

A photograph of a smiling man and woman. The man on the left has dark hair and a white beard, wearing a grey t-shirt. The woman on the right has long, wavy grey hair and is wearing a dark blue t-shirt. They are positioned in front of a light-colored, textured wall.

# My Surgical Weight Loss **HANDBOOK**

The logo for Saint Luke's, featuring a stylized icon of four squares arranged in a cross-like pattern.

**Saint Luke's**™

*the intersection of*  
**INNOVATION • HOPE**

# MY WEIGHT-LOSS JOURNEY PROFILE

## If lost, please return this book to:

Patient Name

Phone Number

Email

## My Care Team

Surgeon

Nurse

Insurance/Program Specialist

Dietitian

Exercise Physiologist

## Clearances to Complete

All patients:

- Attend all Diet & Exercise Classes
- Medical Clearance from Primary Care Physician
- EKG Clearance from Primary Care Physician
- Psychological Evaluation

Additional clearances, as required:

<input type="checkbox"/> Cardiac Clearance	<input type="checkbox"/> Renal Clearance
<input type="checkbox"/> Sleep Study/Pulmonary Clearance	<input type="checkbox"/> Mental Health Medication Clearance
<input type="checkbox"/> Endocrinology Clearance	<input type="checkbox"/> Other _____

## My Procedure and Saint Luke's Hospital Information

- Gastric Sleeve
- Gastric Bypass
- Duodenal Switch

Surgery Date

Surgery Time

Arrival/Check-in Time

**Saint Luke's Surgical Specialists**  
Medical Plaza I  
4320 Wornall Road, Suite 530  
Kansas City, MO 64111

**Saint Luke's Surgical Specialists**  
120 NE Saint Luke's Blvd., Suite 220  
Lee's Summit, MO 64086

**Saint Luke's Surgical Specialists**  
12300 Metcalf Ave., Suite 500B  
Overland Park, KS 66213

**Saint Luke's Surgical Specialists**  
5844 NW Barry Road, Suite 120  
Kansas City, MO 64154

# **WELCOME**

## **to the Saint Luke's Center for Surgical Weight Loss Family**

Dear Valued Patient,

Welcome to Saint Luke's Center for Surgical Weight Loss. And congratulations on taking these first steps along your surgical weight-loss journey! We are genuinely excited for every patient who takes charge of their health through surgical weight loss, and we want to assure you that we are here to provide you with the support, guidance, and education you will need throughout your entire process, and for your new life ahead.

We are your care team and our number one goal is always your long-term health.

This handbook will be your one-stop resource to answer your questions and keep you well-informed with accurate information about your surgical weight-loss journey—for the times when we are not readily available, or to help you learn more at your own pace.

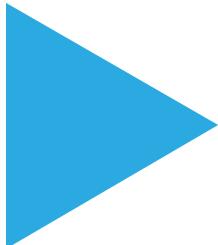
From instructions on insurance paperwork and medical clearances, to useful toolkits that provide resources such as sample menus, exercise how-tos, food and mood trackers, this book has it all. We suggest keeping it somewhere safe and easily accessible because you'll be coming back to it often.

In the coming weeks and months, our goal as your care team is to get you ready. Not just for the surgery itself, but most importantly for your new, post-surgery life, and transformation; a life complete with healthier habits, challenging personal goals, and a toolbox of tested resources. Along the way, we'll be here to give you the support and education you need to be successful in reaching the ultimate goal of a healthier you.

Again, welcome and congratulations. The decision you have made is life-changing, and we're honored that you chose Saint Luke's as your partner on your journey. We know that, working together, you'll achieve that ultimate and exciting goal.

Sincerely,

The Saint Luke's Center for Surgical Weight Loss Team



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Congratulations—you've made a life-changing (and perhaps even a lifesaving) decision that will create the healthier, longer, and more active life you've long wanted. Now, let's begin that journey toward a healthier new you.

In this section of the handbook, we'll help you better understand the bariatric surgical process, including:

- Surgery options
- Which procedure is right for you?
- Meet the team
- The Saint Luke's bariatric surgery journey

### Understanding bariatric surgery

With one unsuccessful attempt after another, you've learned that diets don't work. Worse yet, after experiencing great success with one diet, you quickly learned how easily those lost pounds (plus some!) can come back. Because the fact is that once you weigh 100 pounds more than your ideal weight, you have only about a 10% chance of losing the excess weight and keeping it off through diet and exercise alone.

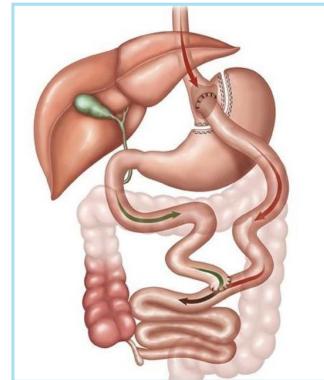
But with this book in hand, you've found an alternative to diets—a safe and proven lifestyle change, with an average excess weight loss of 50% to 70%. Simply put, bariatric surgery is the most effective and longest lasting treatment for obesity. And at Saint Luke's, we have a long, winning track record of helping our patients get healthy and happy, giving them a new outlook on life.

### Surgery options

When it comes to choosing which bariatric procedure is right for you, you're not alone. Your care team will help with this important decision based on a number of personal factors, including weight, general health, other health conditions, National Institutes of Health (NIH) guidelines, and personal preferences.

At Saint Luke's Center for Surgical Weight Loss, we perform three laparoscopic weight-loss procedures:

#### Roux-en-Y Gastric Bypass

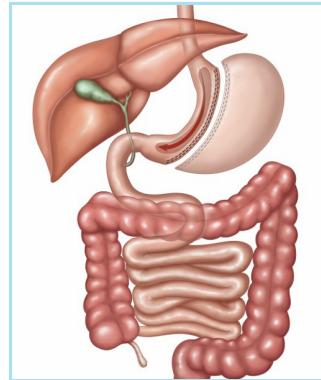


According to the American Society of Bariatric and Metabolic Surgery and the NIH, gastric bypass is considered one of the best procedures for weight-loss surgery. It is the second most frequently performed weight-loss procedure in the United States. Patients who undergo gastric bypass lose an average of 50% to 70% of their excess body weight and keep most of it off long term.

This procedure combines restrictive eating with malabsorption, in which food is delayed in mixing with bile and pancreatic juices to help aid in the absorption of nutrients. The result is an early sense of fullness, combined with a sense of satisfaction that reduces the desire to eat.

In this procedure, a small stomach pouch is created. The rest of the stomach is not removed from the body but is completely stapled shut from the stomach pouch. The food leaves the newly formed stomach pouch and flows into the lower portion of the small intestine, thus bypassing this first part of the small intestine. This is done by cutting the small intestine open and connecting the second section with the newly formed stomach pouch. The first section is then attached to the lower portion of the small intestine (creating the "Y" in the Roux-en-Y name).

## Sleeve Gastrectomy

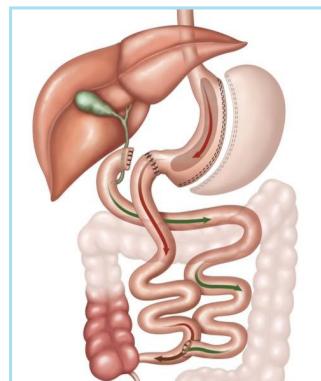


The vertical sleeve gastrectomy procedure (also known as the “gastric sleeve”) is the most common weight-loss surgery procedure. The reason for this procedure’s popularity is the fact that the digestive system stays largely intact, and its high success rate. Like gastric bypass, gastric sleeve patients lose an

average of 50% to 70% of their excess body weight and keep most of it off long term.

During the gastric sleeve procedure, the surgeon staples and removes the outer three-fourths of the stomach, leaving a smaller, banana-shaped or sleeve-shaped stomach. This technique shrinks the capacity of the stomach.

## Laparoscopic Biliopancreatic Diversion with Duodenal Switch



The duodenal switch (DS) is a procedure designed to prevent ulcers, increase the amount of gastric restriction, minimize the incidence of dumping syndrome, and reduce the severity of protein-calorie malnutrition. It is a modification of the biliopancreatic diversion procedure.

In this procedure, your stomach is reduced similarly to the gastric sleeve. Then, the small intestine is disconnected from the stomach and the end is sewn shut. The small intestine is divided into two parts about halfway down and the lower portion that is still connected to the large intestine is then brought up and attached to the stomach. The upper portion of the small intestine is then reattached at a lower part of the small intestine to allow the bile and other digestive juices to mix with the food.

Patients who undergo the duodenal switch procedure lose, on average, up to 85% of their excess weight.

## Other Health Conditions and Considerations

Patients who experience any of the following conditions are encouraged to speak with their primary care physician and bariatric care team as they consider their weight-loss surgery options:

- Acid reflux
- Hiatal hernia
- Barrett’s esophagus
- Diabetes
- Tobacco smoker or former smoker (including vaping)
- Cannabis/marijuana user



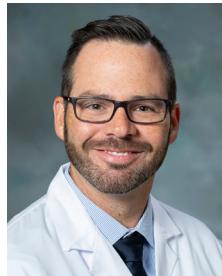
## Which Procedure Is Right for You?

	<b>Roux-en-Y Gastric Bypass</b>	<b>Sleeve Gastrectomy</b>	<b>Duodenal Switch</b>
Length of surgery	90 - 120 minutes	60 - 90 minutes	120 minutes
Changes to digestive system	Digestive system is rerouted and shortened. Food moves through body much quicker.	Lower two thirds of stomach is removed, leaving a smaller, banana-shaped stomach.	Combination of other two procedures. The small intestine is shortened, and the stomach is reduced in size.
Biggest risk	Patients can have respiratory problems, leaking, hernias, bowel obstructions, ulcers, intolerance to certain foods, and nutritional deficiencies.	Patients can have increased risk of gastroesophageal reflux disease (GERD). The stomach can leak, narrow to further restrict its size, and cause hernias.	Patients can experience the same issues as with gastric bypass, as well as narrowing of the connection.
How long performed	30+ years	5+ years	15+ years
<b>Recovery</b>			
Hospital stay	1 - 3 days	1 day	2 - 3 days
Recovery time ( <i>Per physicians' guidance</i> )	2 - 3 weeks	2 - 3 weeks	2 - 3 weeks
Recommended time-off work	2 - 4 weeks	2 - 4 weeks	2 - 4 weeks
<b>Results</b>			
Average weekly loss rate	3 - 4 lbs.	2 - 3 lbs.	Up to 5 lbs.
Average excess weight loss	50 - 70%	50 - 70%	Up to 85%

## Meet the Team

For nearly 150 years, it has been Saint Luke's mission to help our patients live better, longer, healthier lives. With Saint Luke's Center for Surgical Weight Loss, we achieve that mission daily, and our compassionate and knowledgeable team is how we do it.

