

Diet After Bariatric Surgery

3 Main Goals After Surgery

1. **Stay hydrated.** Aim for 6-8 cups (48-64fl oz) of water per day. This can include your protein shakes early on. Drink slowly and sip fluids all day long. Set reminders to help you remember to drink.
2. **Try to get at least 60 grams of protein a day.** Your goal is to drink 3 protein shakes a day. Use flavoring tips to improve the taste. You will need protein shakes for the first year after surgery. Try different types of shakes to help improve tolerance.
3. **Drink at least 3 protein shakes per day** (breakfast, lunch and dinner) for the first 4-6 weeks after your surgery. This will allow time for your new stomach to heal. As your food intake increases, shake requirements decrease. Work with your dietitian to figure out when to advance your diet.

Drinking Tips

- Sip, sip, sip. Take slow, small sips and avoid gulping.
- Use a timer to remind yourself to drink.
- Have a loved one remind you.
- Avoid straws.
- Carry a water bottle, drink, or protein shake with you wherever you go.
- Drink 2-3 protein shakes per day.
- **No** sugar-sweetened drinks.
- **No** soda or carbonated drinks.
- **No** juice or other liquid calories besides your protein shakes.
- **No** caffeine or alcohol.

Approved Drinks

- Water, flavored water (such as Propel), spa water or fruit-infused water
- Sugar-free juice or juices with less than 5 calories per serving
- Crystal Light, sugar-free Kool-Aid, water enhancers such as Mio drops
- Powerade ZERO, Gatorade Zero, Fruit-2O
- Diet V-8 Splash, diet Snapple (caffeine-free)
- Beef, chicken, or vegetable broth
- Vegetable juice or V8 juice
- Protein shakes, mixed with water or milk
- Milk, soymilk, almond milk
- Sugar-free popsicles
- Sugar-free gelatin
- Herbal tea

Be sure that you drink enough liquids and get enough protein in each day. You will need to drink all day long to get everything in. It is normal to not feel hungry or thirsty. You may feel like you are forcing yourself to eat and drink. This is normal. It is common to feel overwhelmed at first. Try to frame food, beverages and shakes as your medicine.

Vitamins and Mineral Supplements

Take your vitamins **every** day, including weekends and while on vacation.

Once you are home from the hospital, start taking your bariatric complete chewable multivitamin and 500-1,000 mcg of sublingual B12. Be sure your multivitamin has been approved by your dietitian.

Add your calcium supplement once you start pureed foods (7-10 days after surgery). Take 1200 mg a day (1500 mg if you are post-menopausal). You will need to take this 2-3 times per day. Make sure you are taking your calcium 2-4 hours apart from your multivitamin. Chewable forms of calcium are available online (check with program dietitian). You can also crush calcium tablets and add to shakes or food. This is recommended with any pills that are larger than a pencil eraser.

Take Miralax as needed for constipation. Be sure you are drinking the recommended amount of fluid.

Sample Schedule

Use the sample schedule below to help plan your new eating routine.

Time

6:30-7:00AM

4 oz of water with medicine/supplements (chewable multivitamin and sublingual B12) chewable multivitamin, B12, Miralax

7:30-10:00AM

Protein shake (mix with 6-8 ounces of liquid)

10:00-11:00AM

4 oz of water

11:30AM-12:30PM

Chicken, beef, or vegetable broth (8 oz.)

12:30-3:30PM

Protein shake (mix with 6-8 oz. milk or water)

Calcium supplement

3:30-4:30PM

Water or flavored water (8oz.)

4:30-5:30PM

Milk or water (8oz.)

5:30-7:00PM

Protein shake (mix with 6-8 oz. milk or water)

Calcium supplement

7:00-8:00PM

4 oz of water

7:30-8:30PM

Sugar-free popsicle or herbal tea

9:00-9:30PM

Water (4 oz.)

Calcium supplement if needed

Who to Call

If you are a UW Health patient and have more questions, contact UW Health using the phone number listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 8/2024 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#327