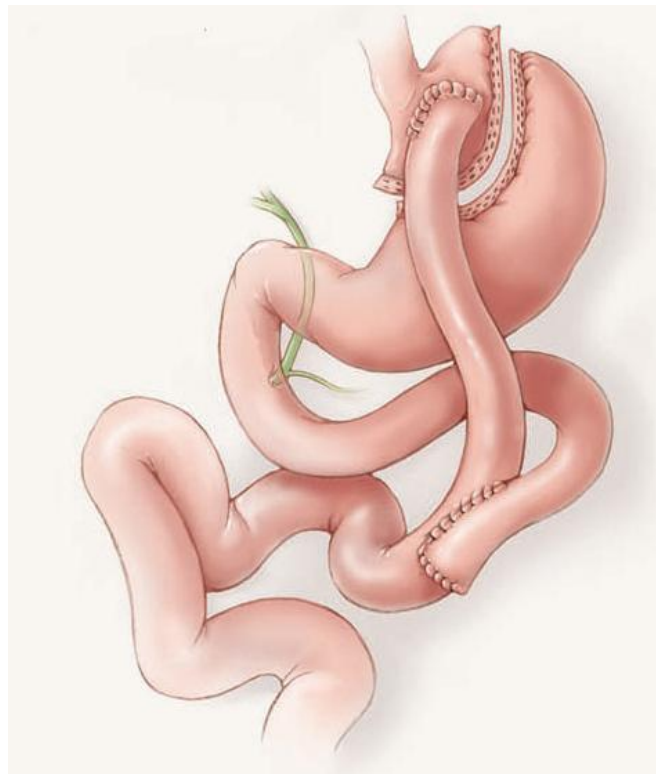


# Patient Information Book for Laparoscopic Gastric Bypass Surgery



## **Introduction**

This information booklet has been developed to help prepare you for your Roux-en-Y gastric bypass operation. It discusses what you can expect before, during and after your stay in hospital and helps you with the lifestyle changes you need to make after surgery.

There is a confirmation page at the end, which you need to sign. This ensures you have had time to read, and understand all the information given to you. It is important that you give yourself adequate time to process all the information, and we are happy to answer all questions that you may have.

There is plenty of space throughout the book for you to write questions down, and it is advised that you do so in order to remember them when you see your specialist.

Remember this is the beginning of a challenging journey and it is important that you are well prepared with information, and determination to reap the benefits.

<b>Document Name</b>	<b>Lap Gastric Bypass Surgery Information Book</b>	<b>Version:</b>	1.0
<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
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<b>Counties Manukau District Health Board</b>			

## Index Page

Introduction	_____	Page 2
Index	_____	Page 3
Surgical Overview	_____	Page 4
Anaesthesia for Bariatric Surgery	_____	Page 6
Hospital Admission	_____	Page 7
Follow up Appointments	_____	Page 11
Potential Complications	_____	Page 12
Nutritional Information	_____	Page 13
Vitamin Supplements	_____	Page 23
Health Lifestyle Choices	_____	Page 24
10 Point Plan	_____	Page 25
Confirmation Page	_____	Page 26

<b>Document Name</b>	Lap Gastric Bypass Surgery Information Book	<b>Version:</b>	1.0
<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
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<b>Counties Manukau District Health Board</b>			

## Surgical Overview

Roux-en-Y Gastric Bypass is considered the Gold Standard operation for morbid obesity and accounts for approximately 70% of bariatric procedures worldwide. It is the operation that all other weight loss procedures are compared to.

Roux-en-Y gastric bypass is a technically more challenging procedure than other surgical procedures available but has grown in popularity because it has been shown to produce sustainable long-term weight loss in most patients. Many problems associated with obesity such as diabetes and sleep apnoea are improved or completely resolved. It has a low mortality rate (0.5-1%). Roux-en-Y gastric bypass offers a very good balance between weight loss and risk of complications.

The Roux-en-Y gastric bypass procedure involves creating a very small pouch out of the stomach and attaching it directly to the small intestine, bypassing most of the stomach and first part of the small bowel. Not only is the stomach pouch too small to hold large amounts of food, but by skipping the first part of the small bowel, energy absorption is substantially reduced. Together, this results in potent reduction of dietary calories.

Laparoscopic (keyhole) surgery, involves several very small incisions rather than open surgery, which uses one large incision. Harmless CO<sub>2</sub> gas is introduced into the abdomen, inflating it, and creating a space for the surgeon to work. The surgeon introduces a long narrow camera and surgical instruments, and uses these to perform the same procedure that had in the past required an open approach.

Laparoscopic procedures have many advantages, including less pain, a shorter hospital stay, and a quicker recovery, as well as significantly reduced risk of wound infection and wound hernias. If for some reason your surgeon can not complete the procedure laparoscopically, he can convert to the open procedure safely. The chance of this occurring is low, and would only be done in your best interests.

