

**PATIENT RESOURCE GUIDE**

# METABOLIC & BARIATRIC SURGERY



**CLOVIS  
COMMUNITY  
WEIGHT-LOSS  
SURGERY CENTER**

# TO THE PATIENT

Thank you for choosing the Weight-Loss Surgery Center at Clovis Community Medical Center. We are recognized by major health care providers and accredited by the American College of Surgeons, and designated as a Center of Excellence by major payers. Rest assured you have chosen a superb facility to have metabolic/bariatric surgery.

We congratulate you in your decision to change your life and we appreciate the opportunity to care for you during this important time. Our mission while you are here is to provide you with excellent care and service. Our compassionate staff are trained to care for metabolic and bariatric patients. During your hospital stay, our team will ensure that you are reaching your daily goals and provide you with the information necessary for ongoing success. We are dedicated to making your stay the best it can be.

We feel that it is important for you to be completely informed and educated about your care before, during and after surgery. This Patient Resource Guide has been created specifically for our metabolic and bariatric surgery patients, and will provide insight to nursing care, nutrition, and exercise as these apply to patients having gastric-bypass, gastric-banding, or a sleeve gastrectomy surgery. Please read through this booklet prior to your surgery and refer back to the information as needed.

Thank you again for choosing the Weight-Loss Surgery Center at Clovis Community Medical Center. If you should have any questions please feel free to contact us at (559) 324-4815.

Sincerely,

Clovis Community Weight-loss Surgery Team



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# SURGERY DAY

*Most pre-operative care follows these general guidelines, however your experience may differ according to your individual needs.*

## PRE-OPERATIVE CARE

- ▶ The morning of surgery you will be instructed to take a shower at home before coming to the hospital. You will have already spoken with your bariatric surgeon about your routine medications, but be sure to bring them to the hospital with you. Also, if you use a CPAP machine, bring it to use in the hospital.
- ▶ **You should not eat or drink anything after midnight prior to your surgery day.** Your bariatric surgeon or nurse will ask you details about your most recent meal because most anesthesia can only be given on an empty stomach. If you take routine oral medications at home, your bariatric surgeon will have already instructed you as to which ones are appropriate to take on the day of surgery.
- ▶ **Most medications can be taken the day of surgery with small sips of water; however your bariatric surgeon will give you instructions regarding your specific medications.**
- ▶ **Be sure to tell the nurse about any allergies you may have.** These allergies can include medications, food, and/or latex allergies.
- ▶ By the day of surgery your lab work, chest x-ray and electrocardiogram (EKG) will have already been completed. After you are admitted to the hospital, your bariatric surgeon may order more labs and tests.
- ▶ Once you arrive in the pre-operative area, the nurse will do a brief physical examination. The nurse will take your temperature, pulse, respirations, blood pressure, and ask about pain and anxiety levels to ensure your comfort. You will be asked to sign a consent for surgery after the risks, benefits and alternatives have been explained to you by your bariatric surgeon. **Feel Free to ask questions or bring up any concerns that you may have.**
- ▶ Your bariatric surgeon and other care providers will talk to you and your family about your surgery and what to expect afterward. They will discuss IV fluids, pain relief, medications, diet, and activity. You will also be taught how to turn, cough, deep breathe and use a breathing exercise device called an Incentive Spirometer.
- ▶ Just prior to surgery you will have an IV started and the surgical site will be clipped if necessary. Do not shave this site at home. The IV will be used to provide you with hydration and to administer antibiotics, pain medications, anti-nausea medications, and anesthesia (medication which makes you drowsy and relaxed during surgery).



*Most patients' surgical recovery follows these general guidelines, however your experience may differ according to your individual needs.*

## SURGICAL RECOVERY IN THE POST ANESTHESIA CARE UNIT (PACU)

- ▶ After surgery you will be taken to the recovery room where the nursing staff will monitor you closely to ensure your safety and comfort. This room is known as the **Post Anesthesia Care Unit (PACU)**. The nurses in the PACU will wake you and check your vital signs often. They will check your temperature, pulse, respirations, blood pressure, pain level, sedation level, and anxiety level. Your nurse will continue to take these measurements often, until you are ready to transfer to the Medical/Surgical unit.
- ▶ In PACU, you may find that you are attached to several medical devices. These may include IV fluids, a PCA pump (see a description below), a plexipulse foot compression, drains, a Foley catheter, incisional dressings and oxygen. Your nurse will teach you about all of your devices and answer any questions that you may have.
- ▶ You will not be given anything to eat or drink while in the PACU. However, you may ask your nurse for water to rinse your mouth.
- ▶ Pain management is an important part of your post-operative care. In an effort to control your pain, you may have a pain medication pump connected to your IV. This pump is called a Patient Controlled Analgesia pump (PCA pump) and it allows you to administer your own pain medication. Your nurse will teach you how to use the PCA pump and explain its limitations. If you need other pain medicine, the nurse will provide it as ordered by your physician. Anti-nausea medications are available, should you need them.
- ▶ After your surgery your nurse will assist you in turning, coughing and deep breathing.
- ▶ During your recovery in the PACU your bariatric surgeon will speak to you and/or your family about the surgery. Then, after your recovery in the PACU, you will be moved to the Medical/Surgical floor where you will stay until you are discharged from the hospital.



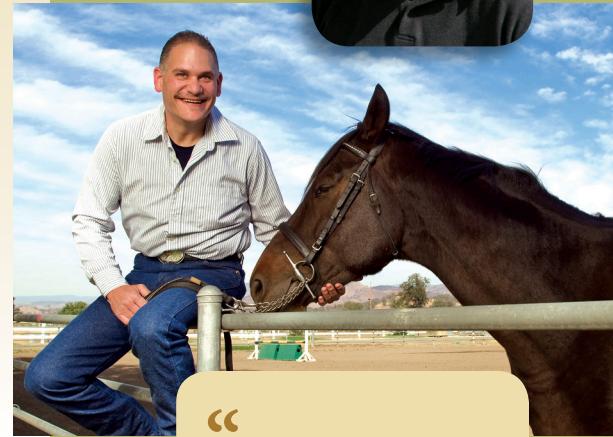
# HOSPITAL STAY

*After your time in the PACU you will be transferred to your room on the Medical/Surgical unit. This floor is specially designated for our metabolic and bariatric surgery patients.*

