



Bariatric Surgery Guide

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Name: _____

Program Assessment: Postop Duodenal Switch

The goal of this assessment is to help you answer questions you may have and guide you through our postoperative education modules. Please print this assessment and use it to take notes. Bring this to your appointment to discuss any additional questions you may have.



As you watch our postoperative videos, please complete the following questions:

Nutrition Review

1. You will need to drink at least _____ ounces of sugar-free, caffeine-free, non-carbonated liquid every day.
2. To meet your fluid goals, you should carry a _____ with you throughout the day.
3. After surgery, you should consume _____ to _____ grams of protein per day.
4. Protein goals are easier to reach if you use supplements containing 25 to 30 grams of _____ protein per serving.
5. You should eat no more than _____ grams of monounsaturated and polyunsaturated fat per day.



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6. You should eat no more than _____ grams of complex carbohydrates just after surgery, or _____ grams by one year after your operation.
7. You should take one bariatric _____ daily and 1200 mg of _____ citrate in two doses daily.
8. You should wait _____ hours between taking calcium and your multivitamin.

General Foods

1. Use a _____ to track what you eat and monitor your nutrient intake.
2. Take at least _____ minutes to eat each meal. Remember to take small bites and chew everything thoroughly.
3. You should eat _____ meals per day and never skip meals.
4. You should keep a high _____ snack with you at all times.
5. Replace one meal per day with a _____. This will make it easier to track your protein intake and get enough protein daily.
6. One ounce of meat, fish or egg contains _____ grams of protein and is about the size of your _____ or four dice.
7. Three ounces of meat contains _____ grams of protein and is about the size of a _____, or the palm of your hand.
8. Eggs, _____ and _____ are three examples of protein sources that are easier to eat.



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9. Keep meats _____ with low-sugar marinades or low-fat gravy. Cooking with a crock pot can also help.
10. One serving of fat is _____ grams and has 45 calories.
11. One serving of fat is equal to _____ slice of bacon or _____ almonds.
12. Eat foods that contain polyunsaturated, monounsaturated and saturated fats but avoid _____ fats.
13. After surgery you must consume _____ to _____ grams of protein per day.
14. One ounce of meat, fish or egg contains _____ grams of protein.
15. T / F : One ounce of protein is equal to the size of your thumb, or four dice.
16. Three ounces of meat contains _____ grams of protein and is about the size of a _____, or the palm of your hand.
17. Keep meats _____ with low-sugar marinades or low fat gravy. Cooking with a crock pot can also help.
18. T / F : Sources of protein like eggs, fish, Greek yogurt and cheese are easier to eat.
19. Meats may be difficult to handle in the earlier stages specially if _____.
20. Replace one meal with a _____. This will make it easier to track your protein intake and get enough protein daily.



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Fat

1. One serving of fat is _____ grams and has 45 calories.
2. One serving of fat is equal to _____ slice of bacon, or _____ almonds.
3. T / F : Select foods that contain monounsaturated and polyunsaturated fats.
4. Avoid foods with _____ and transfats.

Carbohydrates

1. Three examples of carbohydrates are _____, _____, _____.
2. One serving of fruit contains _____ grams of carbohydrates and _____ calories.
3. One serving of fruit is _____ grapes, small apple or orange.
4. One service or starch is _____ of whole grain bread or _____ to _____ whole grain crackers, or half a cup of sweet potato.
5. Sweetening food with sugar will _____ carbohydrates.
6. Avoid eating foods that are sweetened with _____ and focus on eating _____ carbohydrates.
7. When eating fruits and vegetables avoid _____ and _____.
8. Refined sugar found in _____, table sugar or _____ can cause _____. It is best to limit or avoid these foods.



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Notes