‘quick fix’ or a certainty that you will lose weight after surgery. Successful weight loss and long-term weight loss will be down to you working with your surgery by making good healthy dietary choices and increasing your physical activity.

This booklet will guide you through the post-operative (after surgery) stages step-by-step, to help you make the necessary changes to your eating pattern following a gastric bypass operation and answer any questions you may have. Please read the entire booklet before your operation and approach a member of your bariatric team with any questions you may have.

You should ensure that all your questions have been answered before you sign the consent form.

2 How the gastric bypass helps you to lose weight
In the initial period after surgery you will only be able to eat very small portions and will probably not feel hungry due to the changes in gut hormones. It is common for your appetite to return and your portion sizes to increase to a child’s size portions within a year of your surgery.

It is important to realise that we don’t always eat because we are hungry. We might eat out of habit or because we have learned to turn to food as a comfort when we are bored, or upset, or even happy. This “head hunger” does not disappear with surgery and you must learn to overcome this if you want to be successful with your weight loss.

3 What should I eat after surgery?
The following advice is designed to reduce the likelihood of any complications following surgery. It is therefore very important that you follow this advice closely. There are 4 stages. Do not be tempted to skip stages or rush things. The advice is designed to help you get all the nutrients you need while helping the wounds heal in your digestive system and helping you recover from surgery.

We recommend that you spend between 1-2 weeks in each stage but you must spend a minimum of 1 week on each stage. You should be led by your body and how you are feeling. Do not try to copy or follow anyone else who has had a bypass; everyone is different. If you progress too quickly and then struggle, go back to the previous stage for a few days more.

You should aim to be eating ‘normal’ foods approximately 2 months after your operation. If you are concerned or begin to struggle with food you previously could manage please contact the dietician on 07904 912441.

Immediately after your surgery, once your surgeon has advised that you may sip freely:
Start taking your calcium (Calcichew) 500mg twice daily, iron (Ferrous Sulphate) 200mg once daily and multivitamin/ mineral supplements (e.g Forceval) once daily and commence Stage One (as below).

4 Stage one – Fluid Phase (first 2 weeks)
• All drinks should be smooth (no bits or lumps) and be able to be sucked through a straw.
• Start with sips and if these feel comfortable, gradually increase the amount you take in one go. Be careful not to gulp your drinks as this may result in vomiting.
• Aim to have a minimum of 2½ litres (4 pints) each day to avoid becoming dehydrated. At least 1-1.5 litres of this should be nutritious liquids (see below).
• Avoid all fizzy drinks.
• While it is fine to drink tea, coffee, squash, water etc you should make sure these are in addition to any drinks with a nutritional content (see below), not instead of.

Nutritious liquids:
• Skimmed or semi-skimmed milk fortified with skimmed milk powder (1-2 tablespoons per 200ml)
• Nestle Build-Up, Complan (or own-brand equivalents) – please note that these supplements are suitable for diabetics in the quantities prescribed below.
• Slimfast, powder or ready-made
• Smooth soup (homemade or tinned) fortified with 1-2 tablespoons skimmed milk powder.
• Smoothies. (Fruit blended with milk) Homemade will be best. Shop-bought varieties will be too high in sugar.
• Unsweetened fruit juice (limit to 1 small glasses per day)

Example meal plan
Breakfast Fruit smoothie (200ml)
Mid morning Fruit juice (200ml)
Lunch Complan or Nestle Build-Up milkshake or a glass semi-skimmed milk including 2 tbsp skimmed milk powder (200ml)
Mid afternoon Slimfast (200ml)
Dinner Thin soup with 1-2 tbsp of skimmed milk powder (200ml)
Supper Nestle Build-Up milkshake or Complan (200ml)
(Plus water/tea/coffee/sugar-free squash etc in between)

When you feel ready, move on to Stage 2 for 1-2 weeks….

