

Preoperative Diet

Before Your Surgery

30 Days Before Surgery

Stop taking hormones, both birth control and hormone replacement.

21 Days (3 Weeks) Before Surgery

Start taking daily: a multiple vitamin, a B-Complex vitamin, and an iron supplement (325mg ferrous sulfate or 65mg elemental iron). Discuss any blood thinning medications with your preoperative coordinator. You may need to make changes in what you take 1-2 weeks before surgery.

14 Days (2 Weeks) Before Surgery

Stop taking all herbal medications and supplements. Stop taking all anti-inflammatory medications such as Aspirin®, Excedrin®, Aleve®, Naproxen®, Advil®, Motrin® and Ibuprofen.

If you have not already stopped drinking caffeinated drinks such as coffee, tea and soda, start weaning off them at this point as it takes 10-14 days to detox from caffeine.

1 Day Before Surgery

The day before surgery your diet will consist of clear liquids only. The clear liquid diet consists of foods that are clear and liquid, or becomes liquid at room temperature. You can eat the allowed food items without limit all day up to midnight.

Allowed liquids include:

- Water
- Clear broth (low sodium if you have hypertension)
- Clear juices (apple, cranberry and grape)
- Fruit-flavored drinks
- Plain/flavored gelatins
- Smooth fruit ices or popsicles
- Coffee, tea or coffee substitute in moderation
- Protein water

If you have diabetes, make sure you take in enough carbohydrates and your clear liquids for your insulin/medication usage.

DO NOT take your iron supplement. You will resume taking it three weeks after surgery.

Day of Surgery

- **DO NOT take any diabetic medication.**
- Take all other prescribed medications — with as little water as necessary to swallow them.

Postoperative Diet

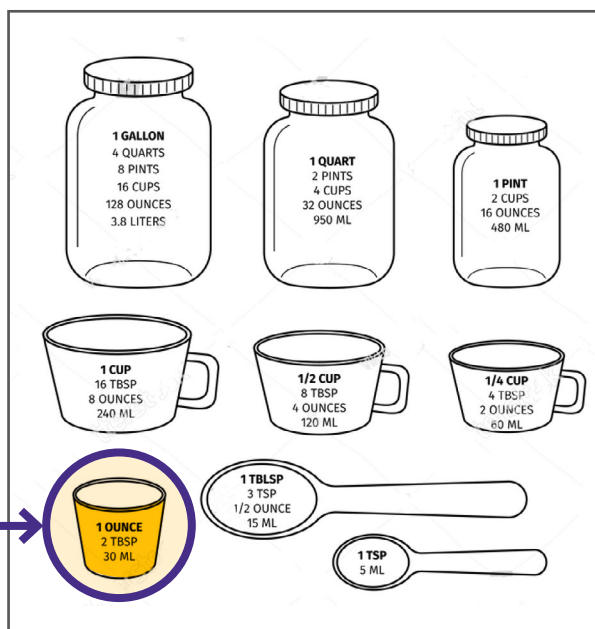
After Your Surgery (in the Hospital)

You will be on an IV for up to 24 hours; at some point the doctor or nurse will authorize sipping approved liquids.

DO NOT USE A STRAW, even if you are provided with one.

You will start with 1 ounce of liquid that you can sip slowly over a 10-minute period.

**1 Ounce =
1 Tablespoon =
30 Milliliters**



With medical approval you can sip at a faster rate — but no more than one sip every 5 minutes initially.

Keep the 1 ounce cups provided so that the nurses can measure your rate of intake.

You will be offered a variety of liquid foods. Try only one at a time. The first postoperative liquids at the hospital will be Sugar free Crystal Light®, water, high protein broth and strained cream soup.

Even if it is uncomfortable to get up and down, the more you walk, the more quickly you will feel better.

After surgery and upon discharge from the hospital, you will gradually introduce liquids and then food into your diet.

