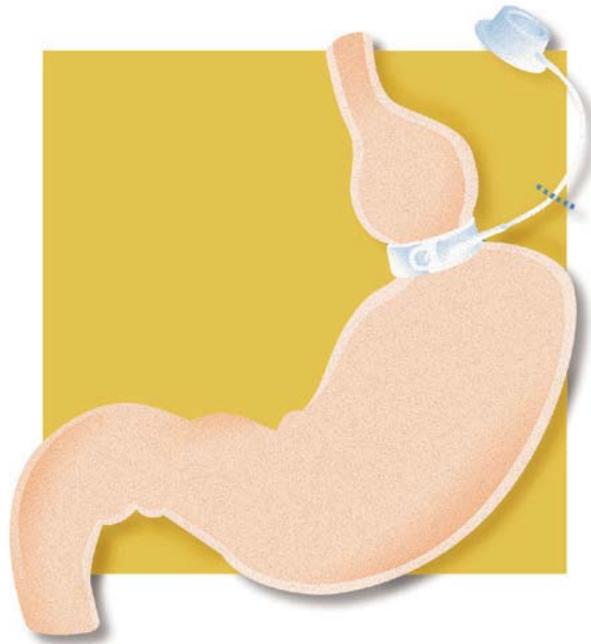


Adjustable Gastric Band Nutritional Guidelines



Nutrition Staff:

| Dietitian | Phone Number | Email Address | Fax Number |
|----------------------|---------------------|--|-------------------|
| Despina Hyde MS, RD | 212-263-8495 | Despina.hyde@nyumc.org | 212-263-3757 |
| Shannon Carey MS, RD | 212-263-1019 | Shannon.carey@nyumc.org | 212-263-3757 |

Pre-Op Liquid Diet Instructions- Start 2 weeks before surgery

| Product | Brand Name | Nutrition per Serving | Available | Drinks/Day |
|--|--|--|---|------------|
|  2 scoops + 8 oz water | Bariatric Advantage High Protein Meal Replacement | 150-160 calories 27gms protein 7gms total carbs 5gms fiber | Online Product Please see order attached order form. | 6 per day |
|  1 packet + 9oz water | New Direction protein powder (kosher – dairy) | 200 calories 27gms protein 10gms total carbs 0-5gms fiber | Medical Product (can only be purchased in our office) | 5 per day |
|  11oz bottle | Carnation Instant Breakfast (kosher – dairy) | 150 calories 12gms protein 16gms total carbs 2gms fiber | Supermarkets Drugstores Online | 6 per day |
|  11oz can | Slim Fast High Protein (kosher – dairy) | 190 calories 15gms protein 24gms total carbs 5gms fiber | Supermarkets Drugstores Online | 5 per day |
|  11oz can | Slim Fast Lower Carb (kosher – dairy) | 180 calories 20gms protein 4gms total carbs 2gms fiber | Supermarkets Drugstores Online | 5 per day |
|  14oz bottle | Muscle Milk Light (kosher – dairy) <i>Lactose Free</i> | 160 calories 20gms protein 12gms total carbs 5gms fiber | Supermarkets Drugstores Online | 5 per day |
|  8oz bottle | Glucerna Shake (kosher – dairy) <i>Lactose Free</i> | 200 calories 10gms protein 27gms carbs 5gms fiber | Supermarkets Drugstores Online | 5 per day |
|  1 scoop + 8oz fat free milk | Challenge Whey Kosher Protein Powder (Kof K) Cholov Yisroel Dairy | 185 calories 16gms protein 14gms total carbs (with milk) 0gms fiber | Health Food Store Online | 5 per day |
|  1 scoop + 8oz fat free milk | Naturemax Plus Soy Protein Power (kosher – soy) | 190 calories 28gms protein 14gms total carbs (with milk) 0.5gms fiber | Health Food Store Online | 5 per day |