## RECOVERY IN THE MEDICAL/SURGICAL UNIT

- ▶ During your stay, the nursing staff will check your vital signs, pain level, sedation level, and anxiety level regularly. They will measure the amount of liquids that you drink and those that you get from your IV (intake). They will also measure your urine output and any other drainage (output). Your wound dressing will be checked frequently.
- ▶ You and your family will be taught about your general care after surgery on topics including IV fluids, pain relief, medications, activity, coughing, deep breathing, diet and exercise. You will also be taught how to use a breathing device called an Incentive Spirometer which is used to prevent lung infections. If oxygen is given, a machine called a Pulse Oximeter will be used to measure the level of oxygen in your blood (this is done with the use of a probe clipped on your finger).
- ▶ Pain medication and nausea medication will be available, as needed. When you are tolerating oral fluids, you will be offered oral pain medicine and weaned off the PCA machine. Your bariatric surgeon may also order lab work to ensure that you are recovering well.
- ▶ Nutrition and hydration are very important aspects of your recovery. You will begin a low sugar/sugar-free liquid diet once you arrive to your room and are able to drink safely. Carbonated beverages and straws will not be permitted. The dietitian may visit you to review the bariatric diet if directed by your bariatric surgeon.
- ▶ You will be encouraged to begin walking soon after you arrive to your room. You will be provided with assistance when you start to walk, until it is safe for you to do so alone. The physical therapist may visit you to ensure that you are walking safely and may also provide information on exercise if directed by your bariatric surgeon.

## REGAIN HEALTH



“  
*For my surgery,  
I wanted the  
best of the best.  
I chose Clovis  
Community.*”



## GUIDE TO PREVENTING BLOOD CLOTS

Blood clots, also called deep vein thrombosis (throm-BO-sis), most often occur in people who can't move around well or who have had recent surgery or an injury. Blood clots are serious. It is important to know the signs and get treated right away.

## CAUSES OF BLOOD CLOTS

***Blood clots can form if you don't move around frequently. You may also get a blood clot if you:***

- ▶ Have had recent surgery
- ▶ Are 65 or older
- ▶ Take hormones, especially for birth control. (Ask your doctor about this)
- ▶ Have had cancer or are being treated for it
- ▶ Have broken a bone (hip, pelvis, or leg)
- ▶ Have a bad bump or bruise
- ▶ Are obese
- ▶ Are confined to bed or a chair much of the time
- ▶ Have had a stroke or are paralyzed
- ▶ Have a special port the doctor put in your body to give you medicine.
- ▶ Have varicose (VAR-e-kos) or bad veins
- ▶ Have heart trouble
- ▶ Have had a blood clot before
- ▶ Have a family member who has had a blood clot
- ▶ Have taken a long trip (more than an hour) in a car, airplane, bus, or train

## SYMPTOMS OF A BLOOD CLOT

***You may have a blood clot if you see or feel:***

(If you think you may have a blood clot, call your surgeon right away!)

- ▶ New swelling in your arm or leg
- ▶ Skin redness
- ▶ New, significant soreness or pain in your arm or leg

**Blood clots can be dangerous.** Blood clots that form in the veins in your legs, arms, and groin can break loose and move to other parts of your body, including your lungs. A blood clot in your lungs is called a pulmonary embolism (POOL-mo-nar-e EM-bo-liz-em).

# AFTER DISCHARGE

**A blood clot may have gone to your lungs if you suddenly have:**

- ▶ A hard time breathing
- ▶ Significant chest pain
- ▶ A persistent, rapid heartbeat
- ▶ Fainting spells

Call your bariatric surgeon immediately if you are experiencing any of these symptoms.

If you feel you are experiencing a life-threatening condition, dial 911 immediately.

## PREVENTING BLOOD CLOTS

**You can help prevent blood clots if you: (Stay active and well hydrated!)**

- ▶ Wear loose-fitting clothes, socks, or stockings
- ▶ Raise your legs six inches above your heart from time to time
- ▶ Wear special stockings (called compression stockings) if your doctor prescribes them
- ▶ Do exercises your doctor gives you
- ▶ Change your position often
- ▶ Do not travel longer than one hour for four weeks after surgery without permission from your bariatric surgeon
- ▶ Do not stand or sit for more than one hour at a time
- ▶ Decrease salt in your diet
- ▶ Try not to bump or hurt your legs, and try not to cross them
- ▶ Do not use pillows under your knees
- ▶ Take all medicines the doctor prescribes you

**Call your Surgeon immediately, if you are unable to:**

- ▶ Drink and keep down at least one liter of fluid per day
- ▶ Maintain at least 20 minutes of activity per day

*Your Guide to Preventing and Treating Blood Clots.* AHRQ Publication No. 09-0067-C. Agency for Healthcare Research and Quality, Rockville, MD. May 2009. <http://www.ahrq.gov/consumer/bloodclots.htm>

**Note:** This information is not meant to replace any information or personal medical advice you receive directly from your surgeon.

**We expect you to have a smooth recovery. However, call your surgeon IMMEDIATELY if you experience any of the following:**

- ▶ **Shortness of breath, chest pain, or persistent productive cough**
- ▶ **Bloody diarrhea**
- ▶ **Temperature greater than 101.5°**
- ▶ **Severe abdominal pain or new, severe left shoulder pain**
- ▶ **Persistent pulse greater than 100 beat per minute**
- ▶ **Persistent nausea or any vomiting**
- ▶ **The inability to drink or keep liquids down**
- ▶ **Difficult, painful or inability to pass urine**
- ▶ **Wound separation or excessive drainage. A small amount of bruising and or clear to slightly blood drainage is to be expected**
- ▶ **Any other issue you have serious concerns about**



**WARNING**

## EMERGENCY DEPARTMENT PATIENT IDENTIFICATION CARD

During your post-op education you will receive an Emergency Department patient identification card. Should you, for any reason, need to come back to Clovis Community Hospital or are out of town and need to use emergency facilities, please present this card to staff so that they may contact your bariatric surgeon. This card should be carried in your wallet or purse and be presented to hospital staff whether or not your visit is related to your metabolic or bariatric surgery.



## PATIENT EDUCATION AND FOLLOW UP

Review any and all literature given to you by your surgeon, during your preoperative appointment. You will be seen for regular follow up office visits at approximately, one week, one month, three months, six months and annually for life.

It is extremely important to keep all of your follow-up appointments. Your bariatric surgeon is your best resource for maintaining a successful outcome.

# DIET & NUTRITION

## NUTRITIONAL GUIDELINES FOLLOWING GASTRIC BYPASS

### LIQUID DIET FOR GASTRIC BYPASS

After surgery you will follow a liquid diet while in the hospital. This diet will be continued after discharge until your bariatric surgeon tells you otherwise. It is very important to follow this guideline because your gastro-intestinal (GI) tract needs time to heal. Starting on solid foods before receiving approval from your bariatric surgeon can cause serious damage to your body.