### Meet the Team



#### Michael Arroyo, MD, FACS

Dr. Michael Arroyo has been a surgeon with Saint Luke's since 2014. After receiving his medical degree from The University of Illinois College of Medicine—Peoria and completing his general surgery residency at the University of Oklahoma-Tulsa College of Medicine, he went on to

an Advanced Laparoscopy and Bariatric Fellowship at Saint Luke's Hospital of Kansas City, through the University of Missouri-Kansas City School of Medicine. He completed his bariatric surgical training at Saint Luke's Hospital of Kansas City, then moved to Tulsa, Oklahoma, where he started a bariatric program at St. John Hospital before returning to Kansas City.

Dr. Arroyo is board certified with the American Board of Surgery and is a Fellow in the American College of Surgeons. He is a member of the American Society for Metabolic and Bariatric Surgery and the Society of American Gastrointestinal and Endoscopic Surgeons.

Dr. Arroyo performs laparoscopic weight loss procedures including gastric bypass and sleeve gastrectomy. He also performs general surgery utilizing minimally invasive techniques including gallbladder, hernia, colon, anti-reflux surgery, and da Vinci robotic surgery. His bariatric practice is primarily located at Saint Luke's East Hospital.

**The most common thing he says to a patient contemplating surgery:**

"Remember that bariatric surgery is a tool—success comes when the tool is used correctly."



#### Robert Kenney, Jr., DO, FACS

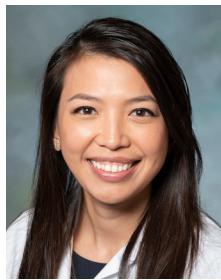
Dr. Rob Kenney joined the Saint Luke's Surgical Weight Loss team in 2018. He received his medical degree from Arizona College of Osteopathic Medicine and completed his residency at the University of Missouri-Kansas City School of Medicine. In 2011, he completed his Advanced Laparoscopy and Bariatric Fellowship at Saint Luke's Hospital of Kansas City, through UMKC. He then relocated to Warrensburg, Missouri, to start a bariatric clinic at Western Missouri Medical Center, where he practiced for seven years before returning to Saint Luke's. Dr. Kenney is board certified with the American Board of Surgery and is a Fellow in the American College of Surgeons. He is also a member of the American Society for Metabolic and Bariatric Surgery.

*Dr. Kenney lives in the Kansas City Northland with his wife and five kids. He enjoys spending time hiking, gardening, and watching his kids grow up.*

Dr. Kenney routinely performs bariatric and minimally invasive general surgery procedures. His bariatric practice is primarily located at Saint Luke's North Hospital.

**Best advice for patients just starting on their surgical weight loss journey:**

"Concentrate on how you feel, instead of the numbers or specific benchmarks. Don't forget that the goal is for you to feel healthy and happy."

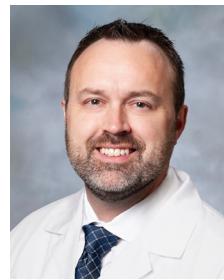
**Barbara Nguyen, MD**

Barbara Nguyen, MD, grew up in Wichita, Kansas, graduated from University of Kansas School of Medicine, and completed her residency with University of Missouri-Kansas City School of Medicine, where she is now an assistant professor of surgery.

Dr. Nguyen was fellowship trained at Saint Luke's Hospital of Kansas City in minimally invasive surgery and bariatric surgery, before joining Saint Luke's Surgical Specialists in 2021. She is board certified with the American Board of Surgery.

As a surgeon, she focuses on minimally invasive bariatric and general surgery, including both laparoscopic and robotic surgeries.

“Obesity is a devastating disease. Patients want to be able to play with their children or grandchildren, to walk around the block without being short of breath, to beat diabetes or high blood pressure. Helping patients achieve the happier, healthier lives they deserve—what an incredible journey to be a part of.”

**Geoffrey C. Slayden, MD, FACS**

Dr. Geoffrey Slayden completed his medical school and general surgery residency at the University of Oklahoma Health Sciences Center in Tulsa, Oklahoma. He then completed a fellowship in Advanced Minimally Invasive and Bariatric Surgery at Saint Luke's Hospital of Kansas City, through the University of Missouri-Kansas City School of Medicine. After his training, he worked in private practice in Oklahoma before joining the Saint Luke's team in 2011.

Dr. Slayden is a board-certified general surgeon and a Fellow in the American College of Surgeons. He is a member of the Society of American Gastrointestinal and Endoscopic Surgeons and the American Society for Metabolic and Bariatric Surgery.

► *Dr. Slayden enjoys reading and spending time with his busy family. He also enjoys outdoor activities, including camping, hunting, and fly fishing.*

Dr. Slayden performs robotic and laparoscopic bariatric surgeries, including Roux-en-Y gastric bypass and sleeve gastrectomy. In addition to weight-loss surgery, Dr. Slayden performs a wide variety of minimally invasive procedures, including robotic and laparoscopic colon resections, gallbladder surgery, hernia repair, and others. His bariatric practice is located at Saint Luke's South Hospital, and he serves as the medical director for the Bariatric Center of Excellence at Saint Luke's South Hospital.

**Favorite thing a patient has ever said about their weight-loss transformation:**

“For the first time I can remember, I sat on an airplane without a seatbelt extension!”

**Kathryn S. Sobba, MD**

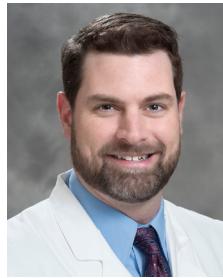
After receiving her undergraduate degree from the University of Notre Dame, Dr. Kathryn Sobba returned home to earn her medical degree at the University of Kansas School of Medicine. She completed her general surgery residency and Fellowship in Minimally Invasive and Bariatric Surgery at Wake Forest University in Winston-Salem, North Carolina. She joined the Saint Luke's Center for Surgical Weight Loss team in 2019.

Dr. Sobba is board-certified by the American Board of Surgery. She is a member of the American Society for Metabolic and Bariatric Surgery, the Society of American Gastrointestinal and Endoscopic Surgeons, the American College of Surgeons, and the American Medical Association. She also has professional affiliations with the Jager Society, Women in Medicine and the Science, and Gold Humanism Honor Society.

Dr. Sobba performs laparoscopic and minimally invasive bariatric surgery procedures including sleeve gastrectomy, Roux-en-Y gastric bypass, and biliopancreatic diversion with duodenal switch. She also trained in laparoscopic and robotic general surgery, including advanced foregut and abdominal wall reconstruction surgery. Her bariatric practice is primarily located at Saint Luke's North Hospital.

**On what she considers the highlight of being a bariatric surgeon:**

"I get unique opportunities to meet people who are scared and in pain, and I get to positively impact their life by helping them through a difficult time. This is truly the greatest privilege and the reason I love what I do. As a bariatric surgeon, I also hope to help as many people as I can to get healthy so they can live longer and more enjoyable lives."

**G. Brent Sorensen, MD, FACS**

Dr. Brent Sorensen earned his medical degree from the University of Nebraska Medical Center and became interested in bariatrics during his surgical residency at the University of Missouri-Columbia. There, he trained with pioneers in the field of laparoscopic bariatrics. He completed his Fellowship in Advanced Laparoscopy and Bariatric Surgery at the University of Alabama-Birmingham.

Dr. Sorensen is a board-certified general surgeon and a member of both the Society of American Gastrointestinal and Endoscopic Surgeons and the American Society for Metabolic and Bariatric Surgery. He has served as president of the Missouri chapter of the American College of Surgeons, and currently serves as an associate professor of surgery for the University of Missouri-Kansas City School of Medicine. Since joining Saint Luke's in 2007, he has introduced techniques to improve bariatric patient care and outcomes. Dr. Sorensen has created novel approaches to bariatric procedures and has presented these at national conferences.

Dr. Sorensen performs gastric bypass, sleeve gastrectomy, and biliopancreatic diversion with duodenal switch, and revisions of prior unsuccessful bariatric operations. He also performs innovative robotic surgeries and teaches these procedures to surgeons throughout the country. Other minimally invasive and endoscopic procedures include hernia repair, complex abdominal wall reconstruction, and endoscopic bariatric revisions. He understands the importance of a team-approach to successful outcomes and inspires trust with his patients to openly communicate and ease anxiety allowing for healing and recovery. His bariatric practice is primarily located at Saint Luke's Hospital of Kansas City.

*In his free time, he spends time with his five children, remodels homes, perfects the art of grilling, and cheers on the Huskers and the Chiefs.*

**Favorite patient non-scale victories:**

"Hearing a patient achieve a goal that others take for granted, such as safely riding a rollercoaster for the first time with their children, wearing pants they haven't worn in 20 years, or feeling their back on a chair is evidence I've been a part of improving someone's life."

## Saint Luke's Bariatric Surgery Journey

The Saint Luke's approach to surgical weight loss is tied directly to Saint Luke's overall mission to provide the highest levels of excellence in care, delivered with compassion in a kind and caring environment. Everything we do is with the patient first and foremost on our mind.

For that reason, the Saint Luke's surgical weight-loss journey is deliberate and thoughtful, as we educate each patient about the process, encourage their commitment, and support their efforts. We guide our patients through the paperwork. We're there for every step of the surgical process and recovery. And we provide ongoing one-on-one care for their diet and exercise needs. We do all this to ensure the most effective results and long-lasting success.



## You're an Inspiration

My Saint Luke's Success Story



**Before**      **After**

"I got my life back. I'm 30 years old, and I finally get to live the life I should have been living in my 20s. I play volleyball competitively, again. My mom and I just took a 2-month vacation to Europe, and we walked 15 miles in one day in Rome. I wouldn't have been able to do any of that without losing the weight."

—Lindsey Monceret

**Weight-loss stats:**

RNY Gastric Bypass	Date	Starting weight	Current weight
Surgery	Oct 2018	320lbs	190lbs



## MY JOURNEY TOOLKIT: Pre-Op Clearance Appointments

You may not need all of these visits. Please refer to your own to-do list for your instructions and discuss your specific requirements with your care team.