OTHER OPTIONS (to be used for protein supplementation or to help meet protein needs)

| Product | Brand Name | Nutrition per Serving | Available | Comments |
|--|--|---|---|--------------------------------|
|  1 scoop + 8oz fat free milk | Unjury (not kosher) | 180 calories 28gms protein 15gms total carbs (with milk) | www.unjury.com (800)517-5111 | *Chicken soup flavor available |
|  | Isopure Plus (not kosher) <i>Lactose Free</i> | 60 calories 15gms protein 0gms total carbs | GNC | *Clear, fruit flavored drink |

More Pre-op Diet Instructions

You will have 1000 calories per day and at least 50 grams of protein. No more than 35 grams of fat daily. Most of the calories, protein and fat in your diet will come from the shakes.

Additional Permitted Beverages:

- You may also drink sugar free beverages throughout the day. Water, diet soda, diet ice tea, crystal light, diet lemonade, diet Snapple and the like are unlimited. Limit caffeinated beverages as they will make it more difficult to stay hydrated. **Limit coffee and diet soda to 2 cups daily.** Caffeine free is OK. You may have skim milk and artificial sweetener in coffee.
- **NO ALCOHOLIC BEVERAGES ALLOWED** during this time as it also impacts your liver adversely.

Additional Permitted Snacks:

- Sugar Free Gum, Sugar Free Popsicles and Sugar Free gelatin are permitted. **Limit to 30 calories per day.**
- Low sodium broth (i.e. Herb Ox or bouillon cubes).
- Vegetables (raw or cooked) steamed, boiled, grilled or in a soup. **Limit 2 cups daily.**
- Permitted vegetables include lettuce, spinach, cucumber, onion, tomato, broccoli, cauliflower, carrots, mushroom, zucchini, string beans, okra, cabbage, asparagus, Brussels sprouts and peppers.
- **No corn, peas, potatoes, or beans-too many calories.**
 - Mustard, salsa, vinegar are permitted in small amounts.
 - Limit fat free dressing to 2 tablespoons daily.
 - **NO** added fats, oils, butter, margarine, mayonnaise, etc.

Compliance to this pre-op diet is mandatory. This is to help shrink or “de-fat” your liver. Shrinkage of the liver makes the surgery significantly safer and easier.

First 10 days After Surgery – Thin Liquid Diet

♥ **For the first 10 days after the surgery you will be on a thin liquid diet.**

All beverages must be thin enough to be sipped through a straw. However, do not use a straw to drink as it may cause gas and discomfort. Choose **caffeine-free** beverages like *Wyer's Light*, diet ice tea, *Crystal Light*, broth, skim milk, sugar free hot chocolate, tomato juice, tomato soup, water, *V8* vegetable juice, *Vitamin Water10*, decaf coffee/tea, ices, *Propel*, diluted juice, *V8 Splash*. Avoid carbonated drinks for at least one month, as they may cause vomiting or gas. *After 10 days you will switch to sugar free/no calorie beverages.

♥ **Include AT LEAST, but not limited to, 2 protein shakes per day.** You may have a pre-made shake such as *Slim Fast*, *Carnation Instant Breakfast*, *Muscle Milk Light*, *Isopure* or prepare your own. To prepare your own, blend one scoop of a protein powder such as *Unjury* or *Isopure* into 4 oz of liquid (preferably milk) with some ice. *Carnation Instant Breakfast*, *ALBA mix*, *Weight Watcher* shake mix can be used as well. Protein drinks may need to be diluted with water or milk to make them thinner and more comfortable to drink.

♥ **Limit fluid intake to sips at a time.** Sip your fluids slowly all day long. Do not gulp. HINT: Drink fluid as if you were drinking hot tea. This will prevent your pouch from stretching, and prevent nausea/vomiting. It may take 1 hour to drink 8 ounces of fluid.

♥ **Adequate hydration prevents dehydration and constipation.** Have a goal of consuming 6-8, eight oz glasses of fluid per day.