### Improved Health

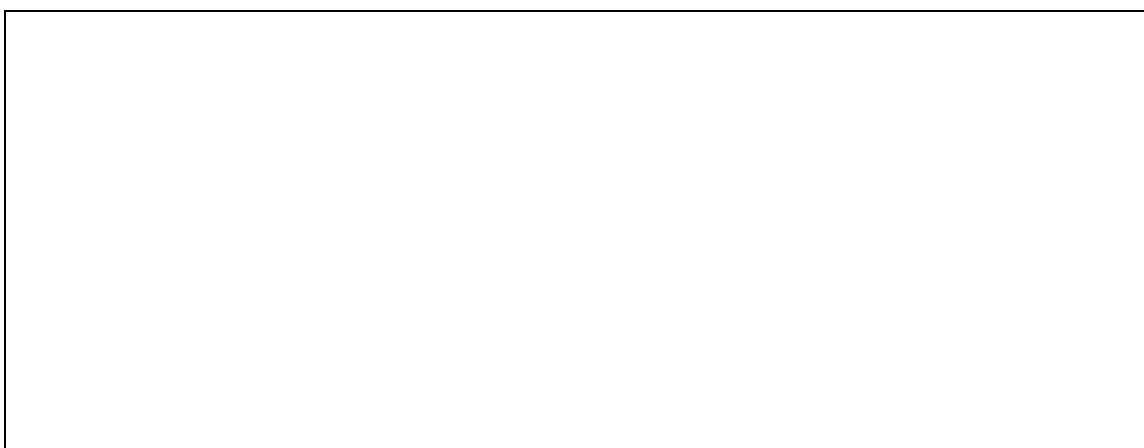
Gastric bypass reduces the risk of death from obesity. Many obesity related conditions such as type II diabetes mellitus, obstructive sleep apnoea, joint pain, lipid abnormalities and high blood pressure are either completely resolved, or substantially improved.

<b>Document Name</b>	<b>Lap Gastric Bypass Surgery Information Book</b>	<b>Version:</b>	1.0
<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
<b>Document Owner:</b>	R Babor, G Beban, Y Martin, C Cannin.	<b>Next Review Date:</b>	August 2010
<b>Counties Manukau District Health Board</b>			

## Long-term weight loss

Most patients lose near half their excess weight in the first year and then go on to lose more weight over the next 6 to 12 months, before their weight stabilises. Most patients achieve good to excellent weight loss results following gastric bypass surgery; typically this is 60-75% of excess weight. **However, there is no amount of weight loss that is guaranteed.**

Healthy lifestyle changes, with better diet and regular exercise, lead to a better outcome after the surgery. Gastric bypass is best seen as a tool that makes these lifestyle changes achievable for most patients.



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<b>Document Owner:</b>	R Babor, G Beban, Y Martin, C Cannin.	<b>Next Review Date:</b>	August 2010
<b>Counties Manukau District Health Board</b>			

## Anaesthesia for Bariatric Surgery

This information is designed to give you the information you require about the anaesthesia for your Laparoscopic Roux-en-Y gastric bypass. However, your anaesthetist will be in contact with you prior to your operation and will be able to answer any additional questions you may have. Please feel free to ask about any aspect of your anaesthesia care.

An anaesthetist is a medical specialist just like a surgeon, requiring the same length of training, and you will have a fully trained specialist anaesthetist for your surgery. The anaesthetist will contact you prior to your surgery to ask you about any previous and current health issues. It is very important you try to answer all questions fully to enable the anaesthetist to use the best anaesthetic techniques for your surgery. Specifically, it is very important to tell the anaesthetist about any previous anaesthesia problems, any allergies, and any history of Pulmonary Embolus (PE) or Deep Vein Thrombosis (DVT, Leg Blood Clots). The anaesthetist will arrange for extra tests if they are required for safe conduct of anaesthesia. If needed, they may ask to see you prior to the day of surgery.

You will usually meet your anaesthetist on the day of surgery, prior to your surgery. They will answer any further questions you may have and obtain your informed consent for the anaesthesia. Laparoscopic Roux-en-Y gastric bypass requires general anaesthesia: this is a combination of drugs used to put you into a state of reversible unconsciousness. The anaesthetist monitors you continuously during this time, and you will be given painkillers and anti-emetics (which help prevent nausea and vomiting) while you are asleep. In the recovery room further medications will be given as needed.

Pain is normally not too severe after this procedure. Occasionally, the gas used to inflate the abdomen can cause pain in the shoulder tip, but this rarely lasts long and is easily controlled. If ongoing pain relief is needed, then a PCA pump (patient-controlled analgesia, 'Pain Pump') will be used. You push a button and the pump delivers a dose of painkiller. You cannot give yourself too much; the machine will not let you. Nausea and vomiting can be troublesome for some people but there are many drugs we can use to prevent this. Your anaesthetist will chart a list of drugs for the ward nurses to give, and we would encourage you to use them as required. The nurses can contact your anaesthetist at any time for advice about pain-relief and any other non-surgical problem.

Your anaesthetist will be involved with your care for 2-3 days after the operation in concert with your surgeon. He or she takes care of pain-relief, nausea / vomiting and intravenous fluids, as well as managing most medical problems such as diabetes while you are in hospital.

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<b>Counties Manukau District Health Board</b>			

## Hospital Admission

### Day Zero

#### Admission

You will be admitted to hospital on the morning of surgery unless you have specific medical problems that your anaesthetist and surgeon wish to monitor closely overnight. It is understood that you will have had a thorough shower prior to admission, and that you bring along everything you require for your hospital stay. If you have any further questions for your surgeon or anaesthetist please write them down and bring them with you to hospital.

#### CPAP (Continuous Positive Airway Pressure)

If you currently use CPAP, please bring your machine with you to hospital.

#### Medications

Bring in all medications including over the counter and herbal medications. Don't stop any medications unless told to do so first by your anaesthetist or surgeon.

During the admission process your surgeon, anaesthetist, admission nurse and theatre nurse will see you. This will mean that different people ask you the same questions. This is a safety issue, and although it can be frustrating, it is important. Use this time to ask any questions that you may have.

