



capitalhealth

Capital Health Center for Digestive Health
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INSTRUCTIONS AFTER GASTRIC BYPASS REVISION PERFORMED BY ENDOSCOPIC SUTURING

Clear Liquid Diet

Post Operative Diet – Phase 1

Days 1-3

- Immediately after Endoscopy, you will start a **CLEAR LIQUID DIET** – this allows your bariatric surgical areas to heal.....**NO EXCEPTIONS** unless advised by Dr. Rogart.
- You must be able to **see through** the liquids-**no noodles, pulp, or pieces of food**
- You will stay on CLEAR LIQUIDS for **3 days**.
- Liquids should be sipped, not gulped
- Sip at least **1 ounce** of liquid every 20 to 30 minutes
- Your goal is to take in at least **64 ounces of fluid per day**-fill a bottle and carry it with you throughout the day
- **NO STRAWS, CHEWING GUM OR CARBONATED DRINKS**- they add too much air into your gastric pouch
- NO fruit nectars, juices with pulp, sweetened drinks, sodas, milkshakes, ice cream, sweetened popsicles with pieces of fruit, chocolate

Suggestions:

- Crystal light drinks
- Sugar free Jell-O
- Clear unsweetened fruit juices-apple, cranberry, grapefruit, orange, grape
- Sugar free popsicles – No fruit pieces
- Sugar substitutes may be used: Splendid, Equal, Sugar Twin etc.
- Water
- Warm or cold unsweetened tea or coffee
- Fruit 2 O
- Stop all Vitamins the first week after Endoscopy. You may take your prescription medication, if they have been cleared by Dr. Rogart
- Remember- **if you are Diabetic**, Discontinue your insulin, but MONITOR YOUR BLOOD SUGAR at least 3X per day
- Take in a least 64 ounces of fluid per day.....ANY QUESTIONS OR CONCERNS, CALL OUR OFFICE



FULL LIQUID DIET

Post-Operative – PHASE 2 Days 4-7

- Sugar Free Pudding
 - Cream of Wheat with Skim or 1 % Milk
 - Skim or 1% Milk
 - Blended soups (No chunks)
 - Cream Soups (No chunks)
 - Tomato soup
 - Sugar free Popsicles
 - Dannon Light'n'Fit Yogurt
 - Coffee
 - Tomato Juice
 - Protein shakes
(Muscle Milk, Atkins Advantage or Whey High Protein Shakes)
 - Plus any of your clear liquids
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- **Fluids - Total: At least 64 oz. a day**
 - **Protein - Total: At least 64 grams a day**
 - **Vitamins - Start Centrum chewable vitamins daily and Sublingual B12 500mcg daily**



MUSHIES DIET
Post-Operative – PHASE 3
Weeks 2-3

- Chicken Salad with Low Fat Mayonnaise
 - Tuna Salad with Low Fat Mayonnaise
 - Egg Salad with Low Fat Mayonnaise
 - Low Fat Cottage Cheese
 - White Fish (Baked, Steamed or Poached)
 - Scrambled Eggs
 - Mashed Potatoes (without skin)
 - Mashed Sweet Potatoes (without skin)
 - Oatmeal/Cream of Wheat/Farina
 - Dannon Light'n'Fit Yogurt
 - Applesauce (no sugar added)
 - Sugar free Custard
 - Tofu
 - Quiche (no crust)
 - Baby food
 - Meatloaf/Meatballs with Sauce
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- **Fluids - Total: At least 64 oz. a day**
 - **Protein - Total: At least 64 grams a day**
 - **Vitamins - Start Citracal with Vitamin D (Petites) 1200 mg daily and Biotin 2000 mcg daily**



MODIFIED REGULAR DIET
Post-Operative – PHASE 4
Starting week 4

1. Eat only 3 meals a day and a small snack (150 calories) at night, if needed.
2. Try to keep portions around 4 ounces per meal. (1/3 of Lean Cuisine size)
3. Avoid snacking between meals. Fat free and sugar free foods still have calories that will add up quickly
4. Do not drink and eat at the same time (wait 30 minutes before and 30 minutes after a meal to drink).
5. Avoid carbonated beverages, the use of straws and chewing gum to prevent increased air consumption which will cause discomfort and stretching of the gastric pouch.
6. Take your multi-vitamin, calcium and B12 every day.
7. Avoid cheese, cream sauces, bacon, sausages, high fat lunch meats, whole milk products and all foods containing sugar because they are higher in calories
8. If you are trying a new food, chew it thoroughly and take your time. You should only introduce 1 new food at a time to see if you tolerate it well.
9. Exercise at least 30 minutes per day. This is the only way to increase your metabolism to burn more calories.
10. Your endoscopic revision was only a tool. You need to stay in control of your diet and exercise to keep the weight off