

# ONE MONTH FOLLOW-UP GUIDELINES AFTER GASTRIC BYPASS, ADJUSTABLE GASTRIC BANDING, SLEEVE GASTRECTOMY, AND REVISIONS

## NUTRITION GUIDELINES

1. Eat protein 3 times per day, gradually increasing amount to 4oz. by 3 months. Protein includes beef, pork, chicken, turkey, fish, shellfish, liver, lamb, veal, tuna, eggs, and cheese. The protein may be cooked in any method, except frying. You may use sour cream, mayonnaise, cream cheese, oil or butter to moisten the protein.
2. You may substitute one protein shake per day for one of the 3 meals. The shake needs to include at least 20 grams of protein, less than 10 grams of carbohydrates, 5 grams of sugar, and 5 grams of fat.
3. At 5 weeks after surgery you may introduce (one) ½ cup serving or (two) ¼ cup servings of a non-starchy vegetable daily. **Corn, Peas and potatoes are starchy vegetables and not allowed.** Choices include green beans, broccoli, cauliflower, spinach, carrots, sweet peppers; lettuces, cucumber, also tomatoes and/or fresh tomatoes based products (nothing processed like ketchup, bbq sauce, RAGU). Try the new vegetables one at a time to be sure that you tolerate them. You may also introduce beans, legumes, and lentils again one at a time; these also count as a vegetable serving. No other carbohydrates or starches should be added until you have reached your goal weight. **THIS MEANS NO STARCHY VEGETABLES, BREADS, CEREALS, CRACKERS, DAIRY PRODUCTS, DESSERTS OR SNACK PRODUCTS.**
4. At 3 months postop you may introduce fruits (1/2 cup) serving daily. The fruit can be fresh, frozen, or canned (packed in natural juice). Be careful with fruit that has skins or rinds they have a tendency to be difficult to chew up and could possibly get stuck.
5. Drink 64oz. of fluid per day. Do not drink fluids with meals or for 60 minutes after each meal. Do not drink carbonated beverages, fruit juices, or alcohol. All liquids should be CALORIE, AND SUGAR-FREE. Remember that Sugar-free jello, popsicles, and broth are still ok and count towards your liquid intake. You are allowed 1 cup (8 ounces) of caffeinated coffee/tea daily.
6. Continue taking your BMI vitamins daily. In addition to your vitamins, you should be taking Potassium daily for 4 months (**GASTRIC BYPASS ONLY**), CO Q-10 for 6 months, and a fiber supplement (Benefiber).
7. If you experience hair loss, be sure to get in all of your protein and fluids each day. Hair loss usually occurs maximally in the 3-6 month post surgery period. You may also want to try hair products designed for hair loss, such as Nioxin or Rogaine. You may also add Zinc and Biotin (the maximum daily allowance) to you daily vitamin regimen.

## 1 Month Follow-up Guidelines – Exercise Guidelines

1. You should be doing 30 minutes of cardiovascular exercise 5 days a week. With your heart rate in Zone 2 of your rate monitor. Cardiovascular choices include – walking, biking, swimming, aerobics, cardio equipment such as a stepper, or elliptical, and cardio videos.
2. At 4 weeks postop you should start doing 30 minutes of strength training 5 days a week. Your choices of strength exercises are thera bands, free weights, weight equipment. Resistance exercise should be done slowly, and you should exhale on the difficult part of the exercise.
3. Please do a stretching routine every day, working up slowly to a 30 second hold per stretch.
4. At 4 weeks postop, you are able and encouraged to attend the exercise classes on Tuesday, Thursday night (3pm-6pm) and Saturday Morning (8am – noon). The classes meet in the cardio-pulmonary rehab department (Lower Level, Pavilion A). If you would like to attend, please contact BMI to obtain an appointment for orientation to the classes.

## Support Groups

Bariatric Support Groups are held the last Wednesday of every month at 6pm – 7pm in the Conference Center at Silver Cross Hospital (Lower Level Pavilion A). Everyone is welcome and encouraged to attend. Emails are sent out 3 days – to 1 week prior to support group as a reminder. So please make sure we have an email on file and let BMI know if you are not receiving the updates.

**WE ARE HERE FOR YOU. IF YOU HAVE ANY QUESTIONS OR CONCERNS JUST ASK!**