### Primary Care Medical Clearance Appointment (with EKG)

Physician	Phone	Appointment Date
-----------	-------	------------------

### Psychological Evaluation

(Please note: This is different than your "Mental Health Medication" Clearance form)

Physician	Phone	Appointment Date
-----------	-------	------------------

### Sleep Study/Pulmonary Clearance Appointment

N/A

Physician	Phone	Appointment Date
-----------	-------	------------------

### Cardiac Clearance Appointment

N/A

Physician	Phone	Appointment Date
-----------	-------	------------------

### Endocrinology Clearance Appointment

N/A

Physician	Phone	Appointment Date
-----------	-------	------------------

### Renal Clearance Appointment

N/A

Physician	Phone	Appointment Date
-----------	-------	------------------

### Mental Health Clearance Appointment

N/A

Physician	Phone	Appointment Date
-----------	-------	------------------

### Other Clearance Appointments

Physician	Phone	Appointment Date
-----------	-------	------------------

Physician	Phone	Appointment Date
-----------	-------	------------------

Physician	Phone	Appointment Date
-----------	-------	------------------



# MY JOURNEY TOOLKIT: Appointment & Weight Tracker

## Surgeon Consult Visit Weight

Date	Weight
------	--------

## Diet & Exercise Class Weight (one for each class)

(All patients)

Class 1

Date	Weight
------	--------

Class 2

Date	Weight
------	--------

Class 3:

Date	Weight
------	--------

(6-month Prep Patients only)

Visit 4

Date	Weight
------	--------

Visit 5

Date	Weight
------	--------

Visit 6

Date	Weight
------	--------

## Pre-op Class

Date	Weight
------	--------

## Surgery Day

Date	Weight
------	--------

## 2-week Post-op

Date	Weight
------	--------

## 6-week Post-op

Date	Weight
------	--------

## 3-month Post-op

Date	Weight
------	--------

## 6-month Post-op

Date	Weight
------	--------

## 1-year Post-op

Date	Weight
------	--------

## 18-month Post-op

Date	Weight
------	--------

## 24-month Post-op

Date	Weight
------	--------

## HOMEWORK ALERT What's Your Plan?

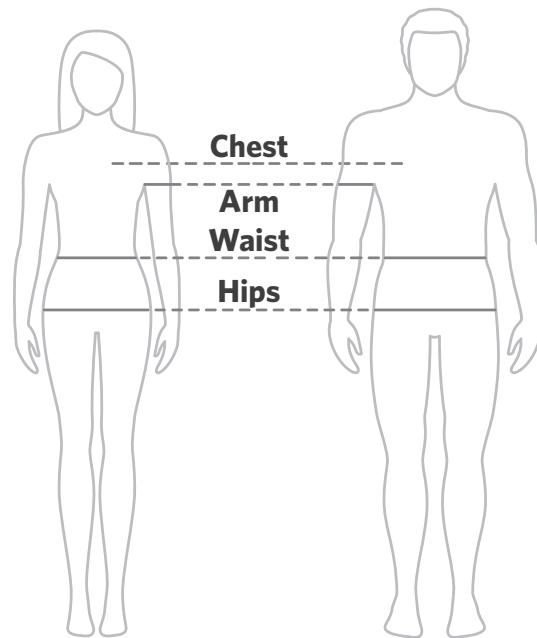


The rules for completing the Diet & Exercise classes vary among insurance providers and coverage plans. For example, some plans require that classes be completed in consecutive months. Meaning, if you skip a month, you have to start over. Please check with your insurance specialist for more information about your plan's requirements.



## Body Measurement Tracker

Successful weight loss isn't only seen on the scale. You can actually see it on your body. Taking regular measurements will help you track your progress not just in pounds, but also in inches. This will be especially motivating during any weight-loss stall, when the scale tells one story but your shrinking size tells another.



**Pre-op Class:** Date: \_\_\_\_\_  
Measurements

---

	Chest	Arm	Waist	Hips
--	-------	-----	-------	------

**6-month Post-op:** Date: \_\_\_\_\_  
Measurements

---

	Chest	Arm	Waist	Hips
--	-------	-----	-------	------

**1-year Post-op:** Date: \_\_\_\_\_  
Measurements

---

	Chest	Arm	Waist	Hips
--	-------	-----	-------	------



### Initial Consult Appointment— 2 weeks before surgery

You're on your way to a new you, and you're taking those first early steps in the process. We know this can be scary, but the Saint Luke's Surgical Weight Loss team wants you to know that as you learn and get ready, we're here for you, and we'll continue to be throughout the entire process.

In this section of the handbook we'll discuss what to expect during the Preparation and Education stage, including:

- Diet & Exercise classes
- Clearances, screenings and approvals
- Goals
- Prep & Ed Toolkit
  - Goal setting
  - Grocery Shopping: Dos and Don'ts
  - Meal Planning

#### What to Expect (and Do!) During Prep & Ed

The preparation time prior to your surgery will allow you to accomplish the many items on your to-do list (including doctor's appointments, screenings, shopping, and paperwork); it's also a time to prepare for your new, healthier lifestyle through education, exploration, and practice.

During the Prep & Ed stage you'll learn all about what to expect throughout the surgical weight loss process, and what will be expected of you in order to reach your weight-loss goals.

You'll begin to implement healthy new habits as you prepare for surgery and may begin to naturally lose weight as a result. While this pre-surgery weight loss isn't required, it's certainly a welcomed side effect of the process.

Some patients will receive a pre-surgery goal weight based on the recommendations of the insurance provider, the hospital, or even a mental health provider. Your care team will discuss this with you if it's recommended for your surgical plan.

#### HOMEWORK ALERT *Tracking Success*



Be sure to use your personal Weight Tracker in the My Journey Toolkit in section 1 of this handbook to log your weigh-ins at each appointment and milestones for the next two years of your journey.

#### Prep & Ed Requirements

After meeting with your Saint Luke's bariatric surgeon, you'll have a preparation period. During this time, you'll complete the following **three requirements** to be approved for surgery:

#### REQUIREMENT No.1: Attend Diet & Exercise Classes

During Prep & Ed you are required to attend a minimum of three, two-hour diet and exercise classes with your team, comprising a registered dietitian and an exercise physiologist. **Be sure to bring this handbook to each class to help you better follow along and take notes.**

In these small-group class settings, you'll learn about the new healthy routines and habits that will be essential to your surgical weight-loss success. Class instruction and discussion will cover all the topics found in this handbook, including:

- **Nutrition:** Instructions, meal planning, and recipes
- **Vitamins and Protein Supplements:** Recommendations and requirements.
- **Exercise:** Instructions, in-class demonstrations, and regimen planning.
- **Goal setting:** Explore new eating habits and exercise routines by setting goals with your care team.
- **Solution finding:** Class discussion and questions are encouraged to help make sure everyone is getting the most and best information possible.

## GOOD TO KNOW Missed Classes



Diet & Exercise classes are offered multiple times per month. If you're unable to attend your scheduled class, please call our office to reschedule. Some insurance companies require monthly visits to be consecutive. So, if you miss a month, you may need to start over, and this would extend your Prep & Ed stage. *Talk to your program specialist to learn more about your plan's requirements.*

## REQUIREMENT No.2: Complete a Psychological Evaluation

Obesity is often associated with a wide range of mental health conditions that our patients have lived with for years—sometimes even a lifetime. In order to determine if you are ready for the physical, mental, and emotional challenges that come with bariatric surgery, we require a simple psychological evaluation.

Using an in-depth behavioral health questionnaire and an in-person, one-on-one interview with a licensed therapist, we're able to make an informed recommendation on your readiness for surgery. This two-hour evaluation will assess your:

- Current mental health status
- Mental health history
- Lifestyle behaviors
- Stress factors
- Eating habits
- Understanding of your surgical procedure (including risks and side effects)
- Commitment to the surgical weight-loss process and its required lifestyle/habit changes

## REQUIREMENT No.3: Secure All Medical Clearances

All the information you need about medical clearances will be found in the folder received at your Initial Consult appointment. At that appointment, you'll meet with your program specialist to review your To-Do list, including the clearances you'll need to complete in order to be approved for surgery. This list is based on your personal health history and requirements from your insurance plan, so everyone's To-Do List is different.

### Submit to Insurance and Receive Prior Authorization

Once you complete your final Diet & Exercise class and turn in all your clearances, we'll submit to your insurance company for prior authorization. Your insurance company will then have 30 days to review your case and respond. Though, it often happens faster.

Occasionally, for a variety of reasons, a patient's procedure is denied by their insurance provider. If this happens, please know we'll work with you as best we can to have your case reconsidered and approved. If you have more questions about this, please talk with your program specialist.

## MENTAL HEALTH CHECK Working on the Whole You



Always remember, bariatric surgery is a powerful tool, but it's not a cure-all solution. For long-term success, you have to address the behavioral health issues—past, present, and future—that play an important role in your weight loss or maintenance journey. Are you experiencing any behavioral health concerns, like these listed below? If so, try talking to a local, licensed therapist:

- Anxiety
- Binge eating
- Depression
- Emotional eating
- Life or relationship changes
- Smoking
- Stress
- Anger management
- Trauma; post-traumatic stress
- And more\*

\*Not a comprehensive list. For more info, read the Mental Health section of this handbook or talk to a member of your Saint Luke's surgical weight loss care team for a referral.

## HOMEWORK ALERT Be on Time, Stay on Track



One of the most common causes for delay in this process is not submitting clearances in a timely manner. **Our team can only submit to your insurance, for approval, after you have completed your Diet & Exercise classes and we've received all your clearances.** For a smooth process, submit all your clearances to your care team by your final Diet & Exercise class. If you are missing any info or forms, let your program specialist know before your final class.

## GOALS

The Prep & Ed stage is all about getting you ready, physically and mentally, for your weight-loss surgery and its accompanying lifestyle changes. By starting slowly and simply with the right information, you're establishing the new, good habits that will lead to long-term success.

### NUTRITION GOALS

Each visit during the Prep & Ed stage, you're encouraged to work on a few goals to help you get ready for post-surgery life. Which will you choose this visit?

#### GOAL: Focus on lean proteins and vegetables; begin to eliminate starches and sweets.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>Load your plate ½ full with protein like chicken, turkey, fish, beef, eggs, and dairy.</li><li>Pair protein with ½ plate of non-starchy vegetables, such as broccoli, asparagus, spinach, or Brussels sprouts, and much more.</li></ul>	Your post-surgery diet will require 60 - 80 grams of protein per day. Take this time to learn which foods contain the most of this key macronutrient and which ones you find the most delicious.	<b>Nutrition Section:</b> Find a complete list of proteins to enjoy. <b>Nutrition Section:</b> Find a complete list of non-starchy vegetables. <b>Nutrition Section:</b> Learn about the heart-healthy fats to enjoy.