♥ **Medications:** All pills larger than a tic tac must be crushed or in liquid form from this point forward. See information on taking pills on page 17.

♥ **Supplements:** Due to your low caloric and nutritional intake you are advised to start taking a chewable or liquid multivitamin supplement and chewable or liquid calcium with Vitamin D supplement to meet your vitamin and mineral needs. See information on supplement recommendations on page 5.

* **YOU WILL COME BACK IN 7-10 DAYS AFTER SURGERY FOR A CHECK UP.**

POSTOPERATIVE VITAMIN SUPPLEMENTATION: GASTRIC BAND

Order from the NYU e-store via Bariatric Advantage

www.bariatricadvantage.com

Type validation code: NYU

Or call 1-800-898-6888 and mention NYU for ordering options.

| |
|--|
| MULTIVITAMIN: AT LEAST 100% OF DAILY VALUE |
| <ul style="list-style-type: none">• Begin on day 1 after hospital discharge |
| What to look for: <ul style="list-style-type: none">• “Complete Formula” containing 100% RDA for iron and zinc.• Choose chewable or liquid form. Avoid time-released supplements and enteric coating.• Children’s formulas are ok if they are “complete.” |
| Tips: <ul style="list-style-type: none">• May be taken with food.• Do not mix multivitamin containing iron with calcium supplement (take at least 2 hours apart).• Eat a varied diet for optimal nutrition status. |
| Brands: <ul style="list-style-type: none">• Bariatric Advantage VitaBand Multivitamin (2/day)• Bariatric Advantage Complete Multivitamin Crystals (1 serving in 8 oz water)• Centrum Chewable Multivitamins (1/day)• Maxi Health Chewable (Kosher - 2/day) |
| Calcium & Vitamin D: 1500 mg/day calcium & 800-1200 IU vitamin D |
| <ul style="list-style-type: none">• Begin on day 1 after hospital discharge |
| What to look for: <ul style="list-style-type: none">• Choose a brand that contains calcium citrate and vitamin D3 (cholecalciferol). Choose chewable form. |
| Tips: <ul style="list-style-type: none">• Take 3x/day; split into 500–600 mg calcium doses evenly throughout day for optimal absorption.• Do not combine calcium and supplements with iron.• Also include calcium rich low fat dairy foods in diet; up to 3 servings daily. |
| Brands: <ul style="list-style-type: none">• Bariatric Advantage Calcium Chewables (3/day)• Bariatric Advantage Calcium Crystals (2 scoops twice daily)• Bariatric Advantage Chewy Bites (4/day) – Start 4 weeks after surgery. |

Sample Liquid Diet –First 10 Days after Surgery

DRINK THROUGHOUT THE DAY! STAY HYDRATED! Goal is 6-8 cups fluids daily.

MORNING IDEAS

1 cup protein shake
1 cup *Propel* or tea or coffee

AFTERNOON IDEAS

½ cup protein shake
1 cup vegetable juice or water
1 cup of tomato soup

EVENING IDEAS

½ cup protein shake
1 cup *Crystal Light* or *Wylers' Light*
1 cup broth
1 diet ice pop

Try to consume at least 2 protein shakes (*Slim Fast, Muscle Milk Light, Carnation Instant Breakfast* etc.) every day! They will help give you energy and protein. It will help promote wound healing and help preserve muscle.

HINT: The first 10 days are the most challenging! It is suggested that you avoid watching TV during this time due to the large number of food commercials. Choose other activities such as reading books, knitting, writing, using the Internet, talking on the telephone, etc., to help keep your mind off of food.

***** IMPORTANT NOTE: IF YOU START TO FEEL HUNGRIER AT THIS TIME, INCREASE YOUR PROTEIN SHAKES – DO NOT PREMATURELY ADVANCE DIET AS IT WILL INCREASE BAND SLIPPAGE RISK!!! YOU ARE ON A LIQUID DIET TO PROMOTE HEALING. *****

Second 10 days After Surgery – Puree Diet

*You can begin eating pureed foods after your 10 days of liquids is completed.

