

Overview

Diet after bariatric surgery

This resource is for bariatric surgery patients. This sheet explains **the special diet you will follow after surgery**

When should this diet be used?

After surgery you will need to follow a special diet for about 6 weeks. This diet is set out over four phases:

1. Fluids (liquids) for 2 weeks
2. Pureed (blended) foods for 2 weeks
3. Soft moist foods for 2 weeks, and then finally
4. Healthy Eating (Normal solid food)

The first three phases are to be followed for two weeks, until you get back to normal healthy eating.

You can upgrade to the next phase by yourself, however you it is recommended that you do this one meal at a time and contact your bariatric surgery clinic if you have any difficulties upgrading your diet.

Stage 1 – Fluids (liquids) only

- This first stage of the diet gives your body time to heal and recover from surgery.
- Having fluids only minimises pressure on the staple line while your stomach wound heals.
- Sipping drinks slowly helps you get used to your new smaller stomach size.
- Having fluids only reduces the risk of you vomiting and so preserves and protects the new stomach structure.

Stage 2 – Pureed (blended) food

This stage allows the body to continue to heal without putting extra pressure on the surgery site. At this stage of the diet you may find that you vomit if you:

- Eat too much pureed food
- Drink a large amount of fluids at once
- Drink with your pureed meals
- Eat solid food.

It is, therefore, really important to take it slowly and stick to the recommended amounts at each meal.

Stage 3 – Soft, moist food





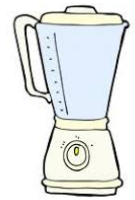


- At this stage of the diet you can introduce soft textured foods to your diet.
 - With trial and error you will find there are some foods you can't manage at this stage.
 - It is **very important** at this point to chew all food really well to prevent pain and vomiting. You will also need to eat very slowly and **stop eating** as soon as you feel comfortably satisfied. This is because the healing process is continuing.
 - Eating too much at this stage of the diet, or eating too quickly may cause pain, vomiting and aggravate your surgical wound.
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Stage 4 – Healthy Eating (normal food)

- When you start this phase of the diet, you will be eating normal textured foods.
- Aim for a healthy, balanced diet, which incorporates a wide variety of foods from the five food groups. See phase 4 – healthy eating information sheet.
- It remains important at this stage to chew every mouthful to a paste before swallowing. Avoid swallowing big pieces, or tough sinewy meats. This will help you avoid discomfort

Diet upgrade after
Bariatric Surgery

Overview

When?	4 weeks before surgery	Surgery	Day 1 (in hospital)	Weeks 1 and 2	Weeks 3 and 4	Weeks 5 and 6	Weeks 7 and beyond
What can I eat and drink?	Optifast		Clear fluids only	Only fluids	Pureed/blended foods only	Soft, moist foods	Healthy diet (normal foods)
Corresponding Information	"Optifast – pre bariatric surgery"		N/A	"Stage 1 – Fluids (liquids)"	"Stage 2 – Pureed (blended) foods"	"Stage 3 – soft, moist, foods"	"Stage 4 - Healthy Eating (solid food)"
							

IMPORTANT This is a guide only. Your surgeon or dietitian may advise you to remain on stage 1 or stage 2 for longer than 2 weeks. In this case, follow their advice. If you have difficulty upgrading to the next stage at the advised time, for example if you can't keep anything down, please contact your bariatric surgery team or present to your local emergency department.

Multivitamin supplementation is needed after surgery

- After surgery you will not be able to get **enough vitamins & minerals** from your **diet alone**.
 - It is important to take the **vitamin and mineral supplements** recommended by your dietitian or bariatric surgery doctor.
 - Start to take **two multivitamins per day** when you go home from hospital, plus any additional vitamins prescribed by your doctor.
 - You will need to continue vitamin and mineral supplements **long term** so it's good to get into the habit of doing it early!
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More Information

Each phase of the diet is covered in more detail in the following pages.

Be sure to talk to your dietitian if you have any questions at any stage of the diet, or if you are having any difficulties.

For further information contact your Dietitian: _____