#### GOAL: Increase water and decrease caffeine intake.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>Drink 64oz of a non-carbonated, zero calorie, non-caffeinated beverage each day. (Water, flavored water, etc.)</li><li>Limit coffee to two 8-ounce cups per day.</li><li>Eliminate all soda</li></ul>	Proper hydration is essential to staying healthy, and that's especially true after bariatric surgery. Get in the habit now of drinking lots of the right kinds of beverages that will help you control cravings, prevent constipation, aid metabolism, and much more.	<b>Post-op Stage Section:</b> Learn the warning signs of dehydration. <b>Nutrition Section:</b> Learn more about why hydration matters. <b>Nutrition Section:</b> What can you drink? Avoid the 3 Cs by following the guidelines.



### You're an Inspiration My Saint Luke's Success Story



Before



After

"I live a life now where I enjoy movement and activity, and it's incredible what a difference that makes. It doesn't hurt anymore. It's not uncomfortable or awkward, and I'm not embarrassed by how I must look to others. Just being confident in my body helps motivate me every day, and I can't imagine ever going back to how I used to feel." —Esther Grenz

#### Weight-loss stats:

RNY Gastric Bypass	Dec 2018	276 lbs	142 lbs
Surgery	Date	Starting weight	Current weight

## GOALS

### GOAL: Avoid drinking around mealtimes (The 15/45 Rule)

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>▪ Stop drinking 15 minutes before mealtime.</li><li>▪ Do not drink during mealtime.</li><li>▪ Do not drink for 45 minutes after your last bite.</li></ul>	After surgery you will be limited in when you can drink around mealtimes. This is to help ensure you don't flush all the food out of your stomach. Without food sitting in our stomach we tend to feel hungry sooner and when we feel hungry, we tend to eat. Those extra calories can slow down weight loss.	<b>Nutrition Section:</b> Learn more of the top 10 nutrition habits of successful bariatric patients.

### GOAL: Establish a meal pattern of three meals/day, without snacks.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>▪ Eat breakfast within one hour of waking.</li><li>▪ Take the time to stop for lunch, even when you're busy.</li><li>▪ Plan your meals ahead of time to avoid last-minute confusion and hungry decision-making.</li></ul>	By eating healthy meals consistently and not skipping meals, you'll better control your appetite, reduce cravings, and boost your metabolism.	<b>Nutrition Section:</b> Find a variety of delicious bariatric-friendly items for your grocery list. <b>Pre-op Toolkit:</b> Take a look at a sample menu for the two-week Modified Pre-op Diet.

### GOAL: Make a weekly meal plan.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>▪ Set aside time each week to plan out meals and grocery shopping.</li><li>▪ Start shopping for healthy groceries and stop bringing home the ones you should avoid.</li><li>▪ Begin cleaning out your fridge and pantry, tossing the unhealthy things that won't be part of your life anymore.</li><li>▪ Join a healthy-cooking class to help expand your knowledge and taste for the right kinds of food. Consider the Food As Medicine Everyday program, offered through Saint Luke's Muriel I. Kauffman Women's Heart Center. Learn more at <a href="http://saintlukeskc.org/FAME">saintlukeskc.org/FAME</a>.</li></ul>	Long-term success in weight loss is about maintenance—and learning to maintain an ongoing healthy eating routine is all about thoughtful planning and preparation. Take this time to get your healthy routine going.	<b>Prep &amp; Ed Toolkit:</b> Learn the Dos and Don'ts of Grocery Shopping. <b>Nutrition Section:</b> See a list of the Starches and Sweets to limit or avoid.

## GOALS

### GOAL: Limit dining out to twice per week and cook more at home.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>▪ Avoid last-minute eating-out decisions by planning all your meals for the week.</li><li>▪ If you must go out to eat, review menus online beforehand to make sure you're selecting the best item for your weight-loss success.</li></ul>	<p>Eating in restaurants will be a challenge post-op. The portions you eat will be much smaller than what is typically served, and the choices are often limited for a bariatric diet. Also, you don't have as much control over the ingredients when you're not cooking. Many restaurant meals tend to be higher in fat, sugar, and/or calories.</p>	<p><b>Nutrition Section:</b> Review our Top 10 Tips for Dining Out.</p> <p><b>Nutrition Section:</b> Italian or Mexican? Learn the best ordering options for your favorite cuisines.</p>

### GOAL: Take small bites and chew thoroughly.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>▪ Cut pieces to the size of a peanut.</li><li>▪ Chew at least 20 – 30 times before swallowing.</li><li>▪ Shoot for chewing to the consistency of baby food or applesauce in the beginning.</li></ul>	<p>Your post-surgery stomach will not only be much smaller, it also will absorb and digest food differently. Taking very small bites and chewing thoroughly will aid in digestion and prevent painful mealtime episodes.</p>	<p><b>Nutrition Section:</b> See a list of the lean proteins and non-starchy vegetables you'll enjoy.</p> <p><b>Nutrition Section:</b> Learn about Dumping Syndrome to understand one of the many important reasons for practicing good digestion habits.</p>

### GOAL: Eat slowly.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>▪ Make your meal last 20 – 30 minutes.</li><li>▪ Put your fork or spoon down and place your hands in your lap while you thoroughly chew each bite.</li></ul>	<p>It takes time for your stomach to signal that you're full. Give it the time it needs by eating slowly, allowing for your brain to catch up and let you know it's time to stop.</p>	<p><b>Post-op Stage:</b> Read about full cues to understand how your body may help you know when it's time to stop eating post-surgery.</p>

## GOALS

### GOAL: Keep a food journal and track all food, every day.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>• Use your smartphone or watch to set alarms and reminders to journal after every meal.</li><li>• Find a reliable app like Baritastic, MyPlate, or MyFitnessPal, that can help guide you, remind you, and keep you tracking daily.</li><li>• Use a pen and paper. Get a journal just for logging your food or build a personal food journal into your everyday planner or bullet journal.</li></ul>	<p>Research shows that people who log their food have higher weight-loss success. Why? Because logging everything you put in your mouth makes you aware and cuts down on mindless snacking. It also helps you see over time how your food choices affect your overall results and progress.</p>	<p><b>Pre-op Toolkit:</b> Track your vitamins and supplements along with your food. See which ones are right for you.</p> <p><b>Pre-op Toolkit:</b> Use the daily Pre-op Journal and Tracker to capture your food before surgery.</p> <p><b>Post-op Toolkit:</b> After surgery, use the Food, Mood &amp; Move Journal to track your meals and snacks.</p>

### GOAL: Quit smoking.

How:	Why:	Where to Find Resources
<ul style="list-style-type: none"><li>• Talk to your primary care physician about a prescription medication like Chantix or a prescription patch.</li><li>• Sign up for the Smoking Cessation Class at Saint Luke's Charles &amp; Barbara Duboc Cardio Health &amp; Wellness Center. Learn more at <a href="http://saintlukeskc.org/cardiowellness">saintlukeskc.org/cardiowellness</a></li><li>• PLEASE NOTE: Bariatric patients are required to be smoke free for four weeks before insurance authorization for surgery. Patients are instructed to stop all nicotine replacements, as well, four weeks prior to get a negative test result.</li><li>• Patients are expected to stay smoke free for life.</li></ul>	<p>In addition to the general damage done to your lungs and heart and the increase in risk for several different types of cancer, smoking can cause ulcers and prevent the healing process following bariatric surgery.</p> <p>To ensure your long-term health, it is important that you quit smoking prior to surgery and remain smoke free for life.</p>	<p>When referring to smoking, we include cigarettes, e-cigarettes, cigars, marijuana, chewing tobacco, nicotine patches, and nicotine gums.</p>



## ► GOAL NOTES



## PREP & ED TOOLKIT: Goals

### NUTRITION GOALS SUMMARY

Choose from these goals to complete your Goal toolkit worksheet with each visit.

- **GOAL:** Focus on lean proteins and vegetables; begin to eliminate starches and sweets.
- **GOAL:** Increase water (64 oz.) and decrease caffeine.
- **GOAL:** Avoid drinking around mealtimes (The 15/45 Rule)
- **GOAL:** Establish a meal pattern of three meals/day.
- **GOAL:** Make a weekly meal plan.
- **GOAL:** Limit dining out to twice per week and cook more at home.
- **GOAL:** Take small bites and chew thoroughly.
- **GOAL:** Eat slowly (meals lasting 30 minutes).
- **GOAL:** Keep a food journal and track all food, every day.
- **GOAL:** Quit smoking.

Class #1 (Date): \_\_\_\_\_

#### Nutrition Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

#### Exercise Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

Class #2 (Date): \_\_\_\_\_

#### Nutrition Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

#### Exercise Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

Class #3 (Date): \_\_\_\_\_

#### Nutrition Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

#### Exercise Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

Class #4 (Date): \_\_\_\_\_

#### Nutrition Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

#### Exercise Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

Class #5 (Date): \_\_\_\_\_

#### Nutrition Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

#### Exercise Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

Class #6 (Date): \_\_\_\_\_

#### Nutrition Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_

#### Exercise Goals

1 \_\_\_\_\_  
2 \_\_\_\_\_



## DOS AND DON'TS OF GROCERY SHOPPING



1. Don't ever go grocery shopping hungry.
2. Do bring a list (based on your weekly meal plan) and stick to it.
3. Do use online grocery shopping to help prevent impulse shopping.
4. Don't shop from the middle of the store. Keep to the fresh foods around the perimeter of the store first. Only go into the middle for the specific things you need.
5. Do limit distractions by shopping alone and not looking at your phone.
6. Do shop on Wednesdays. That's when new sales begin, and also when the highest quality and freshest produce is available.
7. Don't shop during the store's busiest times. If you don't like crowds or busy aisles, wait until about 8 p.m., when most people are home for the evening. A less stressful shopping trip will lead to healthier choices.
8. Do shop once per week, on the same day, to establish a healthy new habit.
9. Don't bother with free samples. Stick to your regular mealtimes, instead.
10. Do ask to speak with the in-store nutritionist for new recipe ideas and healthy recommendations. That's what they're there for.