* From this point on you should begin to avoid drinking with meals as this may predispose you to vomiting. It is recommended that you stop drinking 5 minutes before your meal and wait 20 minutes after your meal to drink.

*Focus on a balanced healthy diet with an emphasis on protein and nutrient rich foods. Sample food ideas are below.

*To puree food, cut food into small pieces (size of a pencil eraser) and then cook. Drain the fluid and set it aside. Blend the food and liquid (can be juice or broth, too) in a blender/food processor. Blend until applesauce consistency. Strain any lumps or pieces. Use spices to flavor food. Final consistency should be smooth.

Baby food works too.

EASY PUREED IDEAS

- Cooked protein such as: flakey, fork mashed fish (tilapia, flounder).
 - Tuna fish or egg salad fork mashed or blended well with low fat mayo (no added vegetables.)
 - Silken tofu, non fat refried beans, hummus, split pea soup.
 - Blended chicken or blended meatballs.
 - Low fat milk, low fat/sugar free yogurt, ricotta cheese, cottage cheese, sugar free pudding.
 - Baby food fruits and vegetables, pureed canned fruits and vegetables, low fat creamed spinach, applesauce, pureed squash.
 - Cream of wheat or farina, mashed potatoes (limit), runny oatmeal.
 - Fats and Oils (limit 2-4 tsp) - Use sparingly. Use low fat mayo. Use olive oil and canola oil.
 - Beverages 8 (8oz) cups/day - Low or no calories drinks like *diet Snapple*, *crystal lite*, water, broth, sugar free ice pops, sugar free Jell-O, tea, sugar free *Kool Aid*, *Fruit 2 o*, *Propel*. Avoid carbonation!
-
- ❖ Shakes (i.e. Slim Fast) may be used as a meal replacement.
 - ❖ Blended soups can also be a meal. Blend any soup in blender/food processor and serve. May wish to add broth to thin out soup.

Sample Puree Diet –Second 10 Days after Surgery

(No crunchy raw fruits or vegetables. Food should be fork mashed or blended.) Pick ONE item from each suggested meal.

Breakfast ideas:

1. scrambled eggs (1-2 eggs)
2. yogurt (6 ounces)
3. cottage cheese (1/2 cup)
4. farina, cream of wheat (made with milk- 1/2 cup)
5. applesauce (1/2 cup)
6. protein shake (10 ounces)

Note: All serving sizes are estimated at 1/2 cup to 1 cup per meal. Stop as soon as you feel full or uncomfortable in any way.

Lunch and Dinner ideas:

1. tuna fish (fork mashed with mayo, no celery)
2. cottage cheese or yogurt and pureed fruit
3. soft white fish with mashed potato
4. eggs with or without cheese
5. egg salad with low fat mayo
6. pureed chicken with mashed potato
7. soup (lentil, pureed vegetable soup, creamed soup)
8. tofu with pureed or soft mashed veggies
9. baby food

Easy Mushy/Pureed High Protein Recipes

The following recipes were created by Judi Lynch, MA.

1. **Sweet Ricotta Cheese:** Part Skim Ricotta Cheese, Splenda, Cinnamon and Choice of flavored extract like Vanilla or Almond.
2. **Noodle-less Lasagna:** Part Skim Ricotta Cheese, Ragu, Low fat Mozzarella and Parmesan Cheese. Microwave one minute.
3. **Burrito-less Burrito:** Refried beans, Taco Sauce or Smooth Salsa, Low Fat Cheddar Cheese. Microwave 1 minute. Top with tablespoon of Low Fat Sour Cream.
4. **Deviled Egg Salad:** 1-2 Hard Boiled Eggs, Low Fat Mayonnaise, Low Fat Vegetable Cream Cheese. Mash well with Fork. Must be moist!
5. **Protein Shake:** Scoop of Protein Powder (i.e. Body Fortress Premium Whey Protein Powder, 8 Ounces Skim or 1% Milk. Shake or Blend with ice.
6. **Protein Pudding:** In a blender put 2 ¼ cups of Skim or 1% milk, 1 package of Sugar Free/Fat Free Instant Pudding and 3 scoops of protein powder. Divide into 3 servings and enjoy as a meal.