Once you have been admitted and changed into your theatre gown and TEDs (stockings to prevent leg clots), you will wait in the preoperative area until theatre is ready. A final check between the theatre staff and the admission staff takes place before you are taken into the theatre.

You will move onto the theatre bed, which is narrow and firm, and a blood pressure cuff, ECG and an oxygen monitor will be attached to you so your anaesthetic team can monitor you closely throughout the procedure. Your anaesthetist will place a cannula (drip) into a vein and ask you to breath some oxygen through a plastic facemask. Your anaesthetist will then gently send you off to sleep.

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<b>Counties Manukau District Health Board</b>			

## Recovery Unit

You will wake up in the recovery unit with monitoring attached to you. You will have a cannula (drip), a urinary catheter (tube into the bladder) and a drain (tube into the abdomen). The PCA pump will be attached to your drip.

Once you are awake and comfortable you will be transferred to the High Dependency Unit (HDU).

## HDU

In the HDU your nurse will record your vital signs regularly and give medications to control any pain or nausea.

You will be encouraged to do deep breathing exercises to keep your lungs healthy, and to move into a chair. Early mobilisation is good for DVT prevention (blood clots in the legs). You will also have TED stockings on and a FlowTron machine (inflatable stockings). Again, this is to help prevent DVTs.

You can start to suck on some ice or to take sips of water on your first night.

## Day One

### Ward

You will move to your ward on day one. You will be encouraged to slowly drink your way through 1 litre of water over the day: after this your IV can be removed. Your catheter will be removed once you can move independently to the toilet. Your drain will be cut short with a bag fixed to it to allow you more freedom to move. You will be given heparin injections, and you will wear the TED stockings all the time, and the FlowTron device when not mobilising.

Your surgeon and anaesthetist will see you, as will your dietitian and physiotherapist. If required, a social worker or psychologist is available.

It is important that you get up and move around as soon as you are able, so you will be encouraged to walk around the ward.

Medications for pain and nausea will continue, and will change to oral forms as you can manage. Do not hesitate to ask for a sleeping tablet if you require help to sleep at night.

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<b>Counties Manukau District Health Board</b>			

## Day Two

Walking will be encouraged. You will continue to be given heparin injections, wear the TED stockings all the time, and the FlowTron device when not mobilising.

Your diet will progress to *bariatric free fluids* (see nutrition information section). You should be able to gradually drink at least 1 litre of water over the day.

## Day Three

Your diet will progress to a *bariatric pureed diet* (see nutrition information section). All your medications should now be taken orally, perhaps crushed or in liquid form.

Your drain may be removed which will help with your independence. Walking as much as possible and deep breathing exercises will be encouraged.

## Day Four

Most people will be discharged on this day.

You will be reminded to take small bites and chew, chew, chew. When you feel full, **STOP** eating.

You will be given a prescription for medications to be taken after discharge. They include:

- Multivitamins
- Analgesia for pain relief, usually for up to 2 weeks
- Anti emetic to help with nausea usually for up to 2 weeks
- Anti acid to reduce stomach acid usually for 6 weeks
- Perhaps Clexane for prevention of pulmonary embolism

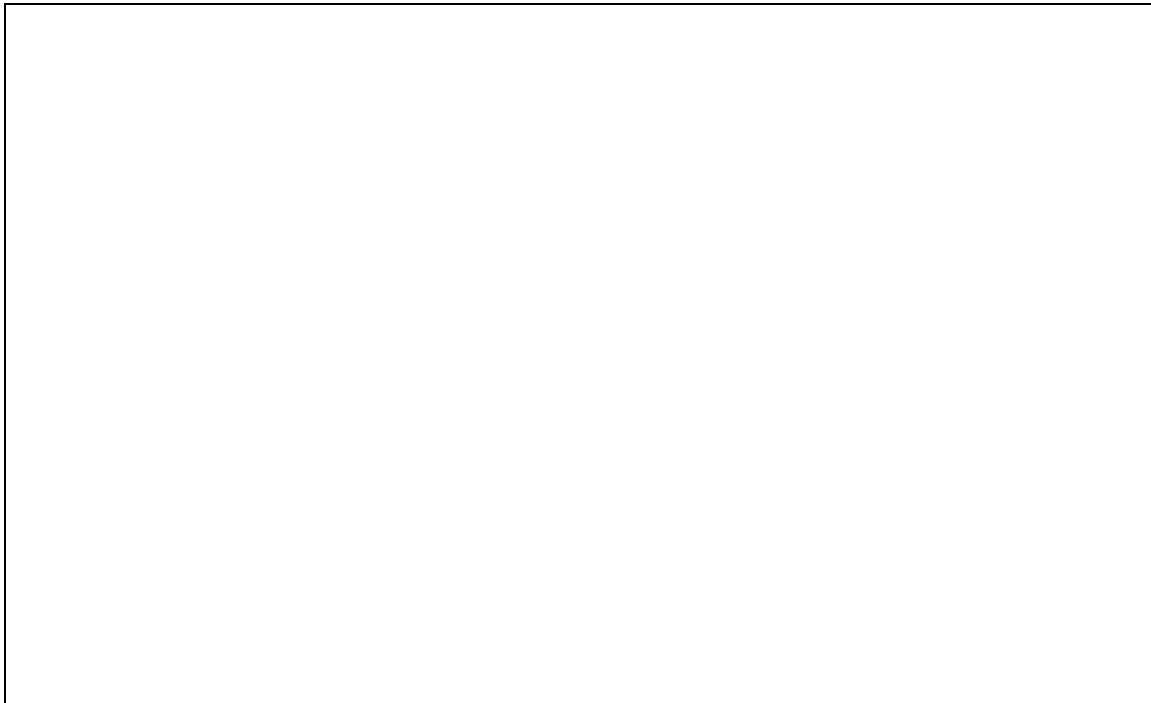
Occasionally you may be prescribed lactulose for help with bowel movements

You should carry on taking your normal medications that you were on before surgery, unless specifically told to stop. Some tablets taken in the first six weeks after your operation may need to be crushed. We advise you continue wearing your TED stockings for ten days post operation. This is to prevent DVT and pulmonary embolism.