***Key points to remember while on a clear liquid diet:***

- ▶ It is very important to drink plenty of fluids to maintain hydration during this time. You should drink at least 4-6 cups of fluid each day (32-48 ounces per day).
- ▶ Avoid carbonated drinks, alcohol, and drinks that contain sugar (i.e. punch, soda, undiluted fruit juice, Jamba Juice® and other fruit smoothies, and undiluted sports drinks such as Gatorade® and Powerade®). Your bariatric surgeon may also tell you to avoid caffeine.
- ▶ After discharge, If directed by your bariatric surgeon, you may start a sugar-free liquid protein supplement. This will help meet your daily protein goal until you can eat solids.
- ▶ Avoid using straws and drinking out of bottles because this can cause you to swallow air, and may lead to stomach pain and discomfort.
- ▶ Remember to sip fluids, don't gulp. Gulping fluids can cause you to swallow air. It may also cause you to over fill your pouch with fluid.

***Examples of foods that are allowed on the clear liquid diet stage are as follows:***

- ▶ Clear liquid protein (if directed by your surgeon)
- ▶ Water
- ▶ Unsweetened coffee or tea
- ▶ Sugar-free non-carbonated drinks (Crystal Light® or Sugar-Free Kool Aid®)
- ▶ Sugar-free gelatin
- ▶ Sugar-free popsicles
- ▶ Broth or strained soups



**PUREE DIET FOR GASTRIC BYPASS**

Once your bariatric surgeon has given you the okay, slowly begin eating soft “mushy” foods. At this point, foods should be pureed and they should be able to “pour” off of the spoon (applesauce consistency). You will be on the puree diet until your bariatric surgeon tells you otherwise. Remember that eating solid foods before receiving approval from your bariatric surgeon can cause serious damage to your body.

***Key points to remember while on a puree diet:***

- ▶ Eat protein foods first.
- ▶ Eat slowly and stop when you begin to feel full. Overeating may lead to nausea and vomiting.
- ▶ Eat and drink separately. Wait at least 30 minutes before and after each meal to drink liquids. Drinking and eating together will cause you to eat more calories, and also causes “Dumping Syndrome.” (see page 17)
- ▶ If directed by your bariatric surgeon, continue sugar-free protein drinks. These should be taken between meals and they can count toward your daily fluid goal.
- ▶ Do not eat sticky, dry, or greasy foods. Avoid foods that are high in sugar and fat. Do not drink alcohol or carbonated beverages, and do not use straws.

***Examples of foods that you may want to keep on hand while on a puree diet:***

- ▶ Pureed bean soups: split pea, black bean, lentil
- ▶ Low fat refried beans
- ▶ Light yogurt
- ▶ Low fat cottage cheese
- ▶ Pureed meat
- ▶ Eggs (prepared poached, scrambled, soft boiled)
- ▶ Tofu
- ▶ Hot cereals (Cream of Wheat® or oatmeal)
- ▶ Mashed sweet potatoes
- ▶ Sugar-free pudding
- ▶ Milk and/or soy milk



# DIET & NUTRITION

## NUTRITIONAL GUIDELINES FOLLOWING GASTRIC BYPASS

### SOFT REGULAR DIET FOR GASTRIC BYPASS

Approximately one month after surgery your GI tract is ready to digest regular soft foods (your bariatric surgeon will tell you exactly when to begin eating solids). You are still at risk for “Dumping Syndrome” and other GI side effects associated with eating so it is important to try one new food at a time and remember to listen to your body.

***Key points to remember while on your soft regular diet:***

- ▶ Chew, Chew, Chew! You must chew your food until it is pureed before swallowing.
- ▶ Eat slowly! It should take you around 20-30 minutes to eat a meal. Eating too quickly may overstuff your pouch. This might cause nausea and vomiting. Stop eating when you feel full.
- ▶ Do not eat bread, rice, pasta, tortillas, or foods that are breaded and/or fried! Eating these foods can cause a sticky blockage in your pouch. Also, some of these foods can expand in your pouch and cause pain, nausea and vomiting.
- ▶ Do not eat tough, chewy, dry, or fibrous foods. Do not eat fresh vegetables or the peels of fruit for the first two months after surgery.
- ▶ Do not drink alcohol, carbonated drinks, or drinks that are high in sugar.
- ▶ After surgery, you might not be able to eat some of the foods that you used to enjoy. You may also need to change the way you eat and drink some of your favorite foods. Experiment with basic foods and drinks until you can tolerate them.
- ▶ Continue to drink sugar-free protein supplements if directed by your bariatric surgeon.

***Examples of foods to keep on hand while on the soft regular diet:***

- ▶ Creamy peanut butter (\*low sugar variety)
- ▶ Beans, nuts, seeds
- ▶ Low fat soups
- ▶ Hot cereals
- ▶ Cold cereals  
(whole grain less than 5g of sugar per serving, ex. Kashi®)
- ▶ Eggs (prepared to your liking, with minimal butter/oil)
- ▶ Cheese (string, ricotta, cottage, low fat cheddar/jack, etc.)
- ▶ Fish and other seafood
- ▶ Ground beef, poultry, veal, pork, canned chicken or tuna in water (needs to be moist)
- ▶ Well cooked vegetables and peeled fruits



**THREE MONTHS AND BEYOND FOR GASTRIC BYPASS*****After about three months you should be...***

- ▶ Able to eat a variety of foods including raw fruits and vegetables
- ▶ Eating high protein foods first, at each meal
- ▶ Meeting most of your protein needs with food
- ▶ Drinking 48-64 oz. of fluid per day
- ▶ Separating food and fluids by 30-60 minutes
- ▶ Avoiding alcohol, carbonated drinks, or drinks that are high in sugar and fat

***At the end of one year you should be...***

- ▶ Eating high protein foods
- ▶ Eating a healthy diet (i.e. avoiding high fat, high sugar foods)
- ▶ Eating three meals a day (do not snack or "graze")
- ▶ Meeting your daily protein goal from food alone (without protein supplements)
- ▶ Drinking 48-64 oz. of fluids per day

***Foods to be avoided for weight-loss management:***

Rice	High fat meats	Pastries	Gravy
Pasta	Hot Dogs	Ice cream	Sugary marinades
Bread	Sausage	Sherbet	Cream
Chips	Fried Foods	Cookies	Cream based soups
Pretzels	French Fries	Cake	
Popcorn	Onion rings	Candy	
Crackers	Fish sticks	Sugary beverages	