There are **3 stages**:

Stage 1: Liquids (Weeks 1-3 After Surgery)

Stage 2: Puréed/Soft Foods (Weeks 4-6 After Surgery)

Stage 3: Permanent Eating Lifestyle (Week 7 After Surgery)

Postoperative Diet

Stage 1: Liquids (Weeks 1-3 After Surgery)

My Surgery Date: _____

- Sip water, other unsweetened liquids, and protein drinks throughout the day.
- Focus on staying hydrated and getting in protein. Protein Daily Goal: _____
 - **The goal during these first weeks is to take in at least 48-64 ounces (6-8 cups) of liquid daily, including 60-90 grams of protein. Given how small your stomach is and the fact that it will be swollen for some time after surgery, this can be difficult. DO NOT keep eating once you feel full.**
- Take up to 1 ounce at a time and drink slowly (**1 Ounce = 1 Tablespoon = 30 Milliliters**).
- Minimize caffeine, carbonation, high-calorie liquids, and acidic liquids (like orange juice or tomato juice, coffee or tea).
- **DO NOT USE A STRAW.**
- Start vitamins and supplements once you are meeting hydration and protein goals:
 - **Multivitamin Daily**
 - **Calcium At least 1,200mg daily**
 - **Vitamin D At least 3,000 I.U. daily**
 - **Vitamin B12 At least 500mcg of sublingual (under the tongue) daily**
- LIQUIDS: clear and strained full liquids

Type of Food	Some Good Choices
<p>Protein</p> <p>Choose high-quality protein supplements that contain:</p> <ul style="list-style-type: none"> - 20-30 grams of protein - less than 10 grams of fat - less than 10 grams of carbohydrates 	<ul style="list-style-type: none"> • Low-carb, low-fat protein drinks (e.g. New Direction[®], Isopure[®], Premier Protein[®], Pure Protein[®], Protein Blasts[®], Unjury[®], Prostat[®], ProCell[®], Ensure Max Protein[®], and Muscle Milk[®]) • Non-fat dry milk powder • ISO Smart[®] (hydrolyzed whey protein) • Flavorless protein powder (e.g. Genepro[®]) to mix into other foods
<p>Milk and Dairy</p>	<ul style="list-style-type: none"> • Non-fat or 1% milk or Lactaid[®] • Unsweetened soy milk • Sugar-free, non-fat pudding • Sugar-free carb yogurt including Greek or plain Kefir
<p>Modified Solids</p> <p>Made soupy, the consistency of strained soup</p>	<ul style="list-style-type: none"> • Reduced-fat cream soups, strained • Broth soups, strained
<p>Other Sugar Free Liquids</p>	<ul style="list-style-type: none"> • Crystal Light[®] • Gelatin • Popsicles • Herbal tea

Postoperative Diet

Sample Menu for Stage 1

Time	Liquid Foods high protein, low carbohydrate, low fat	Fluid Ounces (oz)	Protein (grams)
7 - 7:30 a.m.	4 oz sugar-free pudding with protein	4 oz	5 grams
8:30 - 9:10 a.m.	8 oz protein shake*	8 oz	20-30 grams
10 - 10:30 a.m.	4 oz sugar-free high-protein gelatin dessert	4 oz	5 grams
11:20 a.m. - 12:00 p.m.	8 oz protein shake*	8 oz	20-30 grams
1:30 - 2:15 p.m.	6 oz broth soup with added protein*	6 oz	7 grams
3:30 - 4:15 p.m.	4 oz sugar-free high protein vanilla pudding	4 oz	5 grams
5:30 - 6:15 p.m.	6 oz low-fat, low-carb Greek yogurt	6 oz	13 grams
7:30 - 8:30 p.m.	3 oz sugar-free popsicle	3 oz	0 grams
9:15 - 9:45 p.m.	6 oz herbal tea*	6 oz	0 grams
All Day	Protein and sugar-free beverages*	15 oz	Varies
*Sip on protein and sugar-free beverages all day long			
TOTAL		64 oz	75 - 95 grams

REMEMBER

Your goal is to reach at least 48-64 oz total and your individual protein recommendations each day.