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If you have successfully managed to stop smoking prior to your surgery, then you should maintain this postoperatively. Smoking can cause ulceration and narrowing at the surgical joins that have been created.

It is important that you refrain from alcohol post surgery until you have got used to your new stomach, and then only in moderation as it will have a much more potent effect.



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<b>Counties Manukau District Health Board</b>			

## Follow Up Appointments

<b>One Week</b>	You will be contacted by phone around 1 week after your operation to check on your progress. Use this call to ask any questions you may have.
<b>Two Weeks</b>	You will be given an appointment to see your surgeon in two weeks time. Make sure you keep this appointment.
<b>Four Weeks</b>	Appointment to see your dietitian
<b>Six Weeks</b>	Appointment to see your surgeon. Some patients may find it helpful to see a psychologist at this time.
<b>Three Months</b>	Appointment to see surgeon (or nurse practitioner) and dietitian
<b>Six Months</b>	Appointment to see surgeon (or nurse practitioner) and dietitian
<b>One Year</b>	Appointment to see surgeon (or nurse practitioner) and dietitian
<b>Every Year</b>	Appointment to see surgeon (or nurse practitioner)

You will often be asked to obtain specific blood tests in the week before an appointment. Other medications, such as calcium and iron, may be prescribed after surgery at these follow-up visits.

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<b>Counties Manukau District Health Board</b>			

## **POTENTIAL COMPLICATIONS**

All surgery has risks, and as any stomach operation for obesity is considered major surgery, it has significant risks associated with it.

People have died from having operations for morbid obesity. It happens rarely, but the risk can never be taken away completely. If you are older, or you already have certain health problems related to your obesity, your risk may rise. Heart attacks after the operation, clots that form in the leg veins which then pass to the lungs, or leakage of the stomach joins can cause death in morbidly obese people after surgery. This risk is between 1 in 500 and 1 in 100. Thorough precautions are taken during surgery and your hospital stay to minimise these risks, but they cannot be eradicated altogether.

Other problems that can occur after gastric bypass surgery include pneumonia, wound infections, and ulceration or narrowing at the joins made between stomach and bowel. Some of these are relatively minor and do not have a long-term effect on your recovery. Other complications may be more significant and require a longer hospital stay and recovery period. Antibiotics at time of surgery, deep breathing exercises and early mobilisation after surgery are some of the measures taken to reduce the risks of these complications.

After gastric bypass surgery, patients need to take iron, calcium, and vitamin supplements lifelong to prevent complications associated with malnutrition. Sometimes these are best given as an injection.

Complications that can occur with gastric bypass surgery are listed below. This list is long, and although most patients have no complications, or minor complications only, please take note and ask your surgeon and team any questions that will help you to understand the risks associated with obesity surgery.

### **During Surgery**

- Larger incision may need to be made because of technical difficulty with keyhole approach
- Bleeding. From blood vessels or injured organs
- Injury to the spleen. May require removal of the spleen
- Injury to other organs. Examples: Oesophagus, pancreas, liver
- Technical difficulty leading to change in operation strategy

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<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
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<b>Counties Manukau District Health Board</b>			

## After surgery

- Death. Rate = ½ -1%
- Leak from bowel joins or staple lines. Rate =1%
- Bleeding. May require transfusion or return to surgery
- Infection. At keyhole incisions, or deep with the abdomen
- Sepsis. Severe infection that can lead to organ failure and death. This can lead to prolonged hospital stay and further surgery
- Pulmonary embolus. A blood clot in the lungs that can be fatal. Rate = 1%
- Deep vein thrombosis. A blood clot in the leg veins
- Pneumonia
- Respiratory failure. Inability to breathe adequately after surgery. This may require support of breathing in an intensive care ward
- Heart attack or abnormal heart rhythm
- Stroke
- Pancreatitis
- Urinary tract infection or injury to the urinary tract from catheter insertion
- Complications related to placement of intravenous and arterial lines. This includes bleeding, nerve injury, or pneumothorax (collapsed lung)
- Nerve or muscle injury related to positioning during surgery
- Allergic reactions to medication, anaesthetic agents or prosthetic devices
- Colitis (= inflammation of the colon). Usually due to antibiotics used in surgery

