

BARIATRICS PRE-OP CLASS



Bariatric Lifestyle Habits for Long Term Success

| | |
|----------|-----------------------------------|
| Habit 1 | Daily Food Records |
| Habit 2 | Weighing and Measuring |
| Habit 3 | Take Daily Vitamins |
| Habit 4 | Eat Protein First |
| Habit 5 | Label Reading |
| Habit 6 | Fluids |
| Habit 7 | Establishing Meal and Snack Times |
| Habit 8 | Meal Planning |
| Habit 9 | Mindful Eating |
| Habit 10 | Exercise |
| Habit 11 | Sleep and Stress Management |

Liver Shrinking Diet **Refer to Liver Shrinking Diet Handout**

Day Before Surgery Diet-Full Liquid

- Follow the diet prescribed by your surgeon the **DAY BEFORE** surgery
- You can drink as many fluids as possible to stay full throughout the day

| ALLOWED | AVOID |
|---|--|
| <ul style="list-style-type: none">• Protein shakes• Protein waters• Soups (liquid only)• Greek yogurt (no chunks or fruit at the bottom)• Herbal teas• Clear juices (apple, cranberry, white grape)-ONLY time you can have juice• Sugar-free non-dairy popsicles• Sugar-free gelatin• Water | <ul style="list-style-type: none">• Orange juice• Milk• Ice cream• Milk based soups |

Post-Surgical Diet

Stage 1: Clear Liquid Diet

- Starts in the hospital after surgery is complete
- Clear liquids are easily digested and do not put a strain on your new stomach.
- You do not need to bring clear fluids to the hospital. The hospital will provide your food.

Clear Liquid Diet Includes:

- Water and Protein Water: Protein20, Clear Protein-Premier Protein, Isopure protein water
- Clear broths: chicken broth, bone broth
- Sugar free gelatin
- Sugar free beverages: HINT (non-carbonated), Vitamin Water Zero
- Herbal teas: Dandy Blend, Teecino

Stage 2: Full Liquids

- Stage 2 starts the day you are discharged home from the hospital
- Length of time:
 - Bypass- 2 weeks
 - Sleeve- 4 weeks

Full Liquids Include:

- **Protein Supplements** – only consume 1-2 protein shakes a day in addition to the other full liquid options and clear fluids.
 - Look for protein supplements that meet the following per serving:
 - Less than 200 calories
 - At least 20 grams protein
 - Less than 7 grams sugar
 - Examples of protein supplements: Premade protein shakes like: Premier Protein, Pure Protein, FairLife Protein shake
 - Protein powders: whey protein, Orgain
 - Unflavored protein powders: Isopure, Premier Protein
 - Aim for protein supplements that are made from whey or whey isolates
 - If you're lactose intolerant, choose a product from soy, egg white, or plant based.
- **Greek yogurts** – NO chunks or added sugar or fruit
 - Look for Greek yogurts that meet the following per serving:
 - Less than 5 grams of fat
 - Less than 7 grams of sugar
 - Examples of Greek yogurts: Fage, Oikos

- You may add different flavorings to your yogurt like SF syrups and PB2
- **High protein soups or soups with protein added**
 - High protein soups (Brands: Unjury, Bariatric Advantage, BariWise, Bariatric Choice, WonderSlim)
 - Liquid only soups (i.e., squash, carrot) with protein powder or nonfat plain Greek yogurt added
 - Low-fat cream soups (i.e., chicken, mushroom, broccoli) strained not blended - with protein powder or nonfat plain Greek yogurt added
 - If using an unflavored protein powder, make sure to keep temperature under 140 degrees (to avoid clumping)
 - **NO spicy foods/spices like cayenne pepper or hot sauce or tomato products**
 - **AVOID APPLESAUCE, OATMEAL, GRITS, CREAM OF WHEAT!!!**

Full Liquids: Clear Fluids and Protein Waters

- Clear fluids may be consumed between your meals for added fluids and protein
- Clear fluids include water, broth, bouillon, herbal tea, non-carbonated HINT waters, Vitamin Water zero, Crystal Light, Protein20, Premier Protein Water
- Collagen powder DOES NOT have all the essential amino acids for building protein. DO NOT use collagen powder as your main protein source. You may include it in between your meals

