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.
**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.
### 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.
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 ________________.
4. Contact the office if you have not had a bowel movement for _____ days.

5. Hair loss or hair breakage is usually __________________.