## Meal Planning

### Sample Grocery List

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Protein:	Protein:	Protein:	Protein:	Protein:	Protein:	Protein:
Veggie:	Veggie:	Veggie:	Veggie:	Veggie:	Veggie:	Veggie:

#### Protein

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#### Pantry

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#### Produce

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#### Frozen

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#### Miscellaneous

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### Meal Ideas

Recipes on following pages

#### Breakfast

- Eggs, Egg Whites, Egg Beaters®—prepared anyway you like (scrambled, boiled, poached)
- Mini Egg Cups (see recipe)
- Turkey Sausage/Bacon
- 2% Cottage Cheese
- Low-fat Cheese Stick
- Lean Beef/Turkey Jerky
- Shaved Deli Meat (turkey, ham, roast beef)
- Greek Yogurt—plain with sweetener or flavors with lowest amount of carbs

#### Lunch

- Hamburger patty with toppings, green beans
- Homemade chicken/tuna salad on cucumber slices using low-fat mayo
- Bagged salad with pre-cooked chicken on top, dressing on side
- Chili (no liquid) with low-fat cheese (no crackers)
- Insides of sandwich (no bread)
- Pre-cooked shrimp
- Pre-cooked turkey/chicken flavored sausage links

#### Dinner

- Chicken breast/turkey breast with steamed carrots
- Turkey meatballs with marinara and green beans
- Meatloaf made with parmesan cheese instead of breadcrumbs with mashed cauliflower
- Pork tenderloin with side salad



## Breakfast Recipes

### Tex-Mex Breakfast Bowl

- 1 large egg
- $\frac{1}{8}$  cup Jimmy Dean turkey sausage crumbles
- Chopped onion and red bell pepper
- 2 Tablespoons low-fat shredded Monterey Jack cheese
- Salsa

#### Directions

1. Cook first 4 ingredients in a skillet with non-fat cooking spray.
2. Top with salsa and shredded cheese.

### Spinach and Feta Scrambler

- 1 carton of Eggbeaters
- $\frac{2}{3}$  cup low-fat feta cheese
- $\frac{1}{3}$  cup low-fat milk
- 1 cup of baby spinach

#### Directions

1. Place the Eggbeaters, feta, milk, salt, and pepper in a large bowl and whisk until the mixture is thoroughly combined. Set aside.
2. Heat a small sauté pan that has been sprayed with non-stick cooking spray. Add the spinach and cook, turning constantly with a rubber spatula, until wilted. Add the spinach to the reserved egg mixture and stir until combined.
3. Return the pan to medium-low heat, add the spinach-egg mixture, and cook, stirring occasionally until the eggs have reached your desired doneness.

### Grab and Go Egg Bites

- 6 large eggs
- 2 tbsp. chopped onion
- $\frac{1}{4}$  cup chopped bell pepper
- 1 clove garlic, minced
- 1 tbsp. finely chopped oregano
- $\frac{1}{4}$  cup chopped baby kale leaves
- $\frac{1}{4}$  cup goat cheese crumbles.

#### Directions

1. Preheat oven to 350 degrees F. Spray muffin cups generously with cooking spray.
2. Beat eggs and season with salt and pepper.
3. Heat a large skillet over medium-high heat and cook onions and peppers until tender. Remove from heat and stir in oregano. Divide mixture between muffin cups. Top each with 1 tsp kale and 1 tsp goat cheese.
4. Pour eggs evenly into the prepared muffin cups.
5. Bake in the preheated oven until bites are set in the middle, about 10-12 minutes.

### Mini Egg Cups

- 1 cup turkey sausage crumbles
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 12 large eggs
- 2% cheddar cheese

#### Directions

1. Preheat oven to 350 degrees F. Spray 12 muffin cups generously with cooking spray.
2. Heat a large skillet over medium-high heat and crumble in turkey sausage, onion, and bell pepper. Cook and stir until turkey sausage is crumbly and evenly browned, about 10 minutes.
3. Sprinkle turkey sausage, cheese, onion, and bell pepper evenly into the prepared muffin cups.
4. Beat eggs and season with salt and pepper. Pour egg mixture evenly over the sausage-cheese mixture in the muffin cups.
5. Bake in the preheated oven until cups are set in the middle and lightly browned, about 22 minutes. Cool for 5 minutes before serving.



## Lunch Recipes

### **Skinny Chicken Salad**

- 4 cups cooked chicken, cut into 1 inch cubes
- ½ cup celery, chopped
- ¼ cup red onion, finely chopped
- 2 cups red seedless grapes
- ½ cup plain fat-free Greek yogurt
- ¼ cup Splenda® or sweetener of choice
- ¼ tsp garlic powder
- 1 tsp salt

#### **Directions**

1. Mix together chicken, celery, onion, and grapes.
2. In a separate bowl mix together Greek yogurt, Splenda® or sweetener of choice, garlic powder, and salt.
3. Toss dressing and chicken mixtures together to coat. Refrigerate until ready to serve.

### **Shrimp Salad**

- 1 lb. medium pre-cooked shrimp, thawed and tails removed, cut into small pieces
- Juice of 1 lime
- ½ avocado, cut into small cubes
- 1 tbsp. chopped cilantro
- 1 red bell pepper, chopped
- 3 ribs celery, chopped \*if tolerated
- 2 tbsp. fat-free Italian dressing

#### **Directions**

1. Toss ingredients together. Eat with a fork (cocktail fork to keep bites small!)

### **Turkey Lettuce Wraps**

- 4 slices deli turkey
- 1 slice 2% cheddar cheese
- 1 tsp Dijon mustard
- 1 slice leafy lettuce (romaine, butter leaf, etc.)

#### **Directions**

1. Spread mustard in the bottom of lettuce leaf. Layer deli meat and cheese on top and roll into a wrap.

### **Grilled Pork Chops and Corn Salsa**

- 4 (4-oz. each) boneless pork chops
- 1 c. frozen sweet corn, thawed
- 1 large tomato, diced
- 1 fresh jalapeno, seeded and finely chopped
- 1 clove garlic, minced
- 2 tbsp. red onion, finely chopped
- 2 tbsp. fresh cilantro, finely chopped
- 1 tbsp. fresh lime juice

#### **Directions**

1. Prepare a gas or charcoal grill for direct cooking over medium heat. Season pork chops on both sides with salt and pepper; add pork chops to grill and grill until pork reaches an internal temperature of 145 degrees.
2. In a medium bowl, mix together corn, tomato, jalapeno, garlic, red onion, cilantro, and lime juice. Season, to taste, with salt and pepper. Serve pork chops with vegetable salsa.

### **Cajun Chicken Skewers**

- 1 (14-16 oz.) pkg. chicken breast tenders
- 1 tbsp. Cajun seasoning
- ½ tsp. dried parsley, or thyme
- 3 tbsp. olive oil
- Bamboo skewers

#### **Directions**

1. Preheat oven to 375 degrees. Place skewers in a bowl of warm water and soak until ready to use.
2. In a large bowl, coat chicken tenders with Cajun seasoning, dried parsley and olive oil. Line a large baking sheet with foil or parchment paper. Remove tenders from bowl one at a time and thread each onto a skewer. Arrange tenders on baking sheet ½ inch apart and bake until lightly golden and until internal temperature reaches 165 degrees, 12-15 minutes.



## Dinner Recipes

### Fajita Turkey Burger

- 1 lb. lean ground turkey
- 1 egg white
- $\frac{1}{2}$  cup grated parmesan cheese
- $\frac{1}{2}$  tsp each salt & pepper
- 2 tbsp. taco seasoning
- 1 medium onion, sliced
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced

#### Directions

1. Mix together ground turkey, grated parmesan cheese, egg white, salt and pepper, and 1 tablespoon taco seasoning.
2. Heat the grill. Meanwhile, form the mixture into patties. Grill for about 4-5 minutes per side or until internal temperature reads 165 F.
3. Meanwhile, add sliced onions and bell peppers to a skillet over medium high heat. Sprinkle another tablespoon of taco seasoning to the mixture. Cook for about 5 minutes.
4. Once burgers are cooked, remove from grill and top with bell peppers and onions. Serve with salsa or other toppings as desired.

### 20 Minute Turkey Taco Chili

- 1 lb. 93% lean ground turkey
- 1 packet taco seasoning
- 1 packet ranch seasoning
- 1 can (10 oz.) Rotel®, diced tomatoes & green chilies
- 1 can (15 oz.) black beans, drained & rinsed
- as desired shredded cheddar cheese

#### Directions

1. Heat a large stock pot to medium high heat, spray with cooking spray. Brown the ground beef at the bottom of the pot.
2. Drain any juice. Add ranch and taco seasonings. Stir well and turn heat down slightly.
3. Add Rotel® and black beans, continue to stir until heated through. Serve with sprinkled cheese.

### Barbecue Meatloaf

- 1 lb. lean ground beef
- $\frac{1}{2}$  cup grated parmesan cheese
- $\frac{1}{2}$  cup barbecue sauce (low sugar)
- 1 egg, beaten
- $\frac{1}{2}$  cup chopped onion
- Liquid smoke
- Grill seasoning, optional

#### Directions

1. Preheat oven to 375F.
2. Mix all ingredients together using only half of the barbecue sauce. Form into a loaf.
3. Place in a loaf pan and place in oven for 45 minutes or until internal temp reaches 160F. Let stand 5 minutes and top with remaining 1/4 cup sauce.

### Fajita-Style New York Strip Steak and Veggies

- 4 (4-oz.) beef New York strip steaks, 3/4-inch thick
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. paprika
- 1 tsp. ground black pepper
- 2 tsp. olive oil, divided
- 3 clove(s) garlic, minced
- 1 white onion, cut into thin wedges
- 1 c. julienne bell pepper strips

#### Directions

1. Combine cumin, coriander, paprika, and black pepper in a small bowl. Rub seasoning mixture evenly onto steaks; set aside.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Cook steaks for 6-8 minutes turning once halfway through. Transfer to two serving plates; cover and keep warm.
3. Meanwhile, heat remaining 1 teaspoon oil in same skillet over medium heat. Add garlic and cook for 30 seconds. Add onion and bell pepper strips. Cook for 5 to 8 minutes or until crisp-tender, stirring occasionally.

## Notes:

### 3

## PRE-OP STAGE



### 2 Weeks Prior—Day Before Surgery

DATE: \_\_\_\_\_

You're almost there. Now, in the final weeks before your scheduled surgery date, all the details get finalized and the entire process starts to feel very real. You're no longer just learning about your new lifestyle, now is when you start living it!