Flavoring to add to your full liquids

- Sugar-free syrups
- Cinnamon, nutmeg
- Powdered peanut butter like PB2
- Mio drops, Crystal light

Full Liquid Diet Recipes

Protein Shakes and Powders

- Vanilla + Sugar Free Caramel syrup
- Vanilla + Sugar Free White Chocolate Mocha syrup
- Vanilla + Sugar Free Orange syrup = “Creamsicle”
- Vanilla + Sugar Free Pumpkin Spice syrup
- Vanilla + PB2 + Sugar Free Strawberry syrup = “PB & J”
- Chocolate + Sugar Free Raspberry syrup
- Chocolate + Sugar Free Coconut & Sugar Free Almond syrup = “Almond Joy”
- Chocolate + PB 2 = “Chocolate peanut butter cup”
- Chocolate + Sugar Free Peppermint & Sugar Free Coffee syrup = “peppermint mocha”

Soups

- High protein chicken soup + thyme (strained if necessary)
- Strained low-fat cream of chicken soup + nonfat plain Greek yogurt + + mild taco seasoning = “creamy chicken taco soup”
- Butternut squash soup + nonfat plain Greek yogurt + PB2 + mild curry powder = “Thai soup”
- Strained low-fat cream of mushroom soup + water + unflavored protein powder

Full Liquid Diet Goals

| Habits | Target |
|----------------------------|--|
| Protein | 40-50 grams a day, more if tolerated |
| Meal consistency | Should be able to drink it (no chewing required & no blending or pureeing) |
| Number of mini meals | 4-6 per day (average 5/day) Allow 20-30 minutes for meals, no longer than 30 minutes. |
| Mindfulness | Small, pea-sized bites or sips |
| Fluids | 40-50 oz a day, more if tolerated |
| Separate fluids from meals | Never drink with your meals. Wait 30+ minutes after your meals before drinking fluids again |
| Food records | Track protein grams and fluids throughout the day |
| Bariatric vitamins | Bariatric formulate multivitamin (1 serving) Calcium citrate with Vit D, (2-3 servings to reach 1200-1500 mg/day) |
| Exercise | First 2 weeks, no more than 10 minutes per session and no more than 20-30 minutes per day |



Fun Fact: Did you know that drinking fluids, like water, out of a fancy glass or teacup tricks your mind into thinking you are having something extra special? Next time you are bored with the same old fluids, try drinking it from a fancy glass!

Full Liquid Diet Example Day

| Meal | Time | Amount | Food | Protein grams | Length of meal (minutes) |
|-----------------|----------|------------------------|----------------------------|---------------|--------------------------|
| Breakfast | 7 am | 3 oz | Protein shake | 10 grams | 20 minutes |
| Morning snack | 10 am | 4 oz | Greek yogurt | 10 grams | 20 |
| Lunch | 1:15 pm | ½ packet in 4 oz water | High protein soup (Unjury) | 10 grams | 25 |
| Afternoon snack | 4:00 pm | 3 oz | Protein shake | 10 grams | 20 minutes |
| Dinner | 6:30 pm | ½ packet in 4 oz water | High protein soup (Unjury) | 11 grams | 25 |
| Evening snack | optional | | | | |
| Total grams | | | | 51 | |

Stage 3: Pureed Diet

- Length of time: 3 weeks
- All foods must be pureed to applesauce consistency-smooth with no chunks

Pureed Diet Goals

| Habits | Target |
|----------------------------|--|
| Protein | 40-50 grams a day, more if tolerated |
| Meal consistency | Applesauce consistency-blend/puree all foods |
| Number of mini meals | 4-6 per day (average 5/day) Allow 20-30 minutes for meals, no longer than 30 minutes. |
| Mindfulness | Small, pea-sized bites or sips |
| Fluids | 40-50 oz a day, more if tolerated |
| Separate fluids from meals | Never drink with your meals. Wait 30+ minutes after your meals before drinking fluids again |
| Food records | Track protein grams and fluids throughout the day |
| Bariatric vitamins | Bariatric formulate multivitamin (1 serving) Calcium citrate with Vit D, (2-3 servings to reach 1200-1500 mg/day) |
| Exercise | 20 minutes daily activity-increase to 30-45 minutes, 5-7 days per week |

