



# 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 \_\_\_\_\_ 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.



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## 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 \_\_\_\_\_ fruits and vegetables during the soft food stage.
6. The 3-2-1 plate method: 3 bites of \_\_\_\_\_, 2 bites of non-starch \_\_\_\_\_ 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 \_\_\_\_\_.

## Notes

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