In this section of the handbook we'll discuss the requirements and expectations of the Pre-op stage, including:

- Final Pre-op visit
- Pre-op diet
- Pre-op exercise
- The day before surgery instructions

#### Final Pre-op Visit

The Final Pre-op Visit is the kick-off to the two-week pre-op stage—the final two weeks before your scheduled surgery date; and this is your last appointment with your care team before surgery. Let's go over what to expect from the Final Pre-op Visit, and what you'll need to have ready on that day.

#### What to expect:

This appointment will be scheduled by our office once you have been approved for surgery and have a surgery date. During this visit, you'll meet with your surgeon's nurse to go over final instructions and make sure you're ready for surgery.

This includes:

- Weight, vitals, and measurements
- One-on-one time with your surgeon or advanced practice provider (PA or NP) to ask questions or share concerns
- Sign waivers and consent forms
- Pre-op diet instructions
- Hospital check-in instructions
- Hospital-stay expectations
- Pre- and post-surgery medication instructions
- Post-op diet and exercise instructions
- Review required at-home supplies (vitamins, protein drinks, etc.)

#### What to bring:

- This handbook
- All vitamins you will begin taking as part of your bariatric surgery
- List of all medications you are currently taking
- List of protein supplements you have purchased. If you don't bring the actual products, you will need to have pictures of the labels, including nutritional information/ingredients
- Any other pre-op instructions from primary care physician or specialist on other medications (blood pressure, diabetes, etc.)
- Your questions, concerns, and fears

#### What's next?

Your Pre-op Diet typically begins following this Final Pre-op Visit. Are you ready? See a helpful Pre-op Grocery List in the Pre-op Toolkit in this handbook.

## MENTAL HEALTH CHECK *Finding the Right Headspace*



Big changes are coming, and you need to prepare mentally. Here are just a few tips to get more than just your body ready for surgery.

- Create a vision for your new life so you can start getting familiar with where you want to be at the end of your weight loss journey.
- Remove negative words about weight loss from your vocabulary to remove the negative emotions that come with it. For example, try replacing "diet" with "meal plan."
- You'll soon have extra time for your favorite hobbies, like knitting, or scrapbooking. Do you have all the supplies you need? Prepare and stock up now.

- Begin a journal to capture your feelings, fears, gratitude, dreams, and plans for your weight loss journey.
- Treat yourself to a few days at the beach, in your favorite city, or just stay in a local hotel where you can play tourist in your hometown.
- Read books and blogs, make to-do lists, research recipes, listen to podcasts, calendar in the next six months of Saint Luke's support group meetings.

Whatever helps you feel ready for the upcoming challenge: Find it! Do it!

## Pre-op Diet

The pre-op stage of your surgical weight-loss journey is largely about the stringent liver-shrinking diet that gets your body ready for the surgery itself. The Pre-op Diet will eliminate many sugars and carbohydrates, as well as all caffeine, carbonation, and alcohol from your diet. This helps decrease the size of your liver, which tends to get bigger as it stores your extra carbohydrates and also happens to sit directly on top of your stomach.

Simply put, with a smaller liver, your surgeon can more easily access your stomach during the procedure. And that means a faster, simpler surgery, and typically fewer complications for the patient.

Please remember that decreasing carbohydrates all at once may cause a noticeable physical reaction commonly known as the "Low Carb Flu," which can include headaches, nausea, and severe fatigue. But by gradually reducing your intake during the Prep & Ed stage—as you work toward your goals—you can lesson that flu-like reaction.

## MENTAL HEALTH CHECK *Mindful or Mindless?*



Ever finish off a box of cookies only to realize you didn't really enjoy it because you don't even remember doing it? This is mindless eating. On the flip side, *mindful* eating teaches you to pay attention while you eat, picking up on your body's cues about hunger, fullness, and sensations of taste and enjoyment. It leaves you more satisfied and helps you make better choices. Learn more about mindful eating by scheduling an appointment with a Saint Luke's Behavioral Health specialist.

## Modified or Liquid: Which is Your Pre-op Diet?

Each Saint Luke's surgical weight loss patient follows one of two pre-op diets, depending on their body mass index (BMI). Patients with a BMI of less than 50 will follow the Modified Diet. Those with a BMI of 50 or higher will follow the Liquid Diet.

	<b>Daily Meals</b>	<b>Protein Shakes</b>	<b>Vitamins/ Medications</b>	<b>Liquid/Beverages</b>
<b>Modified Pre-op Diet*</b> (BMI: 49 or Below)	<p><b>Two meals per day**</b></p> <ul style="list-style-type: none"> <li>3-5 ounces of lean protein (60% of plate)</li> <li>Non-starchy vegetables (40%)</li> <li>Acceptable seasonings should be salt free (Mrs. Dash, pure herbs and spices; no spice mix packets)</li> </ul>	<p><b>Two protein shakes per day</b></p> <ul style="list-style-type: none"> <li>Whey or soy isolate must be <i>first</i> ingredient</li> <li>No more than 6-grams sugar/serving</li> <li>Only mix with water during pre-op stage.</li> </ul>	<ul style="list-style-type: none"> <li>Bariatric multivitamin/mineral supplements</li> </ul>	<p><b>64-96 ounces/Day</b></p> <ul style="list-style-type: none"> <li>Avoid the 3 Cs: Carbonation, Calories, and Caffeine</li> </ul>
<b>MY DIET</b> Start date: _____				
<b>Liquid Pre-op Diet*</b> (BMI: 50+)	<b>No solid food</b>	<p><b>60-80 grams of protein/Day</b></p> <ul style="list-style-type: none"> <li>Read nutrition label to determine how many shakes per day.</li> <li>Whey or soy isolate must be first ingredient</li> <li>No more than 6 grams sugar per serving</li> <li>Only mix with water during pre-op stage.</li> </ul>	<ul style="list-style-type: none"> <li>Bariatric multivitamin/mineral supplements</li> </ul>	<p><b>64-96 ounces/Day</b></p> <ul style="list-style-type: none"> <li>Avoid the 3 Cs: Carbonation, Calories, and Caffeine</li> </ul>
<b>MY DIET</b> Start date: _____				

\* If you begin to feel shaky or weak on either the Modified or Liquid Diet, mix your protein supplements with unsweetened almond milk. If symptoms continue, contact our office.

\*\* For Modified Pre-op Diet menu suggestions and recipes, see Pre-op Toolkit in this handbook.

### TASTY TIPS C-Free Drinking



Getting your 64 ounces of fluid isn't hard with so many choices! Just be sure to avoid the 3 Cs: carbonation, caffeine, and calories (fewer than 15 per 8oz). Some options include:

- Waters, flavored or plain
- Sugar-free add-in flavor mixes
- Sugar-free sports drinks with electrolytes

- Caffeine-free tea (hot or iced)
- Broths (chicken, beef, vegetable)
- Diet cranberry juice
- Sugar-free gelatin or popsicles (limit 2 per day)

See a more complete list of C-Free beverages in the Nutrition Section this handbook.

## MODIFIED PRE-OP DIET

## Meal Planning and Shopping

Ready to stock up on everything you'll need for your two-week Modified Pre-op Diet? Here are a few helpful tips on how to create delicious and healthy meals, and a few suggestions for what to throw in your cart when you get to the store.

## Sample 3-Day Menu\*

	DAY 1	DAY 2	DAY 3
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>Eggs (scrambled or omelet) with cheese and spinach</li> </ul>	<ul style="list-style-type: none"> <li>Turkey sausage</li> <li>1 hardboiled egg</li> <li>Sliced tomatoes</li> </ul>	Protein shake
<b>Lunch</b>	Protein shake	Protein shake	<ul style="list-style-type: none"> <li>Lunch/deli meat</li> <li>Cheese slices</li> <li>Greek yogurt</li> <li>Fruit</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>3 - 5 oz grilled chicken breast, seasoned with Mrs. Dash or fresh herbs</li> <li>Steamed broccoli</li> </ul>	<ul style="list-style-type: none"> <li>3 - 5 oz pork loin, seasoned with Dijon mustard</li> <li>Roasted Brussels sprouts</li> </ul>	<ul style="list-style-type: none"> <li>3 - 5 oz grilled sirloin steak</li> <li>Sautéed asparagus</li> </ul>
<b>Evening</b>	Protein shake	Protein shake	Protein shake
<b>All Day</b>	64 - 96 oz. C-Free beverages	64 - 96 oz. C-Free beverages	64 - 96 oz. C-Free beverages

\*Please be sure to always follow your own full feeling, and do not eat more than is comfortable.



## Grocery List\*

## Protein

- Chicken breast
- Turkey sausage
- Pork loin
- Sirloin steak
- Lunch/deli meat
- Eggs
- Shredded cheese
- Cheese slices
- Greek yogurt

## Protein Shakes

See complete list in  
Nutrition section

## Seasoning and Additions

- Sugar-free water flavoring
- Mrs. Dash seasoning
- Fresh herbs (Basil, oregano, garlic, thyme, rosemary, etc.)
- Dijon mustard

## Other

## Produce

- Asparagus
- Spinach
- Broccoli
- Tomatoes
- Brussels sprouts
- Bell peppers
- Carrots



## LIQUID PRE-OP DIET

### Meal Planning and Shopping

Your shopping list may not be long, but it's important—and you have some decisions to make.

Protein supplements come in a wide variety of options to help people of all kinds reach their weight loss or fitness goals. It's essential to pick the right one for your needs and personal tastes. Review the Nutrition section of this handbook to learn more about protein shakes and how to choose the best one for you.

### Daily Menu

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#### **Daily protein goal: 60 – 80 grams\***

*\*Don't forget to read labels. Grams of protein per serving will vary between products.*

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**Breakfast** Protein shake made with as much water as desired.

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**Lunch** Protein shake made with as much water as desired.

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**Dinner** Protein shake made with as much water as desired.

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**All Day** 64 – 96 oz. C-Free beverages

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## Pre-op Exercise

As you begin your Pre-op Diet, you may feel more tired than usual. This can be caused by the change in the food you're eating... and the food you're not! Committing to regular exercise during these two weeks will not only help you build a healthy new exercise routine, it also will help regulate your mental health, giving you much-needed shots of endorphins and energy.

### Get Moving!

During the pre-op stage, your goal is to exercise 150

minutes per week. That breaks down to just about 25 minutes, six days a week. You can reach this goal with simple exercises, like walking your neighborhood, exercise class videos on YouTube or a streaming service. Other options: A low-impact machine, such as a treadmill, elliptical machine, stationary bike, or rower.