Minimum Daily Protein During Weight Loss

Female:

_____ Inches in height over 5 feet x 5 = _____ + 100 = _____ ÷ 2.2 = _____ x 1.5 = _____ (minimum protein goal)

Male:

_____ Inches in height over 5 feet x 6 = _____ + 106 = _____ ÷ 2.2 = _____ x 1.5 = _____ (minimum protein goal)

Postoperative Diet

Stage 2: Puréed/Soft Foods (Weeks 4-6 After Surgery)

Starting Date: _____

- Supplements

CONTINUE:

- **Multivitamin** Daily
- **Calcium** At least 1,200mg daily
- **Vitamin D** At least 3,000 I.U. daily
- **Vitamin B12** At least 500mcg of sublingual (under the tongue) daily

ADD:

- **B-Complex** Daily
 - **Iron** 325mg of ferrous sulfate or 45-60mg of elemental iron
- Continue taking liquids 48-64 ounces a day to **avoid dehydration**, drinking slowly throughout the day.
 - Plan 4-5 mealtimes — about three hours apart through the day. At least three of these meals should be puréed or soft foods. Other meals may be the same or can be a protein supplement. Separate bites of puréed or soft foods for at least five minutes.
 - Continue to focus on protein (60-90 grams goal) and hydration. In general, it is good to spread your protein throughout the day. It may take a while to be able to get that much protein.
 - **NEVER keep eating once you feel full.**
 - When you have finished your meal, wait at least 30 minutes before taking your first sip of liquid. **DO NOT drink liquids with solids.**
 - Eating slowly will minimize risks of stretching your stomach and regaining weight.
 - Minimize caffeine, carbonation, high-calorie liquids, and acidic liquids (like orange juice or tomato juice, coffee or tea).

Given how small your stomach is and the fact that it may still be swollen, this can be difficult. **DO NOT keep eating once you feel full. Limit each meal to 1/4 cup or 4 level tablespoons.**

Postoperative Diet

Stage 2: Puréed/Soft Foods (Weeks 4-6 After Surgery)

continued: Stage 2: Puréed/Soft Foods (Weeks 4-6 After Surgery)

Type of Food	Some Good Choices
Protein	<ul style="list-style-type: none">• Eggs• Soft tofu• Protein supplements from Stage 1
Milk and Dairy	<ul style="list-style-type: none">• Greek or non-fat, low-carbohydrate yogurt, plain Kefir• Cottage cheese• Other soft cheeses• Sugar-free, non-fat pudding or custard
Modified Solids Normal consistency	<ul style="list-style-type: none">• Reduced-fat cream soups (puree “chunks”)• Broth soups (puree “chunks”)• Non-fat “refried” beans• Puréed tuna or chicken salad• Puréed soft-cooked, non-gassy vegetables• Unsweetened applesauce or puréed soft fruit (no seeds or skins)

Postoperative Diet

Sample Menu for Stage 2

Time	Liquid Foods high protein, low carbohydrate, low fat	Fluid Ounces (oz)	Protein (grams)
6 - 6:30 a.m.	Protein and sugar-free beverages*	6 oz	Varies
7 - 7:30 a.m.	2 oz (¼ cup) scrambled eggs and cottage cheese	2 oz	14 grams
7:45 - 9:30 a.m.	Protein and sugar-free beverages*	8 oz	Varies
10 - 10:45 a.m.	8 oz protein shake*	8 oz	15 grams
11 a.m. - 1 p.m.	Protein and sugar-free beverages*	12 oz	Varies
1:30 - 2:15 p.m.	2 oz (¼ cup) puréed beef vegetable soup	2 oz	5 grams
2:45 - 5 p.m.	Protein and sugar-free beverages*	12 oz	Varies
5:30 - 6:15 p.m.	2 oz (¼ cup) moist tuna salad	2 oz	14 grams
6:45 - 8:30 p.m.	Protein and sugar-free beverages*	12 oz	15 grams
9 - 9:30 p.m.	2 oz (¼ cup) low-fat chili	2 oz	14 grams
All Day	Protein and sugar-free beverages*	6 oz	Varies
*Sip on protein and sugar-free beverages all day long			
TOTAL		64 oz	77 grams