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### In the longer term

- Troublesome symptoms may include: Abdominal pain, change in bowel pattern, tiredness, bloating, nausea or vomiting
- “Dumping syndrome”. This is an unpleasant feeling after eating sugary foods. Usual symptoms are anxiety, tremor and sweatiness
- Narrowing or ulcers at the stomach – small bowel join. May require stretching with a balloon or rarely surgery
- Anaemia. Usually because of lack of adequate vitamin intake. Prevented by regular blood tests and supplementation of vitamins, especially B12.
- Excessive or inadequate weight loss. Rarely requires further surgery
- Dehydration or imbalance of body salts. Usually from inadequate fluid intake, infrequently requires admission to hospital
- Inflammation of the remaining stomach or oesophagus
- Gall bladder disease. Usually from gallstones that form during rapid weight loss, can require surgical removal of the gallbladder
- Hernias at the site of incisions
- Internal hernias. These can occur inside the abdomen because of rearrangement of the bowel or scarring from surgery. This may block the bowel, and is an ongoing risk that occurs in 1% of patients per year and then requires urgent surgery to correct
- Psychological problems can include depression, adjustment disorder, relationship difficulties and rarely suicide
- Liver disease or failure. Can occur if there is underlying liver damage that is worsened by weight loss or surgery
- Thinning of the bones (= osteoporosis) can lead to fractures especially in women. Prevention requires lifelong dietary calcium supplements
- Hair loss from malnutrition

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## Nutritional Information

After Roux-en-Y gastric bypass surgery you will need to make changes to your eating patterns. The diet after surgery progresses from a liquid diet to a pureed diet to a soft diet and then a modified diet. This progression is designed to allow your body to heal. It is very important that you follow the diets progression to maximize healing and minimise risk of complications.

### BEFORE SURGERY

For 2 to 6 weeks before your surgery you are required to follow a low calorie diet. The programme followed is Optifast or Dr Mcleods. Your dietitian and surgeon will advise on the amount of time you will need for this.

### Why is it necessary to lose weight pre-surgery?

- To lower body fat levels for better access for the surgeon.
- To reduce the size of your liver which would otherwise be in the way.
- Greater ability to adapt to post-operative dietary requirements
- Improved surgery outcomes
- Reduced operating time and post operative risks
- Improved physical function and mobility post-surgery.

### What is Optifast?

- Very low calorie diet (VLCD) that is < 800kcal per day.
- Nutritionally complete. (All the vitamins and minerals that you need.)
- Involves 3 milkshake sachets per day. (Soups and bars are also available)

### How does it work?

- Each sachet is mixed with 200mls of water at meal times and provides all essential nutrients, as weight is lost.
- You need to drink at least 2 litres of the following fluids per day:
  - Water
  - Diet soft drink
  - Black tea or herbal tea without milk or sugar
- A maximum of 2 cups of low starch vegetables are allowed per day.
- Replacement fibre – 1tsp of psyllium or equivalent per sachet of optifast eg Metamucil or Benefibre
- Please see attached “foods allowed” lists below for more information.

If you are having trouble with this diet or having symptoms such as nausea, please call your dietitian, surgeon or your GP.

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## Additional Allowances

Allowed				Avoid
Fruit*	One of – 200g strawberries, 1 lychee, 1 apricot, 100g cooked rhubarb, 1 slice of pineapple, 2 passion fruit, 100g grapes, 1 lime, 1 apple, 50g cherries, 1 mango, 1 medium orange, 1 peach, 1 small pear, 120g pear in natural juice, 120g plums, 5 prunes.			All other fruit Including banana
Low Starch And Green Vegetables (2 cups per day)	Alfalfa sprouts Asparagus Beans Bok Choy Broccoli Brussel sprouts Celery Cabbage Capsicum Carrots	Cauliflower Cucumber Eggplant Garlic Lettuce Leeks Mung beans Mushrooms Onions	Radish Shallots Silver beet Snow peas Spinach Squash Tomato Watercress Zucchini	Corn Green peas Legume Lentils Potato Pumpkin Sweet Potato
Soups	Stock cubes	Vegetable soups (Using allowed vegetables)	Miso soup	All others
Sauces And Condiments	Lemon juice Vinegar Worcestershire sauce	Soy sauce (In moderation) Chilli	Mustard Tomato paste	
Herbs And Spices	All herbs and spices			
Miscellaneous	Artificial sweeteners	Unsweetened Lollies/gum	Diet jelly Essence – banana, mint, strawberry	
Calorie Free Fluids (At Least 2 Litres Extra Per Day)	Water Tea Diet soft drink	Diet cordial Mineral water		Fruit juice Alcohol

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**AFTER SURGERY****Day 0 (Day of surgery)**

- Sips of water.
- Ice to suck.

**Day One**

- 1 litre of water (slowly, as tolerated)

**Day Two**

- Bariatric free fluid diet (anything liquid at room temperature)
- Clear/smooth soups, Optifast, tea/coffee, low fat smoothies
- Must be low sugar containing fluids

**Day Three – Week One**

- Bariatric pureed diet
- Very small amounts of puree/mashed food only (½ teacup at most)

**Week One to Week Four**

- Bariatric Soft diet
- Small amounts of soft/mashed foods only.

**Week Four Onwards**

- Small meals of soft food that is high in protein and low in fat and sugar.

**General Information:**

During all of the above stages and once recovered it is crucial that you:

- **AVOID** liquids with meals (do not drink 30mins pre and post eating)
- Drink between meals and aim for 6-8 glasses fluid per day
- Follow a general healthy diet, low in fat and sugar

**Constipation:**

- Because you are eating less constipation may be a problem. Keeping up with your fluid intake, and occasionally using a gentle laxative will help with this.

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## Dumping Syndrome

- This occurs due to the “dumping” of highly concentrated carbohydrate (sugar) into your bowel.
- Symptoms include; dizziness, abdominal pain, flushes, diarrhea.
- It can occur straight after eating or 1-3 hours after eating.
- **AVOID** all high sugar containing food and fluid e.g. Lollies, ice cream, juice/cordial, soft drinks.