This sample exercise routine can help you get started. Review the Exercise section of this handbook to learn more about building an exercise routine of your own.

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>6-Workout Week</b>							
<b>EXERCISE (Duration)</b>							
	Treadmill (30-45 min.)	Full-body weight training (30-45 min.)	Stationary bike (30-45 min.)	Full-body weight training (30-45 min.)	Treadmill (30-45 min.)	Full-body weight training	REST (All day)
<b>5-Workout Week</b>							
<b>EXERCISE (Duration)</b>							
	Elliptical (45 minutes)	Treadmill (30 minutes)	REST (All Day)	Elliptical (45 minutes)	Treadmill (30 minutes)	Walk,hike, or bike ride (30-45 min.)	REST (All day)
	Upper body weight training (15-30 min.)	Lower body weight training (15-30 min.)		Upper body weight training (15-30 min.)	Lower body weight training (15-30 min.)		
<b>4-Workout Week</b>							
<b>EXERCISE (Duration)</b>							
	Stationary bike (30-45 min.)	REST (All day)	Treadmill (30-45 min.)	REST (All Day)	Elliptical (45 min.)	REST (All day)	Treadmill (20-30 min.)
	Full-body weight training (30-45 min.)		Full-body weight training (30-45 min.)		Upper body weight training (15-30 min.)		Lower body weight training (15-30 min.)

## Pre-op Exercise

DAY	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>3-Workout Week</b>							
<b>EXERCISE (Duration)</b>	Treadmill (45-60 min.)	REST (All day)	Stationary bike (45-60 min.)	REST (All day)	Elliptical (30-45 min.)	REST (All day)	REST (All day)
	Full-body weight training (30-45 min.)		Full-body weight training (30-45 min.)		Full-body weight training (30-45 min.)		

Not sure how to get started with an exercise routine? Check the Exercise section of this handbook for ideas and instructions to help guide you.

### FIT BITS *Entertaining Exercise*



Think exercise is boring? Well, that just means you haven't found the right workout yet! Try these tips to build an exercise routine you not only enjoy but crave.

- **Experiment:** Some people love the high energy and community of a Zumba® class. Others prefer the solitary nature of running. While still others thrive on the power unleashed in weightlifting. Try a variety of classes, gyms, at-home programs, and YouTube channels to find the right exercise for you. We promise, it's out there.
- **Pump up the volume:** Put together a playlist of your favorite high-energy songs to keep you motivated while you work out. Or use the time to dive into a new podcast or audiobook.

- **Keep track:** Using a wearable device (Fitbit® or Apple Watch) or a fitness/nutrition app (MyFitnessPal, Baritastic, Apple Health, etc.), allows you to track your workouts and progress over time, which helps keep you motivated and on track.
- **Reward yourself:** Celebrate your progress and milestones—like setting a new record for longest distance walked or finally getting to that cardio class at the gym—with a non-food reward, like a massage, spa treatment, or some new exercise equipment or clothes.

## The Day Before Surgery

DATE: \_\_\_\_\_

Tomorrow is the day you've been waiting for! You might be excited, or you might be nervous, or you might just be focused on getting your long, personal to-do list completed. However you're feeling, it's perfectly normal.

Extra anxiety, though, may require some special attention, so consider talking to a family member, friend, or therapist. Oftentimes, just speaking your worries out loud with a trusted person (or even a pet) can offer relief and help set your mind and heart at ease. Need a helpful ear? Your Saint Luke's care team is here for you, too.

### **Nutrition: Clear liquid protein and water only**

While you're excited for the big day tomorrow, it's important to stay focused on your daily to-do list because the day before your surgery will not be business-as-usual for you. On this day, you will only consume 80 grams of clear liquid protein and 64 oz. of water. **Both Modified Diet and Liquid Diet patients will follow this nutrition plan on the day before surgery.** Turn to page 82 in Section 7 (Nutrition) to see a chart of protein supplements, including options for clear liquids.

Breakfast:      bottle of protein  
Lunch:           bottle of protein  
Dinner:          bottle of protein  
Bedtime:        bottle of protein  
All Day:        64-96 ounces of approved sugar-free beverages

### **DON'T FORGET!**



**Do not** eat or drink anything after midnight, unless you've been instructed otherwise by your care team.

### **Exercise:**

While you certainly want to get in a workout the day before surgery, we caution you to do so carefully. Remember that since your only source of nutrition today is your Isopure protein drink, you don't want your workout to be too strenuous. A 30-minute walk is a great day-before exercise because it will not only get your body moving, it will also give you some time to mentally prepare for the big day.

### **MENTAL HEALTH CHECK** *Prepare with Self-Care*



Your body and mind are about to undergo some major changes. So, why not treat them both to a little pre-surgery reward? Let's face it, you've already earned it! Consider treating yourself with a favorite splurge:

- Relaxing massage
- Manicure/pedicure
- Spa package
- At-home facial
- Long bubble bath
- Float therapy session (Sensory deprivation tank)
- Haircut and style
- Hot shave
- A little retail therapy at your favorite store or shopping mall. (Looking for extra motivation? Buy yourself a "Goal Outfit" a few sizes down or in your dream size!).



## You're an Inspiration My Saint Luke's Success Story



**Before**



**After**

"I have a picture of myself holding my grandson, and my arms were extended beyond my belly and I thought 'If I don't do something, I'm not going to see him grow up.' He is a teenager now in high school. He's on the swim team, and they went to State. I get to see all of that. Any time that you have is a gift. So, I'm enjoying my gift." —Robert Hensel

### **Weight-loss stats:**

RNY Gastric Bypass Surgery	Date	Starting weight	under 200lbs Current weight



## PRE-OP TOOLKIT: Daily Tracker

### Day 1

#### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_

### Day 2

#### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_

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## Day 3

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### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 4

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### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## PRE-OP TOOLKIT: Daily Tracker

### Day 5

#### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

Shakes

Water

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels

Thoughts \_\_\_\_\_  
\_\_\_\_\_

### Day 6

#### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

Shakes

Water

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels

Thoughts \_\_\_\_\_  
\_\_\_\_\_

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## Day 7

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### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Day 8

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### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## PRE-OP TOOLKIT: Daily Tracker

### Day 9

#### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

Shakes

Water

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels

Thoughts \_\_\_\_\_  
\_\_\_\_\_

### Day 10

#### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

Shakes

Water

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels

Thoughts \_\_\_\_\_  
\_\_\_\_\_

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## Day 11

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### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_

## Day 12

---

### Food Journal (For Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_



## PRE-OP TOOLKIT: Daily Tracker

### Day 13

#### Food Journal (or Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_

### Day 14

#### Food Journal (or Modified Diet)

Meal 1 - What? How much? \_\_\_\_\_

Meal 2 - What? How much? \_\_\_\_\_

**Shakes**

**Water**

#### Vitamins

- Bariatric multivitamin
- Calcium supplement
- Iron supplement (may be included in multivitamin)
- Vitamin B12 (may be included in multivitamin)

#### Exercise

What? \_\_\_\_\_

How long? \_\_\_\_\_

#### Moods and Feels



Thoughts \_\_\_\_\_  
\_\_\_\_\_

## 4 SURGERY AND RECOVERY



### Surgery Day—Hospital Discharge

#### SURGERY DATE:

This is it! Your surgery day is here, and you're about to join a family of fellow patients who've experienced remarkable, life-changing and lifesaving transformations thanks to bariatric surgery. Now, it's your turn.

In this section of the handbook we'll discuss what you and your family can expect while you are in our care at Saint Luke's, including:

- Day-of instructions, hospital arrival, and registration
- Surgery and recovery
- Your hospital stay—expectations, schedule, and responsibilities

#### Surgery Day

##### At Home

- Do not eat or drink anything after midnight, the night before surgery.
- Shower in the morning. Be sure to use an anti-bacterial soap (Dial® or Irish Spring®).
- Do not shave or prep your own abdomen.
- Do not apply any deodorant, perfume, lotions, or make-up before coming to the hospital.
- Be comfortable. Leave jewelry, makeup, and any constricting clothes at home.
- Remember your overnight bag. See your Surgery and Recovery Toolkit in this section of the handbook for a comprehensive checklist of what to pack for your hospital stay.

- Double check the address and directions to your Saint Luke's hospital location.

##### Hospital Arrival and Registration

- Plan to arrive at the hospital a couple of hours before your scheduled surgery time. Sometimes, surgeries are moved up suddenly so it's important that all patients are prepped and ready as early as possible.
- Most Saint Luke's hospitals in the Kansas City metro provide complimentary valet parking for your convenience upon your arrival. Let us park the car so you can get checked in and get ready for your big day. \*Be sure to check the hospital map on the hospital website, before arriving to locate the valet entrance.
- Family members and loved ones are welcome to join you for most of the check-in and pre-op process, but there will be times when you'll need some privacy. Our nurses and volunteers will be sure to take good care of them and get them back by your side quickly.

##### HOMEWORK ALERT Get Social!



All checked in and need something to do while you wait? Just open your favorite social media app to find surgical weight loss info, communities, and inspiration. In the world of surgical weight loss, you can find it all: bloggers, Instagrammers, YouTubers, closed Facebook groups, Pinterest boards, and podcasts. You can even join the conversation on the Saint Luke's Center for Surgical Weight Loss public and closed Facebook pages. These resources are great for:

- Connecting with other surgical weight loss patients around the country
- Receiving encouragement from (and giving to) others sharing your journey
- Finding inspiration from others' success stories
- Learning tips, pitfalls, and best practices

*Just remember to only follow medical advice from your care team. Everyone's experience with weight loss surgery is unique and being a social media influencer does not qualify someone to provide medical guidance.*

## Surgery and Recovery

- Each of the three weight-loss surgery procedures performed at Saint Luke's hospitals have their own expected duration. Learn more about the different bariatric surgery options in the Surgical Weight Loss Journey section of this handbook:
  - Gastric Sleeve: 60 – 90 minutes
  - Gastric Bypass: 90 – 120 minutes
  - Duodenal Switch: 120 minutes
- Immediately following your surgery, you'll be taken into Recovery where you'll awake from anesthesia and get oriented with your nurses. Meanwhile, your surgeon will update your family or loved ones on how the procedure went and when they will be taken back to see you.

You may not be running your usual busy life right now, but that doesn't mean you don't have things to do. To make sure your recovery gets off on the right foot, we'll need you to do a few very important things during your stay.