Postoperative Diet

Stage 3: Permanent Eating Lifestyle (Week 7)

Starting Date: _____

- Supplements: Continue taking all vitamins/supplements forever unless a doctor tells you to make changes.
 - **Multivitamin** Daily
 - **Calcium** At least 1,200mg daily
 - **Vitamin D** At least 3,000 I.U. daily
 - **Vitamin B12** At least 500mcg of sublingual (under the tongue) daily
 - **B-Complex** Daily
 - **Iron** 325mg of ferrous sulfate or 45-60mg of elemental iron
- Continue sipping liquids, take at least 30 minutes before your meal. Try not to drink during your meal.
- Continue to plan specific meal times.
- Gradually introduce solid foods, one at a time.
- Chew all foods until smooth, similar to the consistency of applesauce.
- It is important for you to **NEVER continue eating once you feel full.**
- Try not to drink during your meal. Put your fork or spoon down between bites and take at least 30 minutes to finish your meal.
- Continue with your liquid intake of at least 48-64 ounces daily (as listed in Stage 1) **to avoid dehydration.**
- Eating slowly will minimize the risk of stretching your stomach and regaining weight.

The goals during this stage are to continue taking in enough liquid and protein as you gradually develop a way of eating that will support your weight loss, fit into your lifestyle, and satisfy your taste and texture preferences. To protect the size of your new, small stomach, continue to put your fork or spoon down between bites and take at least 30 minutes to finish your meal. **DO NOT keep eating once you feel full. Chew all foods until smooth, similar to the consistency of applesauce.**

Protein needs are individual. Experts recommend higher levels of protein while losing weight or maintaining significant weight loss. As you develop your new lifestyle, experiment with different levels of protein and see how your energy, stamina, and hunger are affected with different protein intake. Your size, amount of muscle, and amount of physical activity are likely to affect how much protein you need.

Here are foods you may want to begin adding at this time, as well as some foods that are best to avoid or minimize as you work toward your health and weight goals. Remember to try only one new food at a time.

Postoperative Diet

Sample Menu for Stage 3

Time	Liquid Foods high protein, low carbohydrate, low fat	Fluid Ounces (oz)	Protein (grams)
6 - 6:30 a.m.	Protein and sugar-free beverages*	6 oz	Varies
7 - 7:30 a.m.	4 oz egg whites with added protein and non-fat milk	4 oz	14 grams
7:45 - 9:30 a.m.	Protein and sugar-free beverages*	8 oz	Varies
10 - 10:45 a.m.	8 oz protein shake*	8 oz	15 grams
11 a.m. - 1 p.m.	Protein and sugar-free beverages*	12 oz	Varies
1:30 - 2:15 p.m.	2 oz - 8 oz (¼ cup – 1 cup) turkey chili and green beans	2-8 oz	5 grams
2:45 - 5 p.m.	Protein and sugar-free beverages*	12 oz	Varies
5:30 - 6:15 p.m.	2 oz - 8 oz (¼ cup – 1 cup) salmon, steamed squash and sugar-free pudding	2-8 oz	14 grams
6:45 - 8:30 p.m.	Protein and sugar-free beverages*	12 oz	15 grams
9 - 9:30 p.m.	2 oz (¼ cup) low-fat chili	2 oz	14 grams
All Day	Protein and sugar-free beverages*	6 oz	Varies
*Sip on protein and sugar-free beverages all day long			
TOTAL		64 oz	80 grams