5 Stage two – Soft Blended/ Puree (weeks 3-4)
• It is still important to avoid lumps at this stage. Make sure foods are blended well. Having a blender to liquidize food is useful during this stage.
• Texture-wise you are aiming for yoghurt consistency.
• Have 4-6 ‘meals’ a day. Aim to have about 1-2tbsp of the following every couple of hours during the day.
• Start with 1-2 tablespoons per meal and increase this gradually if and when this feels comfortable (to no more than 4 tablespoons).
• Chew well and eat slowly. Stop as soon as you feel full.
• Do not drink at meal times. Wait at least 30 minutes after you eat before you drink anything.
• Make sure you include a protein source at each meal. Meat, chicken, fish, beans and lentils are all good protein sources. This is important to help wound healing.
• Have 1 pint of milk a day still. Use this to blend foods rather than water to increase the nutritional content.

Sample meal ideas/plan (Stage 2)
Breakfast Low fat or diet yoghurt/fromage frais Soggy weetabix or ready brek (runny) Homemade fruit smoothie (made with yoghurt)
Mid morning Blended tinned fruit (unsweetened) Low fat or diet yoghurt/fromage frais Sugar-free Angel delight/custard
Lunch An example would be one of the following:
Thick, smooth soup (add skimmed milk powder if it doesn’t contain meat, fish, chicken or lentils) OR
Blended baked beans and mashed potato OR
Blended fish in sauce with mashed potato OR
Liquidized meat/chicken/fish stew with liquidized vegetables and mash OR
Liquidized pasta with cheese and vegetable sauce

Mid afternoon As mid morning
Dinner As lunch

6 Stage three – Soft texture (weeks 5-6)
- The texture you are aiming for now is mashed food you could eat with just a fork or spoon.
- Lumps are now allowed! It is important you chew all food well and take your time.
- You should reduce the frequency of meals to 3-4/day (or 3 plus a snack) and avoid eating in between. Try to establish a routine for having three meals a day, even if you are not hungry initially at these times. This will help you to lose weight in the long term.
- Continue to separate drinks from meals.
- You do not need to add any extra milk, fruit juice, Slimfast etc any more as you can now have regular foods

Meal ideas…. 1 of the following options
¾ cup low sugar cereal (not muesli) with skimmed/semi-skimmed milk,
3-4 tbsp scrambled eggs
3-4 tbsp baked beans
3-4 tbsp minced meat or turkey e.g. cottage or shepherds pie, bolognese sauce
3-4 tbsp fish in sauce/fish pie
Soft ready meals e.g. cauliflower cheese, lasagne, macaroni cheese
......with soft (overcooked) pasta, cous cous or mash potato
......and soft (overcooked) vegetables (tinned are often soft)

Snack ideas
Low fat/ diet yoghurts, fromage frais, stewed or soft tinned fruit, cottage cheese, sugar-free mousse/ custard, low fat rice pudding.

7 Stage four – Normal texture (approximately 6-8 weeks post surgery)
- Now aim for regular meals, 3 meals a day with no more than 4-5 hours between meals. The long term aim is to have 3 tea plate sized meals a day, with nutritious snacks such as a piece of fruit or a tub of yoghurt between your meals. You should not graze (eat small amounts of food constantly through the day) or go for long-period of time without eating. Below is a meal template idea:

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Protein

Carbohydrate

Vegetables/Salad

Snack ideas
Low fat/ diet yoghurts, fromage frais, stewed or soft tinned fruit, sugar-free mousse/ custard, low fat rice pudding, reduced fat hummus with chopped raw vegetables, crackers (e.g. rivitas) with low fat cream cheese or cottage cheese.
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- You do not need to add any extra liquid calories or additional protein any more. You no longer need to have extra milk, skimmed milk powder, fruit juice or Slimfast.

Snack ideas
Low fat/ diet yoghurts, fromage frais, stewed or soft tinned fruit, sugar-free mousse/ custard, low fat rice pudding, reduced fat hummus with chopped raw vegetables, crackers (e.g. rivitas) with low fat cream cheese or cottage cheese.
8 Hunger and appetite
You may not be hungry due to changes in gut hormone levels resulting from your operation. It is still important to eat regular meals, 3 meals a day with no more than 4-5 hours between your meals - you need the nutrients! It might be tempting to skip meals if you aren’t hungry as a way to speed up weight loss but this will result in you becoming malnourished or developing unhelpful eating behaviours. Hair loss can result as a consequence of under-nourishment after bypass surgery. This is usually a sign of general under-nourishment as opposed to a specific vitamin or mineral deficiency. For this reason, you should be aiming to eat a healthy balanced diet in the long-term after your operation. If you are struggling to eat all of your meal, eat the protein portion of the meal first, then the carbohydrate portion followed by the vegetables.