## Handy Hints:

- If you try to eat too much too quickly or drink with meals vomiting may occur.
- Do not consume liquid calories such as fruit juice, soft drinks, cordial, or milkshakes.
- Eat slowly, chew all food well and take time with your meals.
- Ensure you have an adequate protein intake. Protein should be eaten before carbohydrates (starchy) foods.
- As soon as you are home after your surgery start taking a multivitamin daily such as “Centrum”

## Puree diet

To be followed until 3 weeks after your surgery – Eating too much can result in complications before healing has occurred.

## Important Points:

- Eat slowly
- Avoid very hot or very cold foods
- **DO NOT** drink within 30 minutes of meal times
- It is normal to be managing only very small amounts during this phase.

Eating with a teaspoon is a good idea.

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Foods Allowed	Foods to Avoid
High protein, low fat pureed foods: Low Fat yoghurt, Milk, Cottage cheese, Porridge, Mashed weetbix, Creamota, Scrambled or poached eggs, Pureed meat/chicken/fish, Pureed/mashed vegetables/potato, Smooth soups, Pureed fruit	Raw fruit Raw vegetables Breads Rice Pasta Nuts Seeds Skins Solid Food
Low fat products	Butter Margarine Oil Avocado Cheese (high fat varieties) Ice cream Cream
Low sugar products Low calorie drinks Water Herbal teas	Cordially, Soft drinks Jelly

Sample meal plan (Initially only 1 -2 Tablespoons of food at a time):

<b>Breakfast</b>	Creamota or weetbix Low fat milk or 1Tablespoon low fat yoghurt 1Tablespoon Puree fruit
<b>Lunch</b>	Smooth vegetable/pumpkin soup Scrambled egg
<b>Dinner</b>	Puree chicken and low fat gravy Or Mashed fish Puree potato/pumpkin/vegetables

**Snacks (x3/day)** Puree fruit, mashed banana, low fat yoghurt and milk

<b>Document Name</b>	Lap Gastric Bypass Surgery Information Book	<b>Version:</b>	1.0
<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
<b>Document Owner:</b>	R Babor, G Beban, Y Martin, C Cannin.	<b>Next Review Date:</b>	August 2010
<b>Counties Manukau District Health Board</b>			

## Soft diet

After your puree diet move to a soft diet for two weeks. Then gradually move to more solid foods.

Aim to have only 3 meals per day.

You should be using a bread and butter plate

Food group	Foods Allowed	Foods to Avoid
Meat, Chicken and Fish	Tender chicken, fish and meat in bite sized pieces or minced. Shaved ham, turkey or chicken Tinned salmon and tuna in spring water	Hard or stringy meat fat, chicken skin or gristle. Fried meats
Milk and milk products	Low fat milk, cottage/ricotta cheese, low fat yoghurt.	Ice cream, high fat cheeses, cram and full fat milk
Fruit	Soft fruits: peeled pears, apples, stone fruit, melon	Pips, skins, pith
Vegetables	Cooked vegetables: mashed, stir fried, grilled or boiled Introduce salads slowly	Tough or raw vegetables: Beans, corn, celery, broccoli stalks etc.
Breads and cereals	Low fat crackers eg cruskits, rice, pasta, noodles, porridge, weetbix, bran flakes.	Doughy bread, muesli, high fat cereals.
Drinks	Diluted juice, diet soft drinks and cordials, herbal teas, coffee or tea with low fat milk.	Soft drinks, energy drinks, milkshakes, full fat milk drinks, juice
Miscellaneous	Artificial sweetener, herbs and spices, marmite, stock, low fat hummus, minimal oil when cooking.	Sugar, chocolate, sweets, syrups, jams, butter, cooking oils, potato chips, high fat crackers, creamy sauces.

<b>Document Name</b>	Lap Gastric Bypass Surgery Information Book	<b>Version:</b>	1.0
<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
<b>Document Owner:</b>	R Babor, G Beban, Y Martin, C Cannin.	<b>Next Review Date:</b>	August 2010
<b>Counties Manukau District Health Board</b>			

**Handy hints:**

- Introduce more solid foods after a few weeks e.g. salads, red meat
- Avoid bread and instead have low fat crackers e.g. rice crackers, cruskits
  - Look for <5 g fat per 100g.
- Small amounts of toasted vogels bread can be eaten. Avoid soft white breads.
- Continue to chew food well and take your time eating.
- Avoid fluids with meals
- Do not over eat as this will make you uncomfortable and may cause vomiting
- Continue to eat regular meals and select healthy food options to optimise your continued weight loss
- You will need to make sure that your meals are nutritious and include all the nutrients your body needs.

**Food to include at each meal:****Protein**

You need to include low fat protein at each meal to ensure you maintain your muscle stores and loose fat stores e.g.:

- Lean red meat 2-3 x per week e.g. lean mince, eye fillet
- Fish and chicken (no skin)
- Low fat dairy products e.g. trim milk, low fat yoghurt and cottage cheese.
- Tofu, beans and lentils e.g. baked beans, hummus, kidney beans.

Protein is very important; you should start each meal with it. Hair loss (temporary) can be a problem if there is inadequate protein in your diet.

**Fruit and Vegetables – Include with each meal**

- Fresh, frozen or canned vegetables. Avoid hard seeds and pips.
- Fruit that has been peeled and membranes removed.