Postoperative Diet

Summary of What To Eat and Drink

Type of Food	Some Good Choices	Foods to Avoid/Minimize
<p>Protein Supplements</p> <p>High quality protein supplements contain 20-30g protein, <10g fat, and <10g carbohydrates</p>	<p>Protein supplements, e.g. New Direction[®], Bariatric Advantage[®], Isopure[®], Muscle Milk[®], Premier Protein[®], Pure Protein[®], Protein Blasts[®], Unjury[®], Pro-Stat[®], ProCel[®], Muscle Milk[®], Iso Smart[®] (hydrolyzed whey protein), and other whey-based products; if you can't tolerate these, soy/plant protein supplements are also available.</p>	<p>High-carbohydrate bars or drinks, such as granola or fiber bars and energy drinks</p>
<p>Proteins</p> <p>Broiled, baked, grilled or steamed</p>	<ul style="list-style-type: none"> • Chicken • Turkey • Fish • Lean pork • Ham • Beef • Eggs • Tofu 	<ul style="list-style-type: none"> • High-fat meats • Fried foods • Dry or fibrous meat
<p>Milk and Dairy</p>	<ul style="list-style-type: none"> • Non-fat or 1% milk or Lactaid[®] • Unsweetened soy or rice milk • Greek or non-fat, low-carbohydrate yogurt, cottage cheese, other low-fat cheeses • Sugar-free, non-fat pudding • Ice cream or custard 	<ul style="list-style-type: none"> • Whole 2% milk • Ice cream, milkshakes • Sweetened, frozen desserts • Regular hot chocolate, lattes or flavored drinks
<p>Vegetables</p>	<p>Soft, cooked vegetables at first. Then green and other non-starchy, non-stringy vegetables, cooked (low-fat) or raw.</p>	<p>Gas-forming foods (unless they don't bother you): beets, broccoli, cauliflower, brussel sprouts, corn, green peas, lima beans, mushrooms, peppers, potato skins, spinach, winter squash, cabbage, onions, cucumbers, raw vegetables. Your tolerance may increase over time.</p> <p>Stringy vegetables like celery and asparagus unless cut into very small pieces.</p>

Postoperative Diet

Summary of What To Eat and Drink (continued)

Type of Food	Some Good Choices	Foods to Avoid/Minimize
Fruit	<ul style="list-style-type: none">• Fresh fruit (with skins and membranes as tolerated)• Unsweetened frozen or packaged fruit	<ul style="list-style-type: none">• Canned fruit in sweet syrup• Dried fruit• Fruit juices
Starches (limited)	<ul style="list-style-type: none">• Sweet potatoes or yams• Whole grains	<ul style="list-style-type: none">• Sweets• Breads• Rice• Pasta• Tortillas• Popcorn• French fries• Sweetened cereals• Granola bars
Fats	<ul style="list-style-type: none">• Olive or canola oil• Low-fat salad dressing• Nut butters• Small portions of avocado• Nuts	<ul style="list-style-type: none">• Solid fats• Large portions of any fat
Beverages	<ul style="list-style-type: none">• Water• Herbal tea• Decaffeinated coffee• Non-carbonated, sugar-free drinks	<ul style="list-style-type: none">• Caffeinated, carbonated or sweetened beverages• Fruit juices• Smoothies• Alcohol
Other	<ul style="list-style-type: none">• Low-fat soups• Sugar substitutes	<ul style="list-style-type: none">• Sugar• Honey

Postoperative Diet

Key to Protecting Stomach and Being Successful

How To Eat and Drink

- Put your fork or spoon down between bites and take at least 30 minutes to eat your meal (set a timer).
- Eat often enough that you do not get overly hungry (usually four to five times/day).
- Stop eating when you think you are going to be full. Wait for a few minutes and then take another bite if you are still hungry.
- How much you eat at a meal depends on how you feel. You should stop eating one bite before you feel full. This is something you can learn over a time by paying attention to how you feel as you eat.

What To Eat and Drink

- Eat protein – prepared in a low-fat way.
- Eat non-starchy, non-stringy vegetables.
- Eat a little fruit (fresh or frozen is better than dried or canned).
- Limit carbohydrates (starch and sugar) and have these items only after reaching your protein goal for the day.
- Drink low- or non-calorie beverages.
- **AVOID carbonation.**
- Minimize intake of coffee and other acidic or caffeinated beverages.
- Minimize intake of alcohol to the equivalent of one glass of wine per day or less.