Note: All serving sizes are estimated at ½ cup to 1 cup per meal.

For more recipes check out these books:

“Eating Well After Weight Loss Surgery” by Patt Levine and Michele Bontempo-Saray

“Recipes for Life after Weight-Loss Surgery” by Margaret M. Furtado

“Everything Post Weight Loss Surgery Cookbook” by Jennifer Whitlock Heisler, RN

Look for these books at www.amazon.com or www.half.com or at your local library or bookstore.

3 Weeks after Surgery - Regular Diet

FOODS TO AVOID **BECAUSE THEY WILL PREVENT WEIGHT LOSS:**

These foods are “liquid calorie” food and will slide through the band. You will not be able to feel satisfied/full after consuming these foods. They are very high in calories and will prevent weight loss.

| | |
|-------------|-------------------------|
| Chocolate | Regular soda or ice tea |
| Hi-C | Ice Cream |
| Kool-Aid | Milk Shakes |
| Fruit Punch | Frappuccinos/Cooladas |
| Juices | Regular Snapple |

FOODS TO AVOID **BECAUSE YOU MAY NOT TOLERATE THEM WELL:**

These foods are not forbidden, however, they may get “stuck” in the band and make you feel sick. For some people, no matter how well they are chewed, they may cause problems.

1. Red Meat - steak, pork and lamb chops, roast beef, spare ribs, veal, pastrami, roast beef and corned beef. Ground meat is OK.
2. Chicken breast, turkey breast - too dry! Dark meat is OK. Ground turkey or chicken are OK.
3. Doughy bread - rolls, heroes, Italian bread, doughnuts, or croissants. Toasted bread is OK.
4. Miscellaneous: Fruit and vegetables with thick skins must be peel and chopped before consumed (i.e. apples, cucumbers, eggplant, etc.) Leafy veggies should be chopped in small pieces (i.e. lettuce, spinach and cabbage). Bananas and cooked cabbage must be chewed well. Peel off pith of citrus fruit. Avoid asparagus stalks (tips are OK; stems are too stringy). Avoid calamari and lobster tail (too tough).

Texture is your friend: Soft, Crumbly and Crunchy foods work well with the Lap Band!

Soft: Why? Easy to chew, bread down well

Fish (the flakier the better-sole, flounder, sea bass, tilapia, cod, haddock, halibut, trout, carp, swordfish, sardines, gefilte fish, etc)

Scallops, crab cakes, lobster claws

Eggs (limit 3 egg yolks per week or choose egg whites or egg beaters)

Cheese (low fat suggested if you eat cheese often)

Processed meats –sliced paper thin and shredded (chicken, turkey and ham)

Tofu

Veggie Burgers

Dark meat poultry (moist-remove skin)

Beans

Chulent

Crumbly: Why? Already broken down

Ground meat (veal, beef, chicken, turkey) - should be moist

Chili (vegetarian or regular)

Skinless sausage (i.e. turkey sausage, vegetarian sausages)

Crunchy: Why? “Disintegrates” as you chew

Fruits & Vegetables (may have to remove skins and cut up into small pieces before eating)

Crispy Bacon (turkey bacon is a better choice)

Cereal (Fiber one, All bran, Cheerios)

Soy crisps, pretzels, popcorn, wheat thins, Triscuits, dry roasted nuts.

Crackers, breadsticks, Matzo, rice cakes, bagel chips, pita chips, flat breads, Melba toast, water crackers and toasted wheat or rye bread

Well-toasted bagel with cream cheese (scooped out)

French baguette (crust only)

Challah bread (crust only)

Reminder-moist foods work better than dry foods. Marinades, condiments and sauces are great to use to help moisten food.

