

# 3 MONTH FOLLOW-UP GUIDELINES FOR GASTRIC BYPASS, BANDING, SLEEVE GASTRECTOMY, AND REVISIONS

## NUTRITION GUIDELINES

1. Eat protein 3-4oz. per meal, 3 times daily. Goal of a minimum of 60 grams of protein daily. Protein includes any meat, cheese or eggs. The protein may be cooked in any method, except frying. You may use sour cream, mayo, cream cheese, salad dressing, and gravy 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. You should have introduced one (1/2cup) or two (1/4cup) servings of a non-starchy vegetable (**NO CORN, PEAS, or POTATOES**) or legume once a day at 5 weeks postop.
4. At this time you may introduce fruits (1/2 cup) serving once a day. 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. **Also remember that fruits have carbs!!!**
5. **No other carbohydrates or starches should be added until you have reached your goal weight.** Your individual goal number is written below. This means you SHOULD NOT have starchy vegetables (potatoes, corn or peas), breads, cereals, crackers, dairy products, desserts or snack products until you reach the weight listed below.  
64oz. or more of fluid per day is your goal. Do not drink fluids with meals or for 45 minutes after your first bite of protein. **All liquids are CARBONATION free and SUGAR-FREE.** Remember that Sugar-free jello, popsicles, and broth are still ok and count towards your liquid intake.
6. **Take your 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 at least, and a fiber supplement (Benefiber).
7. The doctor will check your lab values and determine if there are any additional supplements needed for you.
8. If you experience hair loss, be sure to get in all of your protein and fluid 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 your daily vitamin regimen.

### **3 Month Follow-up Guidelines – Exercise Guidelines**

1. You should be doing 30 minutes of cardiovascular exercise 5 to 7 days a week. 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 to 7 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 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.

**FOLLOW-UP WITH YOUR SURGEONS IS KEY TO WEIGHT LOSS SUCCESS AND IS VERY IMPORTANT. YOU SHOULD BE SEEN AT 1 MONTH, 3 MONTH, 6 MONTH, 9 MONTH, AND 1 YEAR AFTER SURGERY, AND YEARLY FOR THE REST OF YOUR LIFE.**

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