You should try to include all types of textures now remembering to chew really well, at least 20 times and not putting more than a thumbnail sized piece of food into your mouth. If it is a new food, put only a very small amount in your mouth and chew extra well.

You can refer to the booklet ‘Healthy Eating after Bariatric Surgery’ for further guidance around how to eat once you have completed the post-op diet re-introduction.

9 Dietary goals for successful weight loss with a Gastric Bypass
- Eat regular meals, 3 small meals a day with no more than 4-5 hours between meals, even if you do not feel hungry. You should not graze or go for long period without eating
- Plan a small snack such as a piece of fruit or a yoghurt between meals;
- Eat slowly: put a small amount of food in your mouth at a time (size of a thumbnail) and chew this very well (at least 20 times). Eating at a table without any distractions and putting down cutlery between mouthfuls can help;
- Do not aim to eat until you are ‘full’. Overeating will stretch your stomach pouch, cause discomfort and may make you vomit;
- Do not drink with meals. Wait at least 30 minutes after a meal before you have a drink. Make sure you have at least 2 litres of fluid a day;
- Do not drink high calorie drinks such as smoothies, fruit juice, energy drinks, milkshakes. These are all very high in sugar (and therefore calories) and will affect your weight loss following surgery
- Avoid all fizzy drinks;
- Choose a diet based on ‘Healthy Eating’ guidelines. In particular avoid sugary foods to minimize the chances of suffering from Dumping Syndrome;
- There are some foods that some people find a problem after bypass. This can include chewy meats, white bread, fibrous fruit and vegetables, nuts, seeds and rice. These should be avoided at the beginning and re introduced slowly once a ‘normal’ diet has been established. Everyone is different to what they can manage and you will need to find out what is right for you by trial and error.

10 Key points to remember
Following is some advice to help with your weight loss journey:
- Always stick to the recommended food portions
- You will not come to harm by eating very small portions just three times a day, remember your stomach is now much smaller
- Your meal should take between 20-30 minutes to eat - do not override the restrictive effect of the surgery by eating excessively slowly over a longer period than 30 minutes
- Chew your food very well before swallowing, at least 20 chews
- Do not eat and drink at the same time.
- If you feel hungry between meals, take a drink first to make sure you are not confusing hunger with thirst.
- If you are still hungry have a small healthy snack from the foods listed on the previous page.
Fluids
As your diet becomes more solid and you progress through the stages, it is still important to maintain your fluid intake. Suitable choices would include water, no-added sugar squash, tea and coffee and up to 1/2 a litre skimmed/semi-skimmed milk per day. Avoid fizzy drinks as these may cause discomfort. Do not drink high calorie drinks such as smoothies, fruit juice, energy drinks, milkshakes. These are all very high in sugar (and therefore calories) and will affect your weight loss following surgery.

You should not drink with your meals – you may find this difficult at first particularly if you are used to drinking with your meals. However, your new stomach is not big enough to cope with this any more and if you do eat and drink together, you may vomit. Aim to wait 30 minutes after a meal before drinking.

11 Frequently asked questions

Are there any foods I should avoid after gastric bypass?
You may find it difficult to tolerate some foods, and this varies from person to person. Common foods known to cause problems may be dry meat, soft white bread, stringy or very fibrous vegetables, sweetcorn, nuts, dried fruit, pips and seeds. Avoid these until you have established yourself on your solid diet and always try foods cautiously. If you don’t tolerate a food, try it again in a few weeks time. There is a lot of adaptation in the first few months. It is highly likely you will manage it with time.

Can I drink alcohol after gastric bypass?
It is not recommended that you drink alcohol for the first six months after operation and remember that you will feel the effects of the alcohol much more quickly than before. You should not drink and drive as drinking will affect your legal limit and your reaction speed.