**Carbohydrate/Starchy Food - 2-4 serves per day**

- 1 serve = ½ cup pasta/cereal, 1 slice bread, 1 egg sized potato
- Potato, bread, rice, pasta and cereals should be eaten in very small amounts only
- If you are having bread use wholegrain varieties e.g. vogels and toast it as this will fill you up more
- Protein foods should take priority.

<b>Document Name</b>	<b>Lap Gastric Bypass Surgery Information Book</b>	<b>Version:</b>	1.0
<b>Department:</b>	Surgical Services/General Surgery/ Bariatric Surgery	<b>Last Updated:</b>	August 2008
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<b>Counties Manukau District Health Board</b>			

## Fluid

- 6 – 8 glasses fluid per day (do not include coffee, alcohol or caffeine drinks)
- Avoid full strength juice, cordials, high calorie fizzy drinks, milkshakes etc

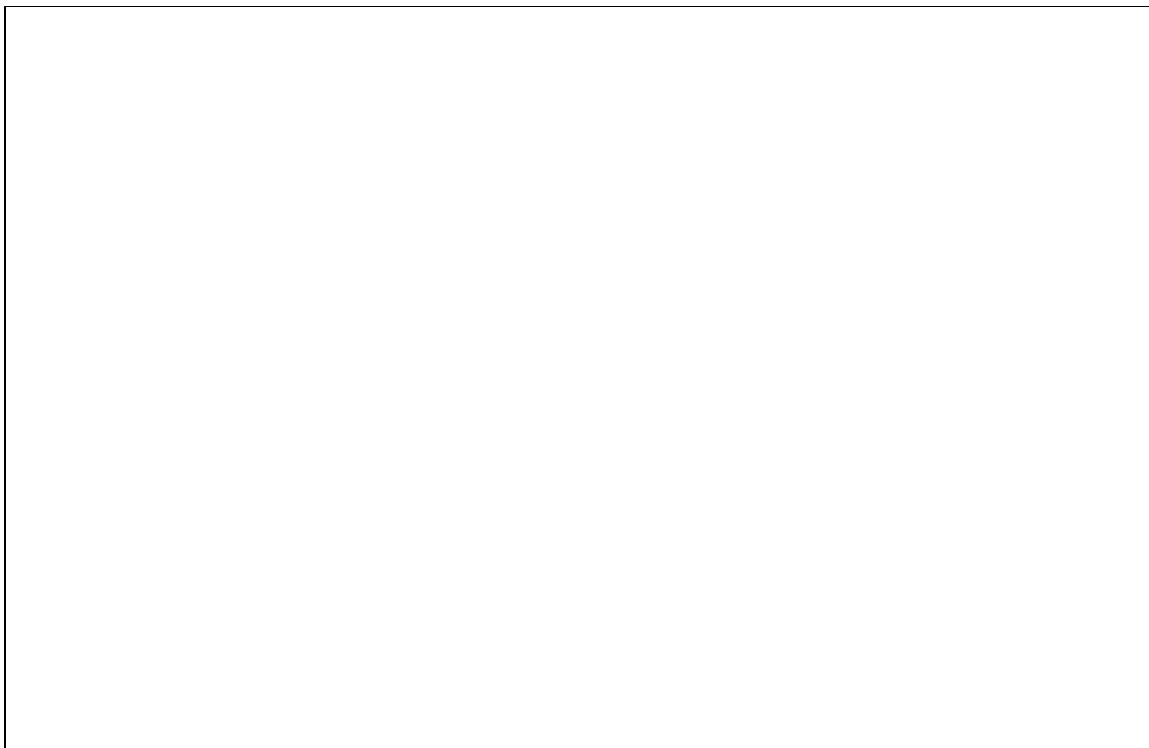
## Fats

- Use very minimal margarine or preferably none.
- Avoid oil in cooked. Grill, bake, boil, stir fry or dry roast
- Avoid fatty meats e.g. sausages, luncheon sausage, salami

## Handy hints:

- Order entrée size meals
- Aim to exercise at least 30mins 5 days per week. This should be continuous cardio type of exercise rather than weights
  - Brisk walk, cycle, cross-trainer, aqua jogging or swimming

**REMEMBER:** Continue to eat regular meals and select healthy food options to optimise your continued weight loss.



<b>Document Name</b>	<b>Lap Gastric Bypass Surgery Information Book</b>	<b>Version:</b>	1.0
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<b>Counties Manukau District Health Board</b>			

## Vitamin Supplements

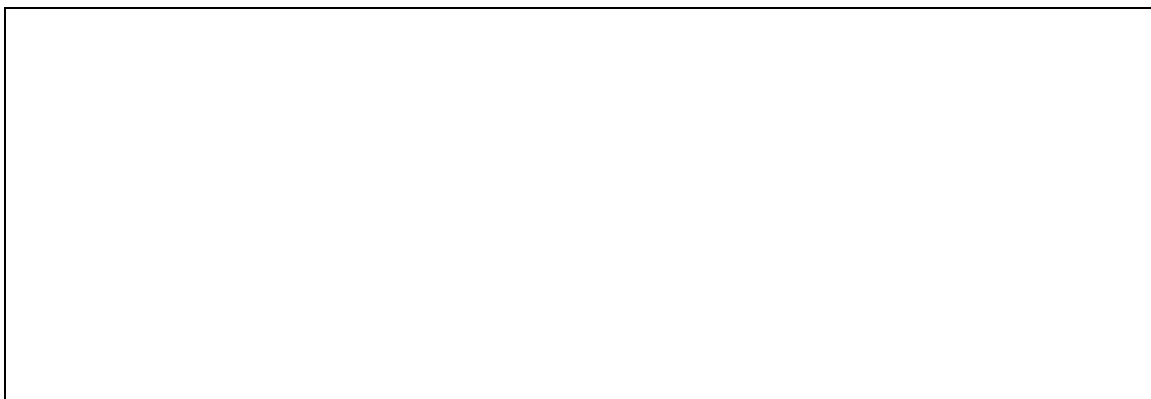
You will need to take vitamins and minerals following surgery to compensate for the fact that bypassing part of the intestine prevents your body from absorbing not only calories, thus resulting in the desired weight loss, but also some of the vitamins and minerals which are vital for your body to function normally.

