



## **Jiannren Hospital Body Health and Beauty Center**

### **The Education of Post-operative diet Laparoscopic about Sleeve Gastrectomy/ Stomach bypass Surgery**

#### **Stage Diet**

(The number of days of diet in the postoperative period is mainly based on the evaluation of the case by the doctor.)

#### **Stage 1 Clean fluid diet (the first week after surgery)**

Method: Clear, filtered liquid food without solids. For example: water, energy drink, filtered vegetable juice, rice soup, fish soup.

Caution: Avoid milk, soy milk in the first week after surgery to prevent bloating. Also avoid drinks that contain alcohol, soda, caffeine, etc., and do not drink excessively. If you feel weak, you can eat small amount of candy.

Tips : It is recommended to drink 1000-1500ml/day. Each time you drink the water, use the **measure** cup for about 30 – 50 cc.

#### **Stage 2 Full flow diet (the second week after surgery)**

Method : Put the cooked solid food into the **blender** and mix it into liquid or **smoothie**. Such as **cream** soup, egg flower soup, tender tofu, vegetable puree, juice

Caution: Hard food, alcohol and **soft** drinks, and **irritating** diet.

Tips : Use spoon to **eat in small bites**, if you feel hungry, consume small amount of low sugar content juice or chocolate. Regard to drink adequate water (1500~2000cc per day).

#### **Stage 3 Semi-liquid diet (the third week after surgery)**

Method : Add chopped solid food into drink or soup to cook into porridge or noodle soup. Then gradually into soft food, such as dumplings. All food choices are light and easy to digest.

Caution: Avoid food that are less hydrated and too dry to swallow. As well as irritating, fried, and hard food.

Tips : You can use a small cup (30cc) to measure the amount of food intake. The priority is to intake protein. Regard to drink adequate water supplements (1500~2000cc per day). If experiencing serious hair loss at the beginning, you may need to take vitamins.

#### **Stage 4 Solid food diet (the first month after surgery)**

Method : Maintain a low-fat, high-protein diet and try to pick soft, easy-to-digest foods. Avoid eating too full.

Caution : Avoid sweets, alcohol and fatty foods

Tips : You can use a small cup (30cc) to measure the amount of food intake. The priority is to intake



protein. Regard to drink adequate water (1500~2000cc per day). If experiencing serious hair loss at the beginning, you may need to take vitamins.

**Precautions :**

1. Avoid alcoholic drinks.
2. Eat multiple meals of small portions.
3. Avoid do exercise before or after meals.
4. Avoid lying flat immediately after eating.
5. Avoid overeating. Stop eating when you begin to feel slightly full.
6. If you feel ill after eating a meal, you can temporarily return to the previous stage diet.
7. When bloating, avoid food that causes stomach gas such as onions, beans, and corn.
8. When you feel stomach irritated and vomited, you should stop eating temporarily.