

6 MONTH FOLLOW-UP GUIDELINES: GASTRIC BYPASS, BANDING, SLEEVE GASTRECTOMY, AND REVISIONS

1. Continue to eat 3-4 oz. of protein per meal, 3 times per day.
2. You may substitute 1 protein shake per day for one of the 3 meals.
3. You should have introduced one (1/2cup) serving of a nonstarchy vegetable or legume once a day at 5 weeks postop and one (1/2 cup) serving of fruit a day at 3 months postop. **No yogurts, or whole grains until goal weight have been reached.**
4. Nuts can be added in 1 single serving size daily, PB2 (dehydrated peanut butter) can also be added.
5. **NO MILK PRODUCTS ARE ALLOWED, THEY ARE JUST LIQUID CALORIES.**
6. Until you have reached your goal weight, you may not have any other starches (breads, pasta, rice, crackers, cereal, corn, potatoes, fruit juices, desserts or snack items)
7. Drink 64oz. of fluid per day. Do not drink fluids with meals or for 45 minutes after your first bite of protein. You are now allowed one carbonated beverage daily, but if it starts to bother your stomach stop drinking it. Do not drink milk, 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. **NO LIQUID CALORIES!!!**
8. Continue with your BMI vitamins daily. If you choose, you may stop taking the Co-Q 10 at this time.
9. The doctor will check your lab values and determine if there are any additional supplements needed for you. Labs are drawn at 3, 6, and 9, 12 months and then yearly.
10. 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, Rogaine, Matrix Hydrating Shampoo, or Ganier Fructose Grow Strong. You may also add Zinc and Biotin (the maximum daily allowance) to you daily vitamin regimen.
11. If you plateau or start to gain weight; increase protein, fluid intake, exercise and decrease the amount of carbs you are eating.
12. Maintenance guidelines begin when you reach your goal weight. You still need to eat your protein first. Once you have achieved your goal weight you may add 1 (1/2 cup) serving of a complex carbohydrate daily. For Example: potatoes, corn, cereal, pasta, rice, crackers, and bread. **REMEMBER THESE ARE THINGS YOU CAN HAVE IF YOU CHOOSE BUT, YOU DON'T HAVE TO EAT THEM IF YOU CHOOSE NOT TO.**

6 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.

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!