Remember that alcohol is very high in calories (particularly alco-pops and stronger wines or lagers) and contains no nutrients. It can also stimulate appetite – another reason not to drink frequently.

Why should I avoid sugar and too much fat afterwards?
Most people after a bypass are unable to eat food and drinks high in sugar and fat. If these are taken after surgery, even in small amounts, you will suffer from ‘Dumping Syndrome’. The symptoms of this are diarrhoea, nausea, light-headedness and cramping. These foods are therefore best avoided after bypass surgery.

If you experience this (nausea, sweating, feeling faint, diarrhoea, cramping) after eating you should sit or lie down until the symptoms pass. The symptoms can be made worse by drinking with meals or having foods with a high fat content. Some people find lying down helps relieve the feeling. To prevent dumping you should avoid foods high in fat and sugar and use artificial sweetener in place of sugar where possible.

These foods are also high in energy (calories) and if you eat too much of these foods it will make it hard to lose weight after surgery. Avoiding or minimising the amount of foods you eat that are high in fat and sugar such as crisps, biscuits, cakes, ice cream, sweets and other confectionary foods will help you stick to a healthy diet and optimise your long term weight loss.

Will I need to take vitamins after my operation?
You will need to take supplements for the rest of your life. A multi vitamin and mineral supplement and calcium are recommended. You will also need to have 3 monthly vitamin B12 injections which you will need to arrange with your General Practitioner. Some people need additional supplements; this will be assessed by regular blood tests at your review appointments. It’s important to take your calcium supplement at a different time to any supplements containing iron (e.g. multivitamin and mineral). Taking them together reduces the absorption rate.
How should I take my vitamin tablets after my operation?
During the first few weeks after your surgery you may not wish to swallow a whole capsule. The following advice should be followed until you feel confident to swallow capsules or tablets.

Forceval – this capsule can be bitten, swallow the contents and spit out the shell.

Ferrous sulphate – can be broken in half with a pill-cutter.

Calcichew – this is to be chewed so should not present any problem.

12 Possible problems and solutions after a bypass

Vomiting
You should not expect to be sick after a bypass. If you are, it is likely you have either:

- Eaten too much
- Eaten too quickly
- Not chewed the food enough
- Had a drink too near to the meal.

Ask yourself if any of these could be likely causes and try to avoid repeating the ‘mistake’ at the next meal. If you continue to be sick and it can’t be explained by the above, you should contact your surgeon or GP.

Constipation
If you are suffering with this, check you are drinking enough fluid. You should have at least 2½ litres a day. Try to choose more high fibre foods such as wholegrain products, fruit and vegetables. Regular exercise will also help to alleviate constipation. If constipation persists then you can safely take laxatives such as Resource Optifibre, milk of magnesia or Senna.

What to do if food gets stuck?
This may happen if you have eaten a food that was too solid, eaten too fast or too much, or as a result of eating certain ‘problem’ foods. This will feel uncomfortable and you may wretch or vomit. It usually resolves itself, but you can try repeatedly swallowing small quantities of cold sparkling water as the fizz may help to dislodge the lump. If the trouble persists, please call the specialist nurse during working hours.

13 When will I see the dietitian after my operation?
You will be sent a letter to advise you of your first dietitian appointment and it should then take place at approximately 12 weeks after discharge.

If you have questions or concerns in the interim, please contact the dietitian on 07904 912441.

14 Where can I get more information?
The British Obesity Surgery Patient Association
Website:  www.bospauk.org

Weight Loss Surgery Information
Website:  www.wls.org.uk

Weight Concern
Website:  www.weightconcern.org

15 Contact details
Please do not hesitate to ask a member of the Bariatric Team any further questions you may have. All of us are happy to help you.

Secretary  020 3447 9419
Switchboard: 0845 155 5000
Nurse:  07943 826528
Dietitian:  07904 912441
Fax:  020 3447 9218
Email:  Bariatric@uclh.nhs.uk
Website:  www.uclh.nhs.uk
16 How to find us

We are based at University College Hospital

No car parking is available at the hospital. Street parking is very limited and restricted to a maximum of 2 hours.

Please note the University College Hospital lies outside but very close to the Central London Congestion Charging Zone.