What Else Makes a Difference

- Take your supplements.
- **NO cigarettes (or other forms of nicotine).**
- **NO NSAIDS unless approved by your doctor (you can take Tylenol®).**
- Get regular exercise, both cardio and strength.
- Attend support groups.
- Monitor your intake and your weight. If you start to gain weight, talk to your doctor, go to a support group, get counseling, or whatever it takes to get you back on track before you ruin your surgical tool or gain so much weight that you become discouraged. Useful strategies include keeping a food/mood journal, focusing on your experiences as you eat, your hunger levels, etc. Make sure you are meeting all your self-care needs.

Postoperative Diet

Figuring Out What's in Your Food

Fresh Food

If a food is fresh and does not have a label, you can find out the nutritional information by looking online or using an app. Some good websites or apps are:

- Myplate.gov (meal planning)
- Eatright.org (Academy of Nutrition and Dietetics)
- Myfitnesspal.com (food tracking)
- Bariatriceating.com (recipes/discussion boards)
- Bariatricadvantage.com (supplements, soups, shakes)

Packaged Food: Reading Food Labels

1. Start with a serving size.
 - Look for both serving size and the number of servings in the package.
 - Remember your serving size may be different than the one on the package.
2. Look at the total carbohydrates and protein grams per serving.
3. Look at the calories per serving.
4. Check the ingredient list. Ingredients are listed in order, with the largest ingredient first.

Compare: The following is information from two products advertised as protein drinks.

This is the better choice

Nutrition Facts	
Serving Size 8oz	
Servings Per Container 35	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Total Carbohydrate 7g	2%
Dietary Fiber 5g	2%
Sugars 1g	
Protein 27g	54%
Vitamin A	50%
Calcium	15%
Vitamin C	50%
Iron	35%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Nutrition Facts	
Serving Size 8oz (1 Bottle)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 42
% Daily Value*	
Total Fat 4.7g	6%
Saturated Fat 5g	3%
Total Carbohydrate 27.4g	8%
Dietary Fiber 4.7g	2%
Sugars 17g	
Protein 9.5g	19%
Vitamin A	33%
Calcium	33%
Vitamin C	95%
Iron	14%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Postoperative Diet

Summary of Guidelines

Surgery can increase your chances of successful weight loss and maintenance, and improve your quality of life. Your long-term success will depend on what you do to support your surgery. The following chart summarizes some of the things your doctor wants you to do to support your health and success, and what could happen if you do not follow guidelines.

Guidelines	Reasons
Take recommended vitamins/ supplements (see page 16 for details). Get your blood checked at least annually to make sure you are getting all the nutrients necessary for your good health.	Because you were eating so little, you are not getting enough of certain vitamins from your food (bypass patients, in addition, are not absorbing all the vitamins in their food). Vitamin deficiencies can lead to severe, permanent health problems such as anemia, bone loss and nerve damage.
Follow your doctor's directions about when to start drinking and eating after your surgery, as well as what types of liquids and foods you take in.	Your body is healing. If you do not proceed slowly enough, you can cause leaks or staple disruption. These, in turn, can be life threatening.
Take your time eating meals. Put your fork or spoon down between bites. Set your timer and take at least 30 minutes to finish your meal.	Drinking or eating too quickly leads to stretching the small stomach pouch and/or the opening between the pouch and the intestines. Over time, this type of stretching can cause a permanent increase in size which will lead to weight gain.
Take small bites of food and chew to the consistency of baby applesauce or mashed potatoes before swallowing.	Your saliva begins the digestive process. If you swallow food that is not thoroughly chewed, it could act like a plug, blocking the food from progressing through your system. This is likely to be very uncomfortable and could cause stretching of the stomach pouch and/or the esophagus.
Eat and drink separately. Try to avoid drinking during your meal and after your meal. Try to separate eating and drinking by at least 10 minutes.	Eating and drinking together may result in the food swelling and stretching the stomach pouch. Drinking too close to eating (before or after) can also result in discomfort, dumping and/or stretching.
Eat small amounts of healthy foods; 1/4 cup initially, gradually increasing up to about 1 cup, four to six times a day on your permanent diet. It is best to eat at the same time each day and to avoid getting overly hungry.	You cannot eat very much so it is important you make healthy food choices. Dietary deficiencies can lead to poor health. Also, if you do not eat regularly, you are likely to get overly hungry and eat too much and too fast which can lead to discomfort and stretching, which will lead to weight gain.