# DIET & NUTRITION

## NUTRITIONAL GUIDELINES FOLLOWING GASTRIC BYPASS

### SAMPLE MENU FOR THE PUREE DIET

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	2-4 tsp light yogurt or cottage cheese  1-2 tsp pureed fruit	2-4 tsp hot cereal (cooked with nonfat dry milk)  2 small bites of banana	2-4 tsp soft scrambled egg  1-2 bites of banana or pureed fruit	2-4 tsp light cottage cheese  1-2 tsp pureed peaches
LUNCH	2-4 tsp tuna salad (water packed tuna and using light mayonnaise)  2 tsp cooked mashed carrots	2-4 tsp fat free refined beans  1 tsp cheese  1 tsp diced/puree tomatoes	2-4 tsp pureed turkey breast (1oz)  2 tsp cooked yam	2-4 tsp egg salad (with light mayonnaise)  2 tsp cooked zucchini
DINNER	2-4 tsp pureed chicken breast  2 tsp protein enriched mashed potatoes (with 1 tsp nonfat dry milk added)  1 tsp cooked/puree spinach	2-4 tsp cooked ground beef  2 tsp steamed/puree green beans	2-4 tsp grilled fish  2 tsp protein enriched mashed potatoes (with 1 tsp nonfat dry milk added)  1 tsp pureed vegetable of choice	4-6 tsp blended mild chili  1 tsp cheese

*Please check with your physician before starting food plan.*

# DIET & NUTRITION

NUTRITIONAL GUIDELINES FOLLOWING  
**GASTRIC BYPASS**

## SAMPLE MENU FOR THE SOFT REGULAR DIET

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>
<b>BREAKFAST</b>	1 soft scrambled egg 2 bites banana 2 tsp light yogurt or cottage cheese	4 Tbsp oatmeal with nonfat dry milk (1 Tbsp) 2 Tbsp fruit and light cottage cheese	1-2 slice low fat deli ham (pan cooked) 2 Tbsp breakfast potatoes (low fat)	1-2 oz vegetarian sausage (low fat) 2 Tbsp light yogurt 2 Tbsp fruit
<b>LUNCH</b>	2-3 Tbsp shredded chicken salad with 1 tsp light mayonnaise 2 Tbsp sugar-free applesauce	1/4 hamburger patty (1-2 oz) topped with 2 Tbsp low fat cream of mushroom soup	1/4 c cooked frozen soy beans (edamame) seasoned with sea salt 3 slices orange	1-2 oz slow cooked shredded pork 2 Tbsp canned pineapple (water packed)
<b>DINNER</b>	1-2 oz. baked or broiled fish 1-2 Tbsp green beans 1-2 Tbsp small (red) potato	1-2 oz roasted turkey or chicken (moist) 2-3 Tbsp mashed potatoes (made with 1 Tbsp nonfat dry milk)	1-2 oz low fat or vegetarian meatballs 2 Tbsp spaghetti sauce (no sugar added)	1/4 c black bean soup 2 Tbsp corn

*Please check with your physician before starting food plan.*

# DIET & NUTRITION

## NUTRITIONAL GUIDELINES FOLLOWING ADJUSTABLE GASTRIC BAND SURGERY

### LIQUID DIET

#### First 2-3 days (or as instructed by your surgeon)

- ▶ Sip slowly (aim for 1 oz every 15 minutes)
- ▶ Room temperature fluids may be better tolerated than hot or cold fluids
- ▶ Avoid carbonated beverages, as well as those containing sugar (fruit juices, sports drinks, lemonade, sweetened teas)
- ▶ Aim for 1.5 to 2 liters of fluid per day
- ▶ Do not drink from bottles or straws
- ▶ Shopping list: broth or strained soups, Crystal Light®, diet Snapple®, sugar-free Kool-Aid®, sugar-free gelatin or popsicles, decaffeinated coffee or tea (without sugar or cream), 1% or skim milk (Lactaid milk if lactose intolerant), soy milk (plain or light)

### FULL LIQUID/PUREE DIET ("MUSH DIET")

#### Day 4 (or as instructed by your surgeon) and followed for 2 weeks

- ▶ Choose liquids high in protein (such as milk or soy milk)
- ▶ Foods must be soft/moist and ground/pureed (applesauce consistency)
- ▶ Practice slow, mindful eating
- ▶ Shopping list: 1% or skim milk (Lactaid milk if lactose intolerant), soy milk (plain or light), light yogurt, sugar-free pudding, eggs, ground meats, moist fish, cooked beans (pureed), low fat cottage cheese

### SOLID FOODS

#### Week 3 (or as instructed by your surgeon)

- ▶ Cut food into small pieces and chew very well
- ▶ Do not drink for 45 minutes after you finish eating (this will help with your "full" feeling)
- ▶ Shopping list: well-cooked vegetables, tuna, moist chicken or fish, cooked beans
- ▶ Avoid all bread and bread-like products (including rice, pasta, tortillas, and deep fried foods)

## BARIATRIC CLEAR LIQUID DIET

### Week 1 (or as instructed by your surgeon)

#### ***Acceptable liquids include:***

- ▶ Sugar-free gelatin, sugar-free popsicles, broth, decaffeinated sugar-free coffee and tea, sugar-free or diet beverages (such as Crystal Light®, Diet Snapple®, etc.)
- ▶ Sip slowly throughout the day (aim for 1-2 liters of fluid per day, which is 4-8 cups)

## FULL LIQUID/PUREED DIET

### Week 2 (or as instructed by your surgeon)

- ▶ Follow for 2-3 weeks, as directed by your surgeon
- ▶ Everything will need to be the consistency of applesauce and should pour off a spoon
- ▶ Limit portion sizes. Eat only until you start to feel full. Consume protein foods first

#### ***Acceptable liquids/pureed foods include:***

- ▶ All liquids allowed on a clear liquid diet, low fat/light yogurt (including plain Greek yogurt), low fat ricotta or cottage cheese, sugar-free pudding, sugar-free sherbet, sugar-free custard, sugar-free frozen yogurt, 1% or skim milk, protein supplements

## SOFT DIET

### Week 4-6 (or as instructed by your surgeon)

- ▶ Limit portion sizes. Eat only until you start to feel full. Consume protein foods first
- ▶ Eat slowly and chew food until it is liquid
- ▶ Choose foods that are low in fat, sugar and calories
- ▶ Avoid snacking on processed foods (chips, cookies, pretzels, etc.)

After 2-4 weeks of the soft diet, you may gradually introduce more foods. Remember to keep track of food tolerance and intake. Eat meals slowly and chew foods thoroughly. You should eventually be able to tolerate diced meats, cereals, fresh fruits, and fresh vegetables. To achieve and maintain maximum weight loss, your diet needs to be low in fat, calories, and sugar with controlled portion sizes for the rest of your life.

