Program Assessment: Preop Sleeve or Bypass

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. Carbonated drinks are _____ recommended after weight loss surgery.
5. Limit caffeine to _____ ounces per day.
6. Wait ______ minutes after eating before you start drinking again.
7. Use a journal to ______________ fluid intake.
**Protein**

1. You should eat _____ to _____ grams of protein daily. This is _____ to _____ grams of protein per meal.
2. To begin with, a protein ________________________ is the easiest way to reach your protein goal.
3. Use a __________ protein supplement not a collagen based one.
4. Protein is not ________________ in the body so you must eat protein daily.
5. Your protein supplement should have less than _____ grams of fat and less than _____ grams of carbohydrate per serving.
6. Protein levels can be checked with a ___________ test.
7. Protein supplements for body ______________________ are not appropriate for weight loss.
8. You should track _________________ intake in your journal.

**Vitamins**

1. You will begin taking vitamin supplements ______________ days after your surgery.
2. You will take _______ multivitamin daily.
3. You will take ___________ mg of calcium citrate with Vitamin D every day.
4. There should be a gap of at least _______ hours between your calcium supplement and your multivitamin.
5. Your vitamin supplements should be made specifically for ______________________ patients.
6. If your calcium citrate tablets are 300 mg, 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 at _______________ weeks after surgery and raw vegetables at ___________ weeks after surgery.
6. Gas, Bloating or loose stools after eating milk products may be _______________ intolerance.
7. Dumping syndrome after eating carbohydrates may occur in _______________ bypass patients.
8. Keeping a _______________ of food intake may help you identify foods that are causing problems.
9. Avoid foods with added _______________ sugars.
Bariatric Surgery Guide

Fats

1. Your goal for fat is _____ grams of healthy fats daily.
2. Good fats are _______ unsaturated and _______ unsaturated fats.
3. Avoid _____________________ fats and _______________ - fats.
4. Shop for meats that are _____ % lean.
5. Cut visible _______ from meat.
6. Read food labels to keep fats between __ to __ grams per 100 to _______ calories.

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 ____________________.
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____________________.