The symptoms of vitamin and mineral deficiency can rarely appear early after surgery, can be quite pronounced, and can include bone pain, hallucinations and weakness. If symptoms appear at this early stage then the problem can often be resolved with treatment. More commonly however symptoms do not begin to appear until some time after surgery, even several years.

In many cases the administration of such vitamins and minerals as B12, thiamine and copper can certainly help to reduce or eliminate symptoms but, in a significant number of patients, some of the symptoms can prove to be permanent.

Prevention of these problems is far better than cure. This is easily done by regular, daily use of a multivitamin, as well as calcium supplementation (usually starting 6 months after surgery), and a regular injection of Vitamin B12 (usually by your GP). This needs to continue lifelong.

Gastric bypass surgery is a major surgical procedure, which requires you to not only make significant changes to your lifestyle in the weeks and months following surgery, but for the remainder of your life. One of these lifestyle changes is the need to take vitamin and mineral supplements. Failure to do this can have significant consequences.



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<b>Counties Manukau District Health Board</b>			

## Healthy lifestyle choices

There are several long-term habits that you should adopt to get the most out of your surgery. The first post-operative year is a critical time that must be dedicated to changing old behaviours and forming new, lifelong habits. You need to take responsibility for staying in control. Lack of exercise, poorly balanced meals, constant grazing and snacking, and drinking carbonated drinks are frequent causes of not achieving or maintaining weight loss.

To maintain a healthy weight and to prevent weight gain, you must develop and keep healthy eating habits. You will need to be aware of the volume of food that you can tolerate at one time and make healthy food choices to ensure maximum nutrition in minimum volume. A remarkable effect of bariatric surgery is the progressive change in attitudes towards eating. Patients begin to eat to live; they no longer live to eat.

Obesity cripples the body. As weight is lost, the burden on the bones, joints and vascular system is decreased. Given proper nutrition and physical motion it will rebuild its broken framework. The most effective way to heal the body is to exercise. People who successfully maintain their weight exercise daily.

Exercise and the support of others are extremely important to help you lose weight and maintain that loss following gastric sleeve surgery. You can generally resume higher impact exercise 6 weeks after the operation, sooner than that, you can take walks at a comfortable pace and progress as you tolerate. Exercise improves your metabolism; while both exercise and attending a support group can boost your confidence and help you stay motivated.

A physiotherapist will see you whilst you are in hospital. They can give you initial advice regarding exercise. Your GP can give you information about groups or programmes in your area. Your surgeon can give you details of physiotherapist-run programmes that specialise in bariatric patients' needs. There is a lot of support around you; ultimately it is up to you to make use of it.

<b>Document Name</b>	<b>Lap Gastric Bypass Surgery Information Book</b>	<b>Version:</b>	1.0
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## 10 POINT PLAN

1. Do not drink liquids with meals. Drink fluids before the meal. Wait until one hour after meals before resuming
2. Eat three tiny, protein-focussed meals per day at regular times, sitting at a table. Eat slowly, savouring your food, using a teaspoon.
3. Stop eating when feeling full or if feeling discomfort
4. Always cut food into small pieces and chew food very well
5. Concentrate on eating protein rich foods such as fish and seafood, cheese, eggs and poultry. Eat protein foods first before any other food
6. Do not snack between meals
7. Avoid very sweet food, Lollies, chocolate, and high-sugar drinks to prevent the unpleasant effects of dumping syndrome
8. Sip liquids slowly, drinking at least ½ cup every hour between meals to avoid dehydration
9. Minimise alcohol intake as it is high in calories, may cause an ulcer and the effects may be felt much more quickly
10. Take a multivitamin supplement, B12 vitamin and calcium every day

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## Confirmation Page

It is important for you to have read and understood all the information given to you regarding this procedure. The information will help you make an informed decision, and allow you to proceed with your eyes wide open.

Surgery alone is not a quick fix to obesity problems; as such you are effectively entering into a partnership with your surgical team. We will help and support you through this lifestyle choice, but in return we need to know that you are committed to this pathway too.

Once you have read this book, take time to think about it and ask questions of your surgical team. When you are ready, please sign this page to confirm you have completed this important step toward your gastric bypass. Please bring this book with you to all your appointments.

I, \_\_\_\_\_ hereby acknowledge that I have read and understood all the information given to me in this book, including the risks of surgery and my responsibilities. I have been given sufficient opportunities to ask questions from the bariatric team, and I believe that I am ready for a Roux-en-Y gastric bypass operation.

Signed \_\_\_\_\_

Date \_\_\_\_\_

<b>Document Name</b>	<b>Lap Gastric Bypass Surgery Information Book</b>	<b>Version:</b>	1.0
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