# DIET & NUTRITION

## THE IMPORTANCE OF PROTEIN

After surgery it is very important to eat a high protein diet. Getting enough protein throughout the day will help maintain energy levels and keep muscles strong. It will also help to prevent hair loss, support your immune system, and preserve normal physiological function (i.e. the production of hormones, enzymes, receptors and transporters in the body).

### ***Protein Sources***

Protein is found mainly in animal products, which includes beef, pork, poultry, seafood, dairy products, and eggs. It is also found in plant foods. Examples of plant proteins include beans and legumes, nuts and nut butters, soy and tofu. Whole grains also have a small amount of protein.

### ***Daily Protein Requirements***

After surgery you will need to eat between 60 and 80 grams of protein per day, depending on body frame and gender. Your new pouch is small; therefore it is important to eat protein first. Keeping a food journal (see page 21) will be helpful to ensure you are eating enough protein. Remember to make every bite count.

In addition to food, your bariatric surgeon may tell you to drink sugar-free liquid protein supplements to help meet your daily protein goal. This generally lasts for the first four to six months after surgery. It is important to remember, however, that the need for protein supplements is temporary. Eventually, you will be able to meet your protein goal by eating food alone. Continuing to drink protein drinks after the recommended timeframe can cause excess calorie intake, which may slow weight loss and may eventually lead to unwanted weight regain.



## VITAMINS & MINERALS

As a result of surgery your diet is limited, meaning you may be unable to meet daily vitamin and mineral requirements from food alone. In addition, your GI tract will be less efficient with absorbing vitamins and minerals from food. You must take daily vitamin and mineral supplements for the rest of your life to help meet your needs and to prevent serious deficiencies. Regular follow-up with your bariatric surgeon is required to monitor your blood levels for vitamin and mineral deficiencies.

### GENERAL GUIDELINES FOR VITAMIN AND MINERAL SUPPLEMENTATION

**TIP:** Take 2 multivitamin pills per day, with food. One in the morning and one in the afternoon to maximize absorption.

**TIP:** Your body absorbs only 500mg of calcium at one time so it is recommended to consume at different times during the day to maximize absorption. If you are taking iron supplements, be sure to take them separately from your calcium because they will compete for absorption in the GI tract.

**Multivitamin:** The multivitamin will be continued for the rest of your life regardless of food volume consumed. For the first few months after your surgery a chewable vitamin with minerals is recommended. Once your intestine has healed from surgery, you will be able to swallow multivitamin pills.

**Calcium:** Calcium Citrate + Vitamin D (1500mg/day) supplements are recommended daily to maintain bone and teeth density. Like the multivitamin, a chewable is recommended while the intestine is healing from surgery. Eventually your surgeon may recommend switching to pill form.

**“Now I listen to my body. I know how much and what to eat.”**



# DIET & NUTRITION

## NUTRITIONAL SIDE EFFECTS

### DUMPING SYNDROME

This will only occur for gastric bypass patients with the consumption of food or drinks that are high in sugar and fat, when patients eat and drink at the same time, or when food is eaten too quickly. The symptoms of dumping syndrome include nausea, cramps, diarrhea, abdominal rumbling, sweatiness, fatigue, rapid heart rate, light-headedness and the general desire to lie down. These symptoms typically last from 20 minutes to 1 hour. Dumping syndrome is described as a very uncomfortable feeling. To avoid it you should stay away from foods that are high in sugar and fat, and avoid drinking liquids at mealtime.

*"The symptoms of dumping syndrome include nausea, cramps, diarrhea, abdominal rumbling, sweatiness, fatigue, rapid heart rate, light-headedness and the general desire to lie down."*

### LACTOSE INTOLERANCE

The intolerance to dairy products may result after surgery. This is caused by a deficiency in the intestinal enzyme called Lactase (the enzyme that breaks down milk sugar or lactose). Symptoms include gas, bloating and/or diarrhea after eating dairy products. If you experience lactose intolerance you can try lactose free products such as soymilk or Lactaid® milk as a substitute for other dairy products.

### NAUSEA AND VOMITING

Some patients experience nausea and vomiting after gastric bypass surgery. It is usually a result of eating too quickly, over eating, or not chewing enough. Patients may also experience nausea from lying down immediately after meals or from waiting too long to eat between meals (fasting). Nausea after gastric bypass can also be a reaction to the strong smells and flavors of foods. Vomiting can result from eating high fat or high sugar foods and/or eating foods that expand in the pouch such as rice. To minimize nausea and vomiting be sure to follow the rules at each diet stage and make wise food choices.

Persistent nausea and vomiting may be a sign of a more serious medical condition. If you experience chronic nausea and vomiting be sure to contact your bariatric surgeon.

### CONSTIPATION

Constipation is a common complaint during the first few months after gastric bypass. It can be caused by the use of pain medications, poor fluid intake, decreased fiber intake, and decreased exercise. Some patients also report becoming constipated from taking iron and calcium supplements. Your doctor may give you medication to alleviate constipation, however it is important that you drink plenty of fluids, exercise regularly and consume high fiber foods such as fruits and vegetables (when appropriate) to help naturally prevent constipation. Also, your doctor may suggest the use of fiber supplements such as Metamucil® or Benefiber® to help alleviate constipation. Be sure to talk to your bariatric surgeon before using these products and check to see which brands are appropriate.

## READING THE NUTRITIONAL FACTS LABEL

**Serving Size** reflects the amount typically eaten by many people.

The list of nutrients covers those most important to the health of today's consumers.

<b>Nutrition Facts</b>																						
Serving Size 3 cookies (34g/1.2 oz)	Servings Per Container About 5																					
<b>Amount Per Serving</b>																						
<b>Calories</b> 180 Calories from Fat 90																						
<b>% Daily Value*</b>																						
<b>Total Fat</b> 10g 15%																						
Saturated Fat 3.5g 18%																						
Polyunsaturated Fat 1g																						
Monounsaturated Fat 5g																						
<b>Cholesterol</b> 10mg 3%																						
<b>Sodium</b> 80mg 3%																						
<b>Total Carbohydrate</b> 21g 7%																						
Dietary Fiber 1g 4%																						
Sugars 11g																						
<b>Protein</b> 2g																						
Vitamin A 0% • Vitamin C 0%																						
Calcium 0% • Iron 4%																						
Thiamin 6% • Riboflavin 4%																						
Niacin 4%																						
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.																						
<table> <thead> <tr> <th></th> <th>Calories 2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>			Calories 2,000	2,500	Total Fat	Less than 65g	80g	Sat Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2,400mg	2,400mg	Total Carbohydrate	300g	375g	Dietary Fiber	25g	30g
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Total Carbohydrate	300g	375g																				
Dietary Fiber	25g	30g																				

Ingredients: Unbleached enriched wheat flour [flour, niacin, reduced iron, thiamin mononitrate (vitamin B<sub>1</sub>)], sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin added as an emulsifier, vanilla extract), sugar, partially hydrogenated vegetable shortening (soybean, cottonseed and/or canola oils), nonfat milk, whole eggs, cornstarch, egg whites, salt, vanilla extract, baking soda, and soy lecithin.