Pureed Foods

| Protein Sources | Fruits and Vegetables | AVOID |
|--|---|--|
| <ul style="list-style-type: none"> • Chicken • Fish/Seafood: tuna, salmon, shrimp, fish, crab • Lean deli meat • Soy products: tofu • Dairy: low fat yogurt, cottage cheese, ricotta cheese, Laughing Cow Cheese • Eggs • Low fat soups with added protein • Low fat beans • Note: If you're eating ricotta cheese or Laughing Cow cheese on its own, you do not need to puree it | <ul style="list-style-type: none"> • Vegetables must be cooked and pureed. NO raw, stringy, fibrous vegetables • Soft fruits without skin, seeds, and membranes • Canned fruits that are packaged in water or its own juices. NO heavy syrup • Potatoes, sweet potatoes, butternut squash | <ul style="list-style-type: none"> • Baby food • Hard cheese • High fat meats like bacon and sausage • Pasta, rice, bread, crackers • Desserts- pastries, ice cream, candy • Hard candy • Oatmeal, cream of wheat, grits, cereals • Nuts and seeds |

Pureed Recipes

Meat, Fish, Poultry

- Chicken thigh with seasoning (Taco, Italian, chili powder)
- Canned tuna mixed with cottage cheese and dill weed
- Canned chicken mixed with cottage cheese
- Chicken thigh with PB2 (powdered peanut butter), cilantro, and coconut water or low-fat coconut milk

Soups

- Low fat chili with cottage cheese
- Butternut squash soup with non-fat plain Greek yogurt and creole seasoning
- Low fat mushroom soups with unflavored protein powder
- NO soups with noodles, rice, or other grains

Eggs, Cheese, and Dairy

- Soft scrambled eggs with Pico de Gallo (liquid only)
- Laughing cow cheese with deli ham and gourmet mustard
- Non-fat plain Greek yogurt with mashed peaches (no skin)
- Cottage cheese/bleu cheese recipe and chicken
- Fat free refried beans with cottage cheese

Fruits/Vegetables

- Mashed melons, bananas, pears, peaches, nectarines (no skin), frozen and thawed fruit with no skins or seeds
- Cooked and pureed sweet potatoes, butternut squash, carrots, broccoli, cauliflower, etc.

Pureed Diet Example Day

| Meal | Time | Amount | Food | Protein grams | Length of meal (minutes) |
|-----------------|----------|--------------|---|---------------|--------------------------|
| Breakfast | 7:30 am | 1 | Scrambled eggs with 1 tbsp cottage cheese and 1 small piece of peach | 8 | 20 minutes |
| Morning snack | 9:45 am | 4 oz | Protein shake | 10 grams | 20 |
| Lunch | 12:30 pm | 4 oz | Tuna (2oz) with non-fat plain Greek yogurt (2oz) and dill seasoning | 16 | 25 |
| Afternoon snack | 4:00 pm | 5 oz | Two Good Yogurt | 12 grams | 15 minutes |
| Dinner | 6:45 pm | About 3-4 oz | 2 oz chicken thigh with 2 tbsp sweet potato and splash of chicken broth | 14 grams | 25 |
| Evening snack | optional | | | | |
| Total grams | | | | 60 | |

Please contact the bariatric dietitian if you do not see a food on this list you would like to eat.

When in doubt, DON'T EAT IT!

Stage 4: Soft Food Diet

- Length of time: 2 weeks
- All foods must be moist and tender
- Focus on eating protein and vegetables first
- Include a variety of food and try one new food at time

Soft Diet Goals

| Habits | Target |
|----------------------------|--|
| Protein | 50-60 grams a day, more if tolerated |
| Meal consistency | Moist, chopped, easy to swallow. Chew your food 20-30 times or down to applesauce consistency |
| Number of mini meals | 4-6 per day (average 5/day) Allow 20-30 minutes for meals, no longer than 30 minutes. |
| Mindfulness | Small, pea-sized bites or sips |
| Fluids | 50-60 oz a day, more if tolerated |
| Separate fluids from meals | Never drink with your meals. Wait 30+ minutes after your meals before drinking fluids again |
| Food records | Track protein grams and fluids throughout the day |
| Bariatric vitamins | Bariatric formulate multivitamin (1 serving) Calcium citrate with Vit D, (2-3 servings to reach 1200-1500 mg/day) |
| Exercise | 20 minutes daily activity-increase to 30-45 minutes, 5-7 days per week |