Sample Regular Diet – 3 Weeks after Surgery

(Start raw fruits and vegetables)

Breakfast/Brunch ideas:

1. high fiber cereal (i.e. *Fiber One* or oatmeal) and milk
2. whole wheat/low cal toast or crackers with slice of cheese or peanut butter
3. eggs, turkey bacon and whole wheat/low cal toast
4. low fat cottage cheese and melon
5. yogurt and fruit (i.e. 1/2 cup strawberries)
6. oatmeal, farina or grits with milk
7. whole grain waffle with sugar free syrup

NOTE-Breakfast may be too difficult to tolerate. You can replace it with a cup of juice, coffee, tea or a protein shake!

Lunch and dinner ideas:

1. 2 slices low calorie bread toasted with thinly sliced turkey, ham or cheese
2. salad with protein (i.e. cheese or beans) over it and melba toast
3. 1/4 cup pasta and chicken, tofu or meat sauce, etc.
4. rice and beans, hard taco shell
5. cooked veggies and baked fish
6. hamburger (no bun) or veggie burger (i.e. Gardenburger)
7. red potatoes (3 ounces) and protein like fish, ground meat or ground veal
8. chili with 1 ounce baked chips and salsa
9. nachos and cheese, ground meat
10. Lean Cuisine type meal

Note: All serving sizes are estimated at 1/2 cup to 1 cup per meal.

Important Rules!

These rules begin 10 days after surgery and are to be followed permanently.

♥ **A long term goal is to eat only 2-3 meals a day.** Start this habit while on the pureed diet. Eat only when you are hungry. Avoid snacking, which will slow down weight loss.

♥ **Note:** You can stop taking the protein shakes once you have started on the pureed diet. However, if you wish to replace a meal (i.e. breakfast) with a shake, you may do so.

♥ **Stop eating when full.** The new small pouch can only hold about **half a cup to one cup of food** per meal. You may regurgitate your food, become nauseous or experience pain if you overeat. Learn to listen to your body.

IMPORTANT REMINDERS!

* **Key to success:** Keep in mind that your diet needs to be low fat, low calorie, sugar free and portion controlled for the rest of your life. This is the commitment you must make to achieve maximal weight loss.

* **Abdominal Gas:** If you experience excess gas make sure you are not using drinking straws as it promotes swallowing excessive air. Other possible causes of gas include Lactose Intolerance, high consumption of sugar free foods, excess dietary fiber, and calcium carbonate. Make the appropriate changes if needed. For example, try *Dairy Care*, lactaid milk or soy milk if you are lactose intolerant. Talk to the MD or RD about products such as *GasX*, *Mylanta* or *Beano* to help reduce gas.

* **Constipation:** If you experience constipation, increase fluid, dietary fiber and physical activity as medically feasible. Fiber rich foods include beans, oatmeal, fruits, whole grain breads and high fiber cereals. Add fiber slowly into your diet to avoid stomach upset. Increase your fluid intake as you increase your fiber intake. Talk to the MD or RD about products such as *Phillip's Milk of Magnesia*, *Colace* or *Benefiber* to help with constipation.

* **Food Journal:** It is recommended that you keep a food journal. This will help you keep track of your eating habits. Bring the food journal to your nutrition follow up visits to review your progress with the dietitian.

* **Progress:** It is very common to hit a weight loss plateau (weight loss stops for a period of time). Most people will experience one or more plateaus during their weight loss journey. This is NORMAL!!! Your body is becoming more adjusted to consuming fewer calories. At this time review your diet and eating behaviors. Are you eating protein first? Are you limiting your fats and starches? Are you consuming “soft calorie” foods (i.e. ice cream)? Are you drinking at your meals? Review the original guidelines in this packet and adhere to them. Meet with your dietitian to review your diet.