**Calories from Fat** are now shown on the label to help consumers meet dietary guidelines that recommend people get no more than 30 percent of the calories in their overall diet from fat.

**% Daily Value (DV)** shows how a food in the specified serving size fits into the overall daily diet. By using the %DV you can easily determine whether a food contributes a lot or a little of a particular nutrient. And you can compare different foods with no need to do any calculations.

## SUGAR

One of the most important areas to look at when reading the Nutrition Facts label on packaged foods is the amount of sugar (gm) that the food contains. If the food contains more than 5 to 7 grams of sugar per serving, then you should avoid eating it. In general, foods high in sugar are not healthy and may cause dumping syndrome.

Look for "hidden" sugars in the ingredient list. The following words mean sugar: sucrose, dextrose, fructose, maltose, lactose, manitol, sorbitol, xylitol, malt, cane sugar or juice, sorghum, fruit juice concentrate, corn syrup, corn syrup solids, corn sweeteners, honey, molasses, brown sugar, and maple syrup. If you see these words listed in the first three ingredients, eat with caution!

## PROTEIN

The other important area of interest when reading the Nutrition Facts label is the amount of protein (gm) per serving. You should be looking for foods that are high in protein to help meet your daily goal.

## FAT

In general, you should choose foods that are low in fat because high fat foods can cause GI intolerance and may lead to future weight regain. Look for foods with less than 3 to 5 grams of fat per serving to ensure that you are eating a diet that is low in fat.

# DIET & NUTRITION

## ESTIMATING SERVING SIZES

Portion size	Estimated portion size
3 oz meat, pork, fish or poultry	Deck of cards, cassette tape, or computer mouse
Medium piece of fruit	Tennis ball
1 oz cheese	4 stacked dice
½ cup cottage cheese or yogurt	Tennis ball
1 cup mashed potatoes or broccoli	Woman's fist
1 teaspoon butter or peanut butter	Tip of your thumb
1 oz nuts or dried fruit	One palm full

## MEASURE OF EQUIVALENTS

1 Tablespoon (Tbsp)	3 Teaspoons (tsp)
2 Tablespoons	1/8 cup
4 Tablespoons	1/4 cup
5 Tablespoons + 1 Teaspoon	1/3 cup
16 Tablespoons	1 cup
8 oz (fluid ounce)	1 cup
1 oz (fluid ounce)	30 milliliter (ml)/30 cc

## HIGH PROTEIN FOODS

Printed below is a list of common high protein foods and their protein content in grams. This list maybe helpful for you to use as you keep track of your daily protein intake.

FOOD GROUP	SERVING SIZE	PROTEIN/SERVING
<b>DAIRY</b>		
Milk	1/4 cup	2 grams
Cottage cheese	2 Tbsp (1/8 cup)	3 grams
Yogurt	1/4 cup	4 grams
Shredded Cheese	2 Tbsp (1/8 cup)	4 grams
Cheese Slice	1 slice (~1oz)	5 grams
Cheese Stick	1 oz stick	7 grams
Low fat, sugar-free pudding	2 oz (1/8 cup)	2 grams
Nonfat dry milk powder (NFDM)	1 Tbsp	3 grams
Sugar-Free Carnation Instant Breakfast®	1 packet	4 grams
<b>MEAT/FISH/POULTRY</b>		
Ground beef/chicken/pork/turkey	2 Tbsp (~1/2 oz)	4 grams
Deli meat	1 slice (~1/2 oz)	4 grams
Fish or Chicken Breast	1/4 of a deck of cards (1/3 oz)	5 grams
Hamburger patty	1/4 of a patty (~1/2 oz)	3-4 grams
Canned tuna	2 Tbsp (1/8 cup)	4 grams
Egg	1 whole (1/4 cup)	7 grams
Egg substitute	1/4 cup	7 grams
<b>GRAINS/STARCHES</b>		
Beans/peas/legumes	1/4 cup	4 grams
Whole grain cereal	1/4 cup	1-2 grams
Soy beans (edamame)	1/4 cup	6 grams
Soy milk	1/4 cup	2 grams
<b>MISCELLANEOUS</b>		
Peanut butter	1 Tbsp	4 grams
Nuts and seeds	2 Tbsp	4 grams
Boca Burger® (vegetarian)	1/4 patty	5 grams
Morning Star Farms® (vegetarian)		
Chicken patty	1/4 patty	3 grams
Griller patty	1/4 patty	4 grams

# FOOD JOURNAL

DATE	MEAL	PROTEIN (gm)	COMMENTS
Monday 3/30	Breakfast: 1/4 cup cottage cheese	6-7 grams	No nausea
	Between Meals: 8 oz Protein drink	15 grams	Sipped over an hour
	Lunch: 1/4 cup refried beans	4 grams	Ate too quickly
	Between Meals: 8 oz protein drink	15 grams	Sipped over an hour
	Dinner: 1/4 cup egg salad	7 grams	Put too much mayo, stomach hurt
	Between Meals: Protein drink	15 grams	
	Total:	63 grams	Need to slow down at meal times

# FOOD JOURNAL

Visit [www.clovisbariatrics.org](http://www.clovisbariatrics.org) for more copies.

# EXERCISE

*Exercise plays a crucial role after surgery. It is important to begin exercising as soon as possible after surgery. Exercise will help you lose weight more rapidly, and decrease the burden on your bones, joints and vascular system. The following pages will provide simple instructions on safe and healthy exercise goals after surgery.*

► **Do not engage in strenuous exercise until you are given permission from your bariatric surgeon!**

Do not lift more than ten pounds at a time. Over time you will be able to increase your exercise intensity as tolerated.

- After surgery, it is very important to follow an exercise routine that is safe to perform while your GI tract heals. It is best to start with gentle exercises and a strict walking program until you receive approval from your doctor to progress. At approximately 6 to 8 weeks after surgery, you should be able to tolerate all but the most strenuous exercises.
- Once you have recovered from the effects of prescribed pain medication and can move around the home safely, you can begin to do light house cleaning, walking, and other activities that do not cause undue discomfort. You should not sit or stand in one place for a long period of time. Driving a car is usually permitted one week after surgery.
- The time of your return to work will depend upon the physical demands of your job and the rate of your recovery. Please consult with your doctor.