Soft Foods

| Protein Sources | Fruits and Vegetables | AVOID |
|---|--|---|
| <ul style="list-style-type: none"> Any protein that is soft, easy to chew and swallow Use a crock pot or cook your protein nice and slow Ground proteins: chicken, turkey, beef Eggs Whole beans | <ul style="list-style-type: none"> Soft and well-cooked vegetables Canned fruits that are packaged in water or its own juices (NO heavy syrups) Strawberries Blueberries | <ul style="list-style-type: none"> Grilled meats or high fat meats Fried foods Fruits with membranes like oranges, tangerines, grapefruit Fruits with seeds, cores, and skins Popcorn, nuts, seeds |

Soft Food Diet Example Day

| Meal | Time | Amount | Food | Protein grams | Length of meal (minutes) |
|-----------------|----------|--------------|--|---------------|--------------------------|
| Breakfast | 7:30 am | - | 1 Scrambled egg with 3 strawberries | 6 grams | 20 minutes |
| Morning snack | 9:45 am | 11 oz | Protein shake | 30 grams | 20 |
| Lunch | 12:30 pm | - | 2 oz slices deli turkey, 3 strawberries, ¼ cup low fat cottage cheese | 20 grams | 25 |
| Afternoon snack | 4:00 pm | 5 oz | Two Good Yogurt | 12 grams | 15 minutes |
| Dinner | 6:45 pm | About 3-4 oz | 2 oz chicken thigh with ¼ cup sweet potato and splash of chicken broth | 14 grams | 25 |
| Evening snack | optional | | | | |
| Total grams | | | | 82 | |

Recommended Vitamins for After Surgery

REFER TO THE BARIATRIC VITAMIN HANDOUT FOR DETAILS

QUIZ

When do you start the liver shrinking diet? _____

True or False: It's ok to have juice during the liver shrinking diet _____

When do you stop eating and drinking when following the "Day Before Surgery Full Liquid"? _____

How long are you on the Clear Liquid diet after surgery? _____

When do you start the Full Liquid diet? _____

Sleeve patients will follow the full liquid diet for _____ weeks and gastric bypass patients will follow it for _____ weeks

Circle the following foods that are allowed on the full liquid diet:

Greek Yogurt Pureed Soups Broths Protein Water

Strained Cream Soups Soups with Added Protein

How long are you on the pureed diet? _____

True or False: Protein shakes count towards your fluid goals while on the pureed diet.

You should be able to consume ____ cup to ____ cup of food while on the pureed diet.

What is the minimum amount of fluids you need to drink while on the full liquid and pureed diet?

You will need ____ to ____ grams of protein while on the full liquid and pureed diet.

How long are you on the soft diet? _____

True or False: It's ok to have popcorn while on the soft diet _____

You will need ____ to ____ grams of protein while on the soft diet.

I will need to take a Bariatric _____ and Calcium _____ for the rest of my life.

I need to take ____ serving of a Bariatric _____ and ____ to ____ servings of Calcium _____, depending on the serving size.

How much Calcium do you need to take? _____

Program Progression

| Diet Progression | Diet | Duration | Dates |
|--------------------|--|---|-------|
| Pre-Surgery | Liver Shrinking Diet | 2 weeks-unless told differently from your surgeon | |
| Day before Surgery | Full Liquids Diet (nothing after midnight) | 1 day | |
| SURGERY | NO food or fluids before surgery | 1 day | |
| Stage 1 | Clear Liquid (in hospital only) | 1-2 days | |
| Stage 2 | Full Liquid (start once discharged home) | 2 weeks (Bypass) 4 weeks (Sleeve) | |
| Stage 3 | Pureed/Blended | 3 weeks | |
| Stage 4 | Soft/Moist | 2 weeks | |
| Stage 5 | Regular Bariatric | Lifetime | |

Surgery Date

- Our schedulers will reach out to you to schedule and confirm a surgery date if not already scheduled

FMLA

- Recommended Time Off for Recovery: 2 - 4 weeks
- FMLA Paperwork
 - Obtain paperwork from your employer
 - Start process with Business office
 - Fax: 425-502-3589
 - Phone: 425-502-3150
 - FMLA is completed by the business office

- Forms not completed until you have a surgery date
- Please allow 5-10 business day turn around

