

BARIATRIC DIET STAGES 1-3 AFTER SURGERY

DAY BEFORE SURGERY

Consume liquids only. This can include clear liquids and protein drinks.

DAY OF SURGERY

Clear liquids only after midnight and up until 2 hours before surgery. No intake 2 hours before surgery. Please follow all instructions provided by your surgeon.

STAGE 1: WATER

Immediately after surgery, you will be given small amounts of water. Remember to sip slowly. Once you tolerate comfortably, you will advance to stage 2.

STAGE 2: SUGAR-FREE CLEAR LIQUIDS

Once you tolerate water, you will be given a sugar-free clear liquid. Examples include diet juice or broth. Once you tolerate comfortably, you will advance to stage 3.

STAGE 3: FULL LIQUID

In the hospital, you will start on a full liquid diet. This includes beverages that are low in sugar and high in protein. You will continue this diet once discharged home. You will remain on this diet for 2-3 weeks after discharge.

- Water
- Beverages with 10 Calories or less per serving (example: diet juices, zero sugar sports drinks, flavored water)
- Unsweetened milk (1% milk, reduced fat lactose-free milk, unsweetened soy milk)
- Broth (chicken, beef, vegetable, bone)
- Tomato juice or 100% vegetable juice
- Sugar-free popsicles (less than 20 Calories each)
- Sugar-free gelatin
- Nutrition supplements, protein shakes, and protein powders

FLUID GOALS

Consume at least 48 ounces of total fluid per day.

Always sip liquids slowly. Stop drinking immediately if you feel full.

PROTEIN GOALS

Consume at least 60 grams of protein per day.

In stage 3, this will come from beverages such as nutrition supplements, protein shakes, protein powders, and milk.

PROTEIN DRINK GUIDELINES

<200 Calories per 8 oz serving
>15 grams protein per 8 oz serving
<15 grams sugar per 8 oz serving

SEE HANDOUT “PROTEIN SHAKE RECOMMENDATIONS” FOR BRAND EXAMPLES

SAMPLE MENU

8:00 am	4 oz low sugar nutrition supplement, protein shake, or protein powder
9:00 am	4-8 oz low-sugar clear liquid
10:00 am	4 oz low sugar nutrition supplement, protein shake, or protein powder
11:00 am	4-8 oz low-sugar clear liquid
12:00 pm	4 oz low sugar nutrition supplement, protein shake, or protein powder
1:00 pm	4-8 oz low-sugar clear liquid
2:00 pm	4 oz low sugar nutrition supplement, protein shake, or protein powder
3:00 pm	4-8 oz low-sugar clear liquid
4:00 pm	4 oz low sugar nutrition supplement, protein shake, or protein powder
5:00 pm	4-8 oz low-sugar clear liquid
6:00 pm	4 oz low sugar nutrition supplement, protein shake, or protein powder
7:00 pm	4-8 oz low-sugar clear liquid
8:00 pm	4 oz low sugar nutrition supplement, protein shake, or protein powder
9:00 pm	4-8 oz low-sugar clear liquid
10:00 pm	4 oz low sugar nutrition supplement, protein shake, or protein powder

Reminders:

- Always eat and drink very slowly. Meals should last 20-30 minutes. Eating too quickly may cause nausea and vomiting.

- Consume foods and beverages in recommended portion sizes. Larger amounts may cause nausea, vomiting, weight gain, stretching, and damage to the stomach. Never force food if you feel full.
- Avoid chewing gum and sipping from straws.
- Stay hydrated with plenty of fluids. Drink at least 48-64 ounces of low-sugar, non-carbonated beverages such as water.
- Maintain a food and fluid record to help you to monitor your intake.
- No alcohol for up to one year after surgery. After one year it is okay to have a serving of alcohol only on special occasions, such as holidays.
- If you are unable to finish a specified portion within 30 minutes, STOP. Try again at your next scheduled meal or snack.
- Remember to schedule and attend follow-up nutrition appointments. You should meet with your dietitian at 3 weeks, 3 months, and 9 months post surgery. Regular nutrition support will be offered for the first two years after weight loss surgery.
- Be sure to call if you are experiencing any diet-related issues.

VITAMIN SUPPLEMENTATION

Supplements will be prescribed prior to discharge.

Vitamin / Mineral	Dose	Notes
Multivitamin with Iron	1 per	Chewable first 6 weeks Must contain 18 mg Iron
Calcium + Vitamin D	1000-1200 mg Ca 800 UU Vitamin D	Chewable first 6 weeks Divided into 2 doses
Vitamin B12 Sublingual	500 mcg	Sublingual or quick dissolve form
Iron + Vitamin C		May or may not need Surgeon will make this recommendation at 6 weeks post op
Biotin	5000 mcg	Start 6 weeks post op

- Two calcium doses should be separated by at least 2 hours.
- Calcium and iron should be separated by at least 2 hours.
- Taking the appropriate supplements will help prevent again nutrient deficiencies.

Sample Vitamin/Mineral Supplement Schedule

Morning	Multivitamin, B12, Biotin
Lunch	Calcium (first dose)
Dinner	Calcium (second dose)
Before Bed	Iron (if needed)

TRACKING YOUR INTAKE

We suggest tracking your protein and fluid intake to ensure that you are reaching your protein and fluid goals. You are welcome to track with pen and paper, an app, or a website.

Here is a sample template you can use to track your intake.

Time	Food/Drink Intake	Fluid (oz)	Protein (g)

Goals:

- 60+ grams protein
- 48+ ounces fluid

QUESTIONS

If you have any questions about your post op diet, you can reach us by:

Phone: 774-443-3886

MyChart: Send your dietitian a MyChart message