Postoperative Diet

Summary of Guidelines (continued)

Guidelines	Reasons
Introduce foods one at a time.	You are learning your body's tolerances after surgery. If you have two new foods at once and do not feel well, you will not know whether the problem was caused by one or the other of the foods, or in combination.
Choose low-calorie, unsweetened beverages.	Always check the labels. You may be surprised at how much sugar and calories many beverages have, including fruit juice.
Avoid high-calorie foods and beverages (sugars and fats).	These foods interfere with weight loss, increase hunger, and could result in the "Dumping Syndrome." This syndrome includes such symptoms as rapid heartbeat, cold sweats, light-headedness, feeling weak, nausea and/or diarrhea. You may experience one or more of these symptoms at different intensities.
Limit starchy foods.	Bread, rice, pasta, tortillas and etc. can combine with the moistness in the stomach pouch. They may also fill you up, interfering with your ability to get the nutrition you need from protein and vegetables. Minimize and have these items only after reaching your protein goal for the day.
Be aware of gas-forming vegetables.	Avoid the following gas-forming vegetables (unless they do not bother you): beets, broccoli, cauliflower, brussel sprouts, corn, green peas, lima beans, mushrooms, peppers, potato skins, spinach winter squash, cabbage, onions, cucumbers, and raw vegetables. Your tolerance may increase over time.
DO NOT take over-the-counter NSAIDS; DO NOT use nicotine.	The substances can irritate the lining of the small stomach pouch and increase the risk of ulcers and strictures.
AVOID carbonation.	Carbonation is a gas and expands. It can make you feel bloated and potentially stretch your stomach pouch.
Limit alcohol.	The tolerance for alcohol is decreased and puts you more at risk for poor decisions and for damage to your liver. Alcohol may also increase the risk of ulcers postoperatively. You may be more susceptible to becoming a problem drinker, since alcohol is more easily absorbed, and the elimination time is increased after surgery. Limit alcohol intake to the equivalent of one glass of wine per day.
Use discretion when chewing gum and using straws.	Both practices result in swallowing extra air. Gum, if accidentally swallowed, can cause blockages. Drinking through a straw may cause larger sips than are desired.

Postoperative Diet

The Three Things to Never Have Again After Your Bariatric Surgery

1. Nicotine of Any Kind (cigarettes, cigars, hookahs, vape pens, gum, patch)

2. NSAIDs (non-steroidal, anti-inflammatory drugs)

The following list is an example of NSAIDS available:

- Aspirin
- Celecoxib (Celebrex®)
- Diclofenac (Cambia®, Cataflam®, Voltaren®-XR, Zipsor®, Zorvolex®)
- Diflunisal (Dolobid – discontinued brand)
- Etodolac (Lodine – discontinued brand)
- Ibuprofen (Motrin®, Advil®)
- Indomethacin (Indocin®)
- Ketoprofen (Active-ketoprofen [Orudis – discontinued brand])
- Ketorolac (Toradol – discontinued brand)
- Naproxen (Aleve®, Anaprox, Naprelan®, Naprosyn®)
- Oxaprozin (Daypro®)
- Piroxicam (Feldene®)
- Salsalate (Disalsate [Amigesic – discontinued brand])
- Sulindac (Clinoril – discontinued brand)
- Tolmetin (Tolectin – discontinued brand)

CAN USE:

- Acetaminophen – Tylenol®

3. Carbonation (of any kind)

- Anything with bubbles: sparkling water, diet soda, beer, champagne

Pages 28-29 in this postoperative diet packet explain the reasonings as to why these are a forever NO after bariatric surgery.