



Bariatric Surgery Guide

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Name: _____

Program Assessment: Preop Duodenal Switch

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



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

Hydration

1. You should drink _____ ounces of fluid daily.
2. _____ is the best type of fluid you can drink.
3. Carry a water bottle with you to remind you to take _____ of water throughout the day.
4. Avoid carbonated drinks for at least _____ months after surgery.
5. Limit caffeine to _____ ounces per day.
6. Avoid drinks made with _____ sugar.
7. Wait _____ minutes after eating before you start drinking again.
8. Use a journal to _____ fluid intake.



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Protein

1. You should eat _____ to _____ grams of protein per day.
2. You should take in _____ protein shakes every day for the first three months after surgery.
3. Use a _____ protein supplement not a collagen based one.
4. You should eat the protein rich foods _____ to make sure you have room in your stomach.
5. Protein is not _____ in the body so you must eat protein daily.
6. Your protein supplement should have a minimum of _____ grams of protein per serving and less than _____ grams of carbohydrate per serving.
7. You should track _____ intake in your journal.

Vitamins

1. You will start vitamin supplements on day _____ after surgery.
2. You will need to take one DS supplement _____ times a day.
3. You will need to take _____ mg of calcium citrate twice per day.
4. There should be a gap of at least _____ hours between your calcium supplement and your multivitamin.
5. Take _____ units of vitamin D every day.
6. You should take _____ units of vitamin A daily.
7. If your calcium citrate tablets are 300mg, you will take _____ in the morning and _____ in the evening.



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Carbohydrates

1. Carbohydrates that are not needed for energy can be turned into _____.
2. Sucrose, fructose and lactose are called _____ carbohydrates.
3. Whole grains, beans and starchy vegetables are examples of _____ carbohydrates.
4. Your initial carbohydrate goal is _____ grams or less of complex carbohydrate per day.
5. You can eat raw fruits and vegetables at _____ weeks after surgery.
6. Gas, Bloating or loose stools after eating milk products may be _____ intolerance.
7. Keeping a _____ of food intake may help you identify foods that are causing problems.
8. Reading nutrition _____ can help you avoid added sugars.
9. Avoid foods with added _____ sugars

Fats

1. If you don't consume enough fat, you can become deficient in fat-soluble _____.
2. You should eat _____ to _____ grams of fat per day after surgery.
3. After surgery, you will absorb _____ percent of the fat you eat.
4. Good fats are _____ unsaturated and _____ unsaturated fats.



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5. You should consume _____ fats after DS surgery, which come from meat and milk products.
6. Trans-fats come from _____ foods and baked goods and will need to be avoided after surgery.

Diet Progression

1. On day ___ and day ___ after surgery your diet will be _____ liquids.
2. If you are tolerating clear liquids, on day 2 you will advance to _____ liquids.
3. Over the first week increase full liquids until you can tolerate _____ ounces per meal.
4. On day eight your diet will progress to _____ foods.
5. Avoid _____ fruit and vegetables during the soft food stage.
6. The 3-2-1 plate method 3 bites of _____, 2 bites of non-starchy _____ and 1 bite of _____.

Problem Management

1. Redness or drainage from incision sites may indicate an _____.
2. Contact the office if you have a temperature of _____ or greater.
3. Eating or drinking too much or too fast may cause _____.



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4. Contact the office if you have not had a bowel movement for _____ days.
5. Hair loss or hair breakage is usually _____.

Notes