* **Adjustments:** When you come in for an adjustment (a “fill”) you will be placed on a thin liquid diet for the first 2 days. The following 2 days (day 3 and 4) you must be on a mushy/pureed diet. You may resume regular foods on the 5th day after your fill.

* **Follow-Up with RD:** Make an appointment to see the dietitian for when you come in for your first adjustment (~1 month post-op). You will review diet guidelines and address any questions/concerns you are having. Follow-up appointments are 10 minutes and may be booked on an “as needed” basis. Call the main office to schedule an in-office or phone appointment: 212-263-3166. You may also contact the RD via email with questions.

TOP TIPS FOR SUCCESS

- ✓ **Chew food well (until it is pureed).**
 - Try cutting up food into small pieces (the size of a pencil eraser).
 - Liquefy food in mouth before swallowing (chew food 15 times before you swallow).
 - Put your fork down between bites (count to 60 before you take another bite).
 - Try using cocktail forks or baby utensils to help take small bites.
- ✓ **Watch your portion sizes at meals.**
 - The less food you put in front of you, the less you will eat.
 - Use saucer plate for meals or buy small Tupperware for portion control.
- ✓ **Stop eating when you feel comfortable satisfied.**
 - It takes 20 minutes for your brain to identify that your stomach is full.
 - When you feel a pressure in your upper stomach area, this is your new full

feeling. If it is painful, you probably took one too many bites! **DO NOT OVEREAT!**

-Eat slowly to recognize this feeling.

-Keep a timer on your table when eating. Set it for 20 minutes. This visual will be a constant reminder to **SLOW DOWN!**

✓ **Drink adequate fluids to prevent dehydration.**

-Aim for 48-64 oz (6-8 cups) of fluid a day.

-Do not drink and eat at the same time. Stop drinking 5 minutes before your meal then wait 20 minutes after a meal to resume drinking.

-For the first week post-op your stomach is swollen and it may take 30-60 minutes to drink a cup of liquid. Keep sipping all day to help prevent dehydration, it gets easier as the weeks pass. Soon it will only take 5-15 minutes to finish a cup. Beverages must be sipped, no gulping!

-Try sippy cups or sports top water bottle to slow you down, keep fluids with you all day long and keep sipping.

-Avoid setting a glass at your place setting. It is too tempting to drink if there is a beverage at your meal.

-Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, confusion, a white coating on the tongue. And call your doctor.

✓ **Avoid carbonated beverages and beverages containing sugar.**

-The bubbles may cause irritation and gas.

-Choose sugar free/calorie free, non carbonated drinks such as: Crystal Light, Fruit 2O, Diet Snapple, Light Minute Maid, etc...

-Limit caffeinated beverages to no more than 16 oz a day.

-Caffeine can irritate the lining of the stomach and may increase your risk of developing ulcers after surgery.

-Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.

✓ **Avoid alcohol beverages.**

Alcohol, beer and wine, in excess, can cause weight gain and result in poor nutrition since they are high in calories and low in nutrients.

✓ **Read food labels.**

-Food choices should be no sugar added and low in fat.

- These poor food choices can slow down the rate of weight loss and may even cause weight regain.
- Avoid concentrated sugar. (It's high in calories and leaves you hungry for more!)
- Keep sugar out of the first 3 ingredients on the food label.
- The following ingredients are also known as sugar and commonly found on food labels: dextrose, high fructose corn syrup, glucose, sucrose molasses and honey.
- Artificial sweeteners such as aspartame/*Equal*, saccharine/*Sweet & Low*, sucralose/*Splenda* and stevia/*Truvia* are acceptable to use.
- Watch out for foods containing sugar alcohol such as sorbitol. Large amount of sugar alcohol found in sugar-free candies, cookies, or ice cream may lead to cramping, abdominal pain, excess gas or diarrhea.