## THREE-PART EXERCISE PROGRAM

You do not have to jump up from the surgical bed and run a marathon, but you do have to move your body: walk, stretch, bend, inhale and exhale. In order to take full advantage of your surgery you must engage in daily physical exercise.

To be complete, your exercise program should include three types of exercise: cardiovascular, flexibility, and strength training. These three components will work in combination to help you become healthy, agile, and maintain a good metabolism.

### **1. Cardiovascular (Aerobic exercise)**

Aerobic exercise is any activity that raises your heart rate. Aerobic exercise uses the larger muscle groups in your arms, legs, and back. Aerobic exercise should be performed at least 30 minutes per day.

### **2. Strength Building**

Strength building exercises work a specific muscle or muscle groups to build muscle mass and increase strength. Strengthening exercises should be performed in a repetitive manner where the number of "reps" equals a "set." Strength building exercises should take approximately 20 minutes per day.

### **3. Flexibility (Stretching)**

Stretching exercises are movements that lengthen and loosen the muscles and joints. These exercises are performed 1-2 times and are usually held for a period of 15-30 seconds. Stretching exercises should take 10 minutes per day.



## WALKING

Walking is one of the most effective forms of exercise for post surgery patients. Therefore, a regular walking program after surgery is highly recommended. Walking will help to decrease your risk for certain side-effects after surgery and will help to improve muscle tone while losing weight.

- ▶ Your doctor wants you walking **SEVEN** days a week. Begin with very short walks several times a day and gradually increase the distance. Walk as much as you can tolerate at a comfortable pace. Each time you go for a walk, gradually build up the pace. The goal is a steady progression.
- ▶ What counts as walking? Even small activities add up. Go out of your way to:
  - Park further away from the entrance of the shopping center
  - Take the stairs instead of the elevator
  - Stand instead of sit to perform tasks
- ▶ It is not uncommon to feel tired after exercise, and it is okay to rest periodically through the day. The idea is to be more active! Getting out and walking will help you feel healthier.

## WALKING SAFETY

It is important to remain safe while walking. Pick a safe place to walk, stay on smooth surfaces, and avoid getting too hot or cold when walking outdoors. You may even choose a place to walk indoors such as a mall. Just be cautious and don't overdo it. It is normal to feel stiff or sore the day after starting your walking program. However, if you get any new pain while walking or stretching, stop doing what caused the pain. Also, if you are sick or have an injury that hurts while walking, stop until you heal. Ask your doctor when it is okay to resume your program.



# EXERCISE

## HOME EXERCISE PROGRAM

### **Exercises** (See examples on pages 26-28)

- ▶ Start by trying to do one set of ten reps and then slowly build up from there
- ▶ By the end of the week, you should be up to three sets of ten reps
- ▶ Exercise repetitions should be performed one after the other with 30 seconds of rest between each set
- ▶ You can also break up your sets throughout the day

### **Stretches**

- ▶ Your goal is to be able to hold each stretch for 30 seconds
- ▶ Start by stretching once on each side and build up from there
- ▶ DO NOT over stretch – you should feel a muscle pull, but it should not hurt

### **Walking**

- ▶ Start with small increments of walking throughout the day, but remember to record it as such
- ▶ The goal is to gradually increase to 30-45 minutes of continuous walking every day
- ▶ Try using a pedometer... every step counts



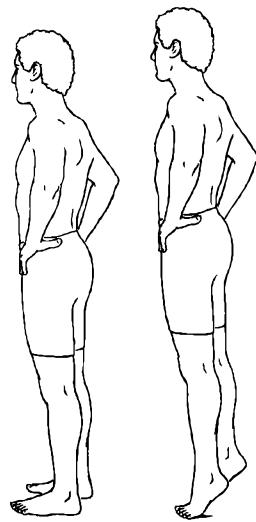
**“I lost over 100 pounds!  
I sleep better, I breathe  
better and I’m healthier.  
I lost the weight and  
regained my health!”**



# EXAMPLE EXERCISES

**HEEL RAISES**

Rise on balls of feet.



Repeat 10-20 times per set.  
Do 1-3 sets per session.  
Do 1-2 sessions per day.

**TOE RAISES**

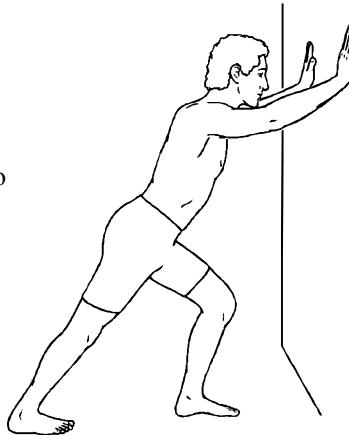
Rock back on heels.



Repeat 10-20 times per set.  
Do 1-3 sets per session.  
Do 1-2 sessions per day.

**CALF STRETCH**

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



Repeat 3 times per set.  
Do 1-3 sets per session.  
Do 1-2 sessions per day.

**MINI SQUATS**

Holding on to a stable object, slightly bend knees and slowly straighten them again.



Repeat 10-20 times.  
Do 1-2 sessions per day.

**BUTTOCK FIRMER**

Using a chair for balance, keep legs shoulder width apart and toes pointed forward. Slowly extend one leg back 5 inches, keeping knee straight. Do not lean forward.

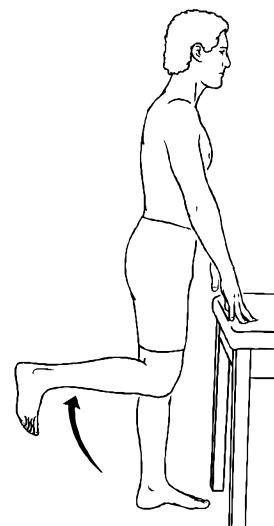


Repeat with other leg.

Repeat 10-20 times.  
Do 1-2 sessions per day.

**FANNY KICKS**

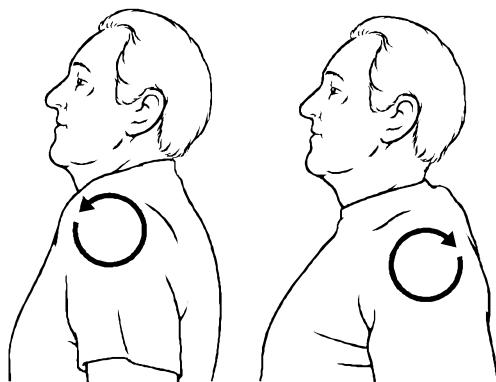
With support, bend right knee as far as possible.



