



Bariatric Surgery Guide

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Name: _____

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.



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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.



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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



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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 _____.



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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 _____.

Notes