✓ **Protein is the most important nutrient you need to consume after surgery.**

- You need at least 60-80 grams of protein a day.
- Protein should be consumed first at each meal, then vegetables and fruits, then "whole" grains.
- You may drink a protein supplement if you are not able to consume adequate amounts of protein.
- Look for drinks made with whey protein isolate (this is absorbed well). Strive for a protein shake with at least 20 grams of protein per serving.
- Mix with skim or 1% milk for an additional 8 grams of protein per serving.
- Aim for a product with less than 3 grams of sugar per serving.

✓ **Exercise!**

- Aim for at least 30 minutes every day.
- Exercise helps maintain long term weight loss.
- The first 4 weeks, walking should be used as the primary exercise.
- After 4 weeks, try introducing strength exercises.
- Always speak to your doctor if you have never exercised.

Nutritional Quiz:

You must complete the nutritional quiz provided to you in this packet and return it to the office prior to or on the day of your pre-surgical testing.

You may drop off the quiz at the front desk or you can fax it to the office at: (212) 263 – 3757.

IMPORTANT NOTICE:



After band surgery, you should never take solid pills larger than a tic-tac again. This is to avoid complications of having pills dissolving in your esophagus (above the band) rather than your stomach. The esophagus does not have a protective lining; therefore the pills can cause ulcers. This can lead to heart burn, reflux and stretching of the esophagus.

Crushed pills can be dissolved in apple sauce to mask the taste. Most medications are also available in liquid form. Consult your physician if you are taking time released or gel coated medications, as they should be changed to non-time released. Capsules must be taken apart. All vitamin/mineral supplements must be in a chewable or liquid form.

Any pill smaller than a tic-tac can be swallowed whole. Take with meals and never take a handful of pills. Try to avoid taking medication first thing in the morning and right before bedtime.

After surgery, follow up with your primary physician, as medications may need to be lowered as you lose weight – this is especially important for people with diabetes and high blood pressure. Some medications may need to be discontinued after improvement of health conditions.

NYU LANGONE WEIGHT MANAGEMENT PROGRAM

Patient Name: _____ **Date Of Birth:** _____

Surgery Date: _____

QUIZ - Lap Band

1. This surgery for obesity will require me to have periodic follow up visits with my physician for the rest of my life. TRUE or FALSE

2. List 3 items you will be able to consume for the first 10 days after your surgery.
1. _____ 2. _____ 3. _____

3. List 3 examples of foods that would be appropriate on the second 10 days after your surgery. _____

4. Briefly explain why you can't drink and eat at the same time after your surgery. _____

5. How long do you have to avoid beverages before and after your meal?
 - a. 5 minutes before and 20 minutes after
 - b. 10 minutes and 10 minutes after
 - c. 30 minutes before and 5 minutes after

6. What foods will be too difficult to tolerate after your surgery and must be avoided?
1. _____ 2. _____ 3. _____ 4. _____

7. How much food can your stomach hold at each meal after your surgery?
 - a. 1-2 tablespoons per sitting
 - b. ½ - 1 cup food per sitting
 - c. 3 cups per sitting

8. How much fluid should you consume daily?
- 1-2 cups
 - 3-5 cups
 - 6-8 cup
9. List 2 eating behaviors that will be important after surgery to prevent vomiting?
1. _____ 2. _____
10. How long should it take you to consume a meal? _____
11. If I continue to consume high calorie foods and or beverages (i.e. cookies, ice cream, juices) I will still lose weight easily after this surgery. TRUE or FALSE
12. Why is it so important to prevent vomiting soon after your surgery?
- _____
13. What type of diet should be followed 2 weeks **before** your surgery? Why? _____
- _____
14. After surgery, I will be discharged from the hospital
- the same day
 - the next day
 - two days after surgery
15. When is your first office visit after the surgery? _____
16. After surgery, weight loss is a guarantee and I will never regain weight.
TRUE or FALSE

For Office Use Only

Reviewed by: _____ **via:** _____ **date:** _____