Repeat 10-20 times per set.  
Do 1-3 sets per session.  
Do 1-2 sessions per day.

# EXAMPLE EXERCISES

## SHOULDER CIRCLES



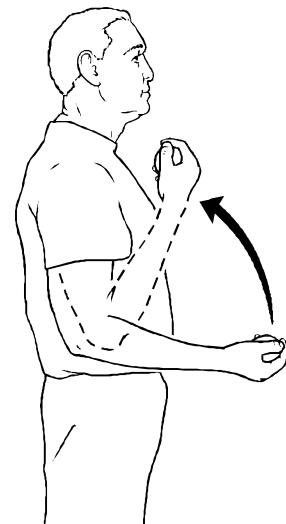
Roll shoulders forward, making 15-30 small circles. Then roll shoulders backward, making 15-30 small circles.

Repeat 0 times. Do 1-2 sessions per day.

## BICEP CURLS W/ WEIGHT

Stand with one arm at side bent to 90°, palm up holding weight. Slowly bend elbow and raise weight toward shoulder.

Repeat with other arm.

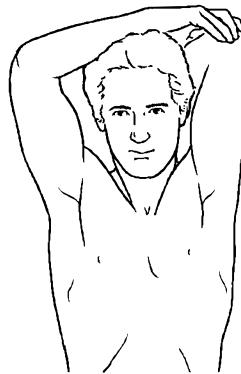


Repeat 10-20 times.  
Do 1-2 sessions per day.

## TRICEP STRETCH

Gently pull on left raised elbow with other hand until stretch is felt in shoulder.

Repeat with the right arm  
Hold 15-30 seconds.

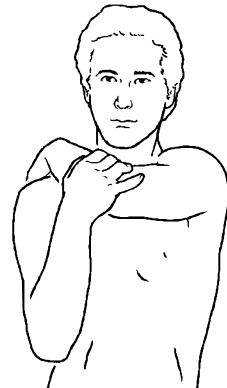


Repeat 2 times per set.  
Do 1-3 sets per session.  
Do 1-2 sessions per day.

## SHOULDER STRETCH

Gently pull on left forward elbow with other hand until stretch is felt in shoulder.  
Hold 15-30 seconds.

Repeat with the right arm.



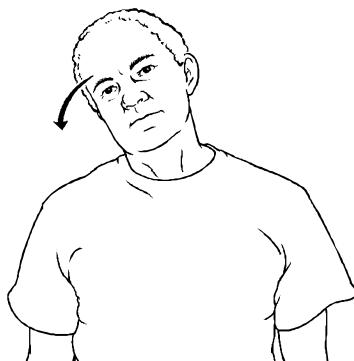
Repeat 2 times per set.  
Do 1-3 sets per session.  
Do 1-2 sessions per day.

## HEAD TILT

With head in comfortable, centered position and chin slightly tucked, gently bring right ear toward right shoulder.

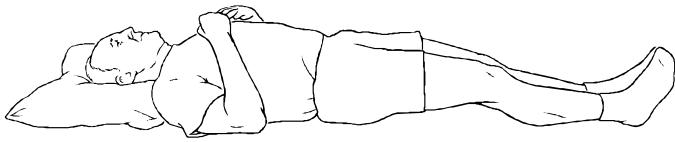
Hold 15-30 seconds.

Repeat with left side.



Repeat 3 times.  
Do 1-2 sessions per day.

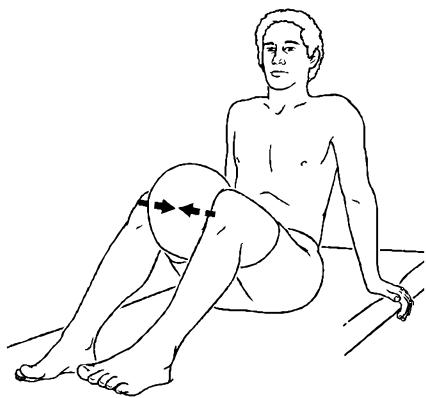
## GLUT SQUEEZES



Squeeze buttocks muscles as tightly as possible while counting out loud to 10.

Repeat 10 times. Do 1-2 sessions per day.

## THIGH TONER



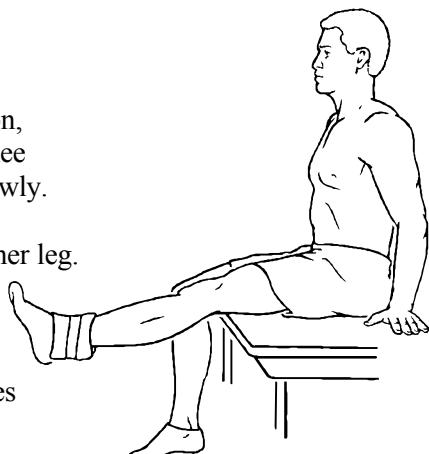
In a seated position, with a ball or folded pillow between knees, squeeze knees together. Hold 2 seconds.

Repeat 10-20 times per set. Do 1-3 sets per session. Do 1-3 sessions per day.

## SEATED KICKS

In a seated position, straighten right knee fully and lower slowly.

Repeat with the other leg.



Repeat 10-20 times per set.

Do 1-3 sets per session.

Do 1-2 sessions per day.

# EXERCISE LOG

Leg exercises from home exercise program	10 minutes	10 reps – right calf is sore

# EXERCISE LOG

Visit [www.clovisbariatrics.org](http://www.clovisbariatrics.org) for more copies.

# RESOURCES

## BARIATRIC SURGERY SUPPORT GROUP

Clovis Community Medical Center's Weight-loss Surgery Center offers support groups that meet on a monthly basis and provide information on a number of topics including diet and nutrition, exercise and body mechanics, and social aspects of lifestyle change. Past, present, and future patients are welcome to attend, along with spouses, friends, and/or family members who are supporting you in your journey.

Please contact (559) 324-4815 for meeting times and location.

You may also visit us on Facebook. Search for [Clovis-Community-Weight-Loss-Surgery-Center](#) in Facebook. *See you online!*

## CLOVIS COMMUNITY WEBSITE

[www.cloviscommunity.org](http://www.cloviscommunity.org)

## CLOVIS COMMUNITY WEIGHT-LOSS SURGERY CENTER

[www.clovisbariatrics.org](http://www.clovisbariatrics.org)

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- ▶ Visual Health Information PC - Kits, Exercise toolkit, Copyright 1999-2007.



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