

Eating after your Sleeve Gastrectomy

Post-op nutrition plan

How does the Sleeve Gastrectomy work?

Your stomach size is reduced by about 75% creating a new 'smaller' stomach. It will enable you to reduce meal sizes whilst making sensible food choices which support you in losing weight.

What it won't do

The sleeve will help with physical hunger but not with emotional hunger. For many of us emotional hunger plays a big role in our eating and our body weight. We eat when we are bored, happy, sad, frustrated, in front of the TV, on the way into work and so on. The sleeve will not change these habits. YOU need to work on recognising them and taking steps to change these behaviours. Awareness is the first step.

Do not expect the sleeve to STOP you from eating - it won't. However if you choose nutritious, filling foods that need chewing then you are giving yourself the very best chance of success.

The post op diet

Following your operation you will follow a staged eating plan designed to gradually reintroduce foods safely. It is important that you follow this advice as solid food can create pressure on your stitches and stretch your new stomach pouch. This may lead to vomiting and discomfort.

Following your surgery, there are 4 basic stages to the eating plan:

| Stage | Description |
|-------|--|
| 1 | Thin watery liquids for 2 days |
| 2 | Smooth liquids for 12 days |
| 3 | Soft moist diet for 2 weeks |
| 4 | Normal diet from now on (4weeks post-op) |

In total you have 2 weeks on liquids and 2 weeks on a soft moist diet, gradually increasing back to eating normal textured foods about 4 weeks after your operation. Remember: KEEP HYDRATED. Avoid drinking with a meal or soon after.

Stage 1: Thin watery liquids for 3 days

Day 1-2

- Water / low calorie squash / tea and coffee/ milk
- Once you are allowed to drink, have small amounts of fluid.
- Sip every 10-15 minutes, **aiming for 200ml per hour of fluid**. You will probably be very thirsty at this stage but it is very important that you drink only small quantities at a time.
- No fizzy drinks

Stage 2: Smooth liquids for 11 days

Day 3-13

- Low sugar fluids: milk, smooth soups, milky drinks, diluted fruit juice (one part fruit juice, two parts water), diluted smooth low calorie yoghurts, sugar-free jelly, protein shakes, meal replacement drinks.
- It is still vital that you take between 50-100ml at a time so measure your fluids and try to keep sipping regularly to keep hydrated.
- Aim for 1 pint milk per day.

Stage 3: Soft moist diet

Week 2-4

The quantities that you take still need to be small. You should be able to mash the food down easily with a fork and it should be moist and not dry. There is no need to puree foods unless you cannot tolerate soft foods. Try SMALL amounts (2-3tbsp) of:

For example :

Baked beans and scrambled egg
Shepherds pie/ quorn mince
Lentil dahl
Any other soft moist mashable foods.
Fish in a sauce with vegetables

You are now 4 weeks post-op and can start to introduce new textures, gradually shifting towards normal consistency foods. The most important thing is to CHEW FOOD VERY WELL. This means chewing it to a thick porridge consistency before you swallow the food.

Put into action all the strategies you can to stop you 'bolting' your food as this is when you could experience pain or discomfort.

Quantities still need to be SMALL. It is crucial that at this stage you do not stretch the pouch.

Some people 'wobble' at this stage and try to introduce chunky foods too quickly. If you introduce solids too quickly, you are likely to get pain which might put you off eating certain foods.

It is important to make sure that you eat enough protein every day. Protein should be your priority so remember P.V.C – Protein first, then Vegetables, then last of all Carbohydrates.

Stage 4: Normal textured, healthy, protein rich diet Week 4 onwards

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- 20:** Cut each mouthful into a 20 pence sized piece
- 20:** Chew each mouthful at least 20 times
- 20:** Wait. At least 20 seconds between each mouthful
- 20:** Stop eating after 20 minutes.

Protein content of foods

You need to have at least 60 grams of protein per day for health.

You can add extra protein to meals and drinks by using 'fortified milk' instead of water:

Add 1-2 tablespoons of skimmed milk powder to ½ pint (300ml) milk. Add this to cereals, drinks, soups/stews, sugar free jellies, and to make sauces.

Try slow cooking methods such as casseroles or stews instead of frying, barbequing or grilling to help you tolerate meat.

Some people buy protein powders/drinks/bars. Please check with your Dietitian before taking.

| Food item | Protein Content approx (grams) |
|---------------------------------|-----------------------------------|
| Dairy | |
| 1 standard yoghurt | 5 |
| 1 pint semi skimmed milk | 20 |
| Meat and Fish | |
| 1 small chicken breast (100g) | 25 |
| 1 small salmon fillet (100g) | 25 |
| 1 small can tuna (45g) | 10 |
| Beef mince (140g) | 30 |
| 1 slice lean beef/ lamb | 10 |
| 1 slice wafer thin ham | 2 |
| Vegetarian | |
| Peanuts (50g) | 15 |
| 1/3 tin baked beans (135g) | 10 |
| Nature valley Chewy Protein | 8 |
| 1 quorn sausage | 7 |
| Quorn mince (100g) | 15 |
| Humous (100g/ 4 tablespoons) | 10 |
| Lentils / pulses (1 tablespoon) | 2 |
| 1 egg | 8 |

Vitamin and Mineral Supplementation

Please refer to the leaflet 'Your vitamin and mineral supplementation and Nutritional Monitoring after Gastric Bypass or Sleeve Gastrectomy'.

Your medications can be changed back to tablet form from week 3 after surgery.

Help and support

We are here as a team to help you get the most from your surgery. We will provide you with post-operative support and reviews to check you are not becoming deficient in certain nutrients. This includes nutritional blood tests and appointments with our specialist team, according to your aftercare package. Please make every effort to attend these appointments.

Should you have questions or concerns between appointments then please do call or email us. We love to hear how you are getting on and also whether there is anything else that we could be helping you with to ensure that you reach your goals.