



# 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 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 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 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 causing problems.
9. Avoid foods with added \_\_\_\_\_ sugars.

## 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.



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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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