Timeline to Surgery

30 days before surgery

- Pre-operative Physical within 30 days for your surgery date
- Pre-operative blood tests (not fasting)
- EKG
- See your surgery confirmation email / letter for specific details
- STOP taking female or male hormones 30 days before surgery.
- Please let us know if you take any type of hormone product. These can typically be restarted 30 days after surgery

15 days before surgery

- Start Liver Shrinking Diet (some patients may be instructed to start earlier)

14 days before surgery

- Stop taking all herbal supplements

10 days before surgery

- Stop Taking Aspirin and most joint medications. i.e., Ibuprofen, Advil, Motrin, Naproxen. (Tylenol is OK to take)
- If taking any blood thinners, please reach out to prescribing provider or AMS (Anticoagulation clinic) on plan when to stop taking

3-7 days before surgery

- An Overlake Hospital Pre-admission surgical nurse will call you to register you into their system and tell you what to expect on day of surgery.

48 hours before surgery

- COVID-19 Testing – KP Location or Overlake Location
- KP testing will be scheduled by bariatric team.

1 day before surgery

- Follow the pre-op full liquid diet
- Nothing to eat or drink after midnight
- Know which medications to take and which to stop
- Check-In Time
- You will get this the day prior to surgery from Overlake
- If you do not get this call by 1:00 pm, call 425-688-5374

Day of Surgery

- Leave valuables at home
- Call Customer Service about co-pays & ask Overlake when these are to be paid
- Bring Photo ID, Kaiser Insurance card
- If you have a Pacemaker, bring you ID card to the hospital
- If you are prescribed a CPAP, APAP, or BiPAP machine, you MUST bring to hospital with you.
- Arrive at the given time and place
- If you have questions, please call the Bariatric Clinic at 425-502-3454 opt 1 to schedule, option 3 to speak to RN

Hospital Stay at Overlake

- 5th Floor of South Building
- Private Rooms
 - Please reach out to Overlake with any questions regarding visitors due to COVID restrictions.
- PLAN AHEAD for a timely discharge.
 - Typically, hospital stay is 1-2 nights
 - Rarely longer (only for medically necessary issues)
 - Have a driver arranged in advance to take you home
 - **No Uber / Taxi / or Bus**

Risk Reduction

- **Pneumonia**
 - Spirometry / walking
 - Use while in hospital
 - Use at home after surgery
- **DVT's/PE-blood clots in legs/lungs**
 - WALKING, WALKING, WALKING
 - SCD's on legs
- **Blood Thinners**
- **Head of Bed UP**
 - Improves breathing

Caregivers

- Chore assistance
- Help with children and/or pet
- Driving- cannot drive while taking pain medications
 - Have someone arrange to drive you to your post-op appointment

YOUR GOAL IS TO TAKE CARE OF YOU!!

Post-Op Concerns

- Nausea/vomiting
- Dumping
- Dizziness
- Constipation
- Fatigue
- Difficulty eating/swallowing

If it worries you, CALL US: 425-502-3454, option 3 to reach the team

If you call the nurse with a problem, we will ask you:

- What is the problem
- When did it start?
- What/how much/when – have you eaten
- What/how much/when – did you drink fluids
- What can you relate your problems to?
- What are your other symptoms (dizzy, pain, etc.)?
- Journaling will ensure that you know the answers
- The answers to these will help us determine the seriousness of your problem

Post-Op Visits

- 2-3 days post op - phone visit with bariatric nurse
- 2 weeks post op - clinic visit (or virtual- surgeon preference) with provider & phone visit with dietitian
- 2-3 months post op - Virtual visit with provider & dietitian
- 6 months post op – Virtual visit with provider, dietitian, & bariatric psychology (labs due)
- 1 year visit post op – Virtual visit with provider, psychology, and phone visit with dietitian (labs due)
- Annual post op visits – Virtual visit with provider, psychology, and phone visit with dietitian (labs due)
- Kaiser online Stay on Track Groups. Held on Zoom, the 2nd & 4th Thursday of the month, 5:30-7:00 pm. Contact the bariatric team for the Zoom link.
- Emails to team thru KP chart and Phone visits as needed

Keep in Mind

- Medications needs may change quickly-you will need to follow up with primary care physician for these adjustments
- You will be given instructions at the time of discharge
 - Please follow those instructions
- Call us if you have any questions