

## Nutrition Before and After Bariatric Surgery

Jennifer D. Letendre, MS, RD  
Bariatric Surgery Program  
Dartmouth-Hitchcock Clinic

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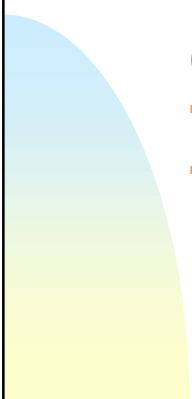
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## Overview

- Purpose: to help prepare for gastric bypass surgery
- Provide tips for success!

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## Topics of Discussion

- Healthy Lifestyle
- Post-op ~~Diet~~ Nutrition Guidelines
- Why supplement vitamins and minerals?
- Dumping Syndrome
- Tips for Success

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## Healthy Lifestyle

- Tobacco use, poor diet, and physical inactivity are leading contributors to mortality in the United States
- No tobacco use, good eating habits, physical activity, and mental health (low stress) are key components to a healthy lifestyle

McGinnis JM, Foege WH. Actual causes of death in the United States. JAMA. 1993;270:2207-12.

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## Food Guide ~~Pyramid~~ <sup>Island</sup>

USDA

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## Activity Pyramid

Institute for Research and Education HealthSystem Minnesota

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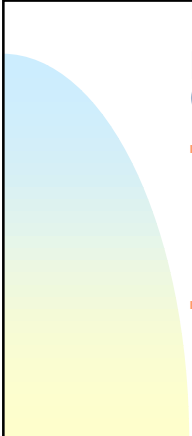
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### Post-op Nutrition Guidelines

- 4 Stages - progression
  - ◆ Clear Liquids - few days
  - ◆ Full Liquids - 3 weeks
  - ◆ Pureed/Soft - weeks 4-6
  - ◆ Solid Foods - 7 weeks → forever
- Goal: 1 cup food per meal & 60 g protein daily

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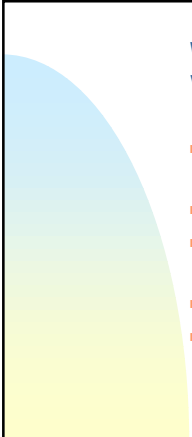
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### Why Supplement Vitamins and Minerals?

- Bypassing main absorption site for some vitamins and minerals
- Not eating as much food
- In addition to what you get from food.
- Essential for good health
- Must be taken daily!

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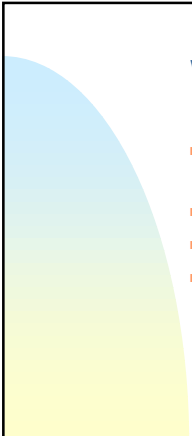
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### Vitamins and Minerals

- Multivitamin - 18 vitamins and minerals
- 1200 mg calcium citrate
- 1000 mcg vitamin B12 weekly
- 50-66 mg iron (menstruating females or those with a history of anemia)
  - ◆ with vitamin C if possible

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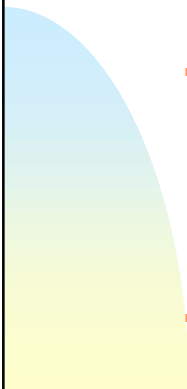
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### Dumping Syndrome

- 2 Phases
  - ◆ Phase 1 (30-60 min after meal)
    - ◆ nausea, vomiting, bloating, abdominal cramps, diarrhea, shortness of breath
  - ◆ Phase 2 (2-3 hours after meal)
    - ◆ dizziness, weakness, sweating, rapid heartbeat, hunger, hypoglycemia
- DO NOT ASSUME DUMPING WILL OCCUR AFTER EATING HIGH SUGAR/HIGH FAT FOODS!

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### Tips for Success

- Avoid - "Last Supper" phenomenon
- Plan ahead!
  - ◆ Food and exercise
- Eat 3 meals per day
- Make the nutrition guidelines a habit
- Exercise
- You're not alone

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### What Can I Do Now?

- Practicing sipping fluids throughout the day (6-8 cups daily)
- Take time to eat meals
- Begin taking a multivitamin
- Start trying foods on the post-op guidelines

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