Be sure to track your activities using the Daily Hospital Stay Journal and Tracker in your Hospital Stay Toolkit at the end of this section.

## Surgery Day

- Goal: Drink 64 ounces of fluids today. Aim for 1 – 2 ounces of water every 15 minutes and you can achieve it.
- The nurses will ask you to get up out of bed the day of surgery. The sooner you are up and moving, the sooner you will start to feel better. Goal: 3 times today.
- Begin deep breathing exercises with your spirometer. Goal: 10 times per hour.
- Keep your compression cuffs on while you're in bed.

## Days 2 and 3 (in Hospital)

- **Nutrition:** Your hospital nutrition team will serve you a bariatric sugar-free liquid diet that will include water, broth, sugar-free gelatin, Crystal Light®, herbal tea, and protein supplements.
  - Protein Goal: Try to drink all the protein supplements on your trays. You can drink straight or mix with items on your tray.
  - Water/Fluid Goal: 64 oz. per day.
  - Eat all meals upright in chair, instead of in bed.
  - Remember, you're not really "eating" anything today—just sipping liquids slowly. So, if something comes on your tray that's not liquid, just leave it there.

## GOOD TO KNOW Surgery Risks



Make no mistake: bariatric surgery is major surgery. And, as with any surgery, it comes with certain risks. Even though the chances of a complication are very small, it's still important to consider and understand those risks, which include:

- Infection
- Leaks or blockage at a site where tissue is sewn or stapled together (anastomosis), requiring further procedures to repair
- Breathing problems, such as pneumonia, which may require ventilation
- Bleeding at an incision site
- Blood clot in the legs or lungs
- Injury to the spleen
- Recurrent vomiting that requires a procedure to stop the problem
- Incisional hernia
- Problems from anesthesia
- Death

- Bring your own sugar-free flavors to help you achieve your water goal (Crystal Light®, Propel®, PowerAde Zero®, or herbal teas).

- **Exercise:** To help alleviate gas pressure and ease constipation, you'll be required to get up and move while in the hospital.

- Walk 2 – 3 laps around the hospital floor.  
Goal: 3 times per day.

### Surgery Recovery:

- Don't lay in your bed all day. Instead, sit in the chair and go for walks around the unit.
- Continue deep breathing exercises with your spirometer. Goal: 10 times per hour.
- Keep your compression cuffs on while in bed.

## A special note for families



Your loved one has just done something incredibly brave and challenging, and we know you want to be as helpful as possible during their recovery. Here are a few things you can do to show your thoughtful and complete support for this life-changing decision:

- Don't eat meals or snacks in the patient's room. Instead, visit our cafeteria or plan to eat before you arrive for your visit.
- Keep them hydrated. Offer helpful reminders to continue sipping water all day and make sure they always have a full cup of water nearby.
- Encourage exercise by being a walking or gym buddy.
- How can your family show support? \_\_\_\_\_



## SURGERY AND RECOVERY TOOLKIT: Hospital Bag Checklist

### What to Pack?

#### Clothes

- Comfortable and loose pajamas
- Socks
- Slippers
- A bathrobe
- Underwear and soft bra (no underwire)
- Clothes for going home

#### Official Business

- Valid photo ID
- Insurance card
- Copy of advance directive
- List of medications you're currently taking
- Emergency contact information
- This handbook

#### Personal and Health Items

- Glasses (Contact wearers are encouraged to use their glasses.)
- Toothbrush/toothpaste/floss
- Shampoo/conditioner
- Body soap
- Brush/comb
- Deodorant
- CPAP or BIPAP machine

#### Other

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#### Entertainment

- A good book
- Magazines
- Personal devices (smartphone, tablet, chargers, etc.)



## You're an Inspiration

Pro Tip!



Before



After

"I felt at ease right until we got to the hospital. Then I started to get nervous. But it helped to have my family's support. They visited a lot and helped me move around so that I could get discharged faster. My husband also walked with me, and pushed me to walk even when I didn't want to. For your hospital stay, I recommend packing comfortable clothes, your favorite pillow, and Gas-X!"

—Jermaine Victorino-Griffin

### Weight-loss stats:

Gastric Sleeve	April 2018	305lbs	195lbs
Surgery	Date	Starting weight	Current weight



## Daily Hospital Stay Journal and Tracker

**Surgery Day** \_\_\_\_\_

**Water/Ice Chips**

### Exercise

Standing once per hour

Hospital laps  Morning  Mid-day  Afternoon  Evening  Night

**BM today?**  Yes  No

**Moods and Feels**

a few thoughts \_\_\_\_\_

\_\_\_\_\_

## ► Daily Hospital Stay Journal and Tracker

**Post-Op Day 1** \_\_\_\_\_

### Intake Journal

Tray 1 - What? How much?

Tray 2 - What? How much?

Tray 3 - What? How much?

**Water**

### Exercise

Standing once per hour

Hospital laps  Morning  Mid-day  Afternoon  Evening  Night

**BM today?**  Yes  No

**Moods and Feels**     

a few thoughts \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## ► Daily Hospital Stay Journal and Tracker

**Post-Op Day 2** \_\_\_\_\_

### Intake Journal

Tray 1 - What? How much?

Tray 2 - What? How much?

Tray 3 - What? How much?

**Water**

### Exercise

Standing once per hour

Hospital laps  Morning  Mid-day  Afternoon  Evening  Night

**BM today?**  Yes  No

**Moods and Feels**     

a few thoughts \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Daily Hospital Stay Journal and Tracker

Post-Op Day 3 \_\_\_\_\_

### Intake Journal

Tray 1 - What? How much?

Tray 2 - What? How much?

Tray 3 - What? How much?

**Water**

### Exercise

Standing once per hour

Hospital laps  Morning  Mid-day  Afternoon  Evening  Night

**BM today?**  Yes  No

**Moods and Feels**     

a few thoughts \_\_\_\_\_  
\_\_\_\_\_

## Daily Hospital Stay Journal and Tracker

Post-Op Day 4 \_\_\_\_\_

### Intake Journal

Tray 1 - What? How much?

Tray 2 - What? How much?

Tray 3 - What? How much?

**Water**

### Exercise

Standing once per hour

Hospital laps  Morning  Mid-day  Afternoon  Evening  Night

**BM today?**  Yes  No

**Moods and Feels**     

a few thoughts \_\_\_\_\_  
\_\_\_\_\_

## 5

# POST-OP STAGE



## After Surgery (Post-op) First Day Home—6 Weeks Post-op

The first six weeks following surgery are broken down into three stages, during which you will add food and exercise as your body begins to heal and settle into its new normal. The diets, expectations, and challenges will be different for each stage and for each person, as you learn how your body reacts in its own way to the weight-loss process.

In this section of the handbook, we'll cover the first six weeks of your post-surgery life, including:

- What to expect from your healing and changing body
- Nutritional details and guidelines for your slowly expanding post-surgical diet
- Instructions and guidance for your weekly exercise goals.

Now that you're back home, you have lots of questions about what you're feeling and what your body is going through. We get it. Remember that many of the answers you're looking for are in this book. But if you're experiencing any of these symptoms, give your Bariatric Nurse a call 816-932-7900.

Don't forget! If you're having a medical emergency, go to your nearest emergency room immediately. But if you think you'd rather talk with someone first, give us a call. During off-business hours, check with our on-call team at 816-932-7900.

## MENTAL HEALTH CHECK Going Public



Everyone is different when it comes to how much they want to share about weight-loss surgery, and it's entirely your choice. Here are just a few things to consider:

- People will probably notice your weight loss and will have questions. Try to have some answers ready, but don't feel like you need to share more than you want.
- Think about who needs to know the basics, like family members or work colleagues who may be called on to help.
- Some people may misunderstand basic facts about the surgery or only want to focus on horror stories and potential negative side effects. Your care team can help provide some education, and you can choose to focus on the positive, happier side of weight loss.
- Tired of negative opinions and inaccurate advice? Simply share that your decision was made after much research and in consultation with a Saint Luke's doctor, and that it was the right choice for you.

## TASTY TIPS How Much is "Normal"?



Don't be too concerned with how much or how little you're eating at this point. It varies from person to person and the range of "normal" is wide. For now focus on achieving your daily protein and C-Free beverage goals! Need some help? Contact your Saint Luke's Center for Surgical Weight Loss dietitian.

## CALL US IF YOU HAVE:

- Persistent nausea and/or vomiting
- Temperature of 101 or higher
- Increasing redness and/or significant drainage from any incision area
- Jaundice: yellowing of eyes and/or skin, or dark tea-colored urine
- Severe increasing abdominal pain
- No bowel movement within 24 hours of using bowel regimen

**CALL 911 if you experience chest pain, shortness of breath or leg pain.**

## STAGE 1

### First Day at Home—2 Weeks Post-op

**DATE:** \_\_\_\_\_

#### What to expect:

You're healing from major surgery, and it's important to rest and focus on getting better during this stage of your recovery. A member of your care team will call you at home after a couple of days to check in on you and answer any questions or concerns you have. Be sure to jot down your thoughts so that you're ready when the call comes.

#### How you're feeling:

Your first few weeks at home will be a slow recovery of your health and energy as your incisions and digestive system heal. During this time, you'll feel fatigued, bloated, and possibly in pain from your incisions. You may experience little or no appetite, though it's important to still follow your post-op diet. It is very important to sip water and stay well hydrated.

#### Expected weight loss:

Some people immediately see weight loss after coming home from the hospital. Others take a few days—or even a week—to start seeing the scale move. Either result—and anything in between—is perfectly normal, as everyone's body reacts and adjusts to the procedure differently.

#### Nutrition: **Bariatric Full Liquid Diet**

As your stomach heals, it's important to limit stress on your newly created, and now irritated, pouch. Starting out, this diet will be easy for your new pouch to digest, it will also help you get your 64 – 96 ounces of C-Free beverages each day. Keep up your constant small sips to achieve this goal.

During this stage, your diet will consist of, in priority order:

#### 1. C-Free Beverages

*Goal: Minimum 64 ounces each day*

- Staying hydrated is your top priority following surgery
- Avoid the 3 Cs (calories, caffeine, and carbonation)
- Review the Nutrition section for more information about approved beverages.

#### 2. Protein shakes

*Goal: 60 grams of protein each day*

- Sixty grams of protein equates to approximately 2 – 3 shakes, depending on brand/size.
- Even though you drink them, protein shakes do not count toward your daily fluids goal.
- If at any point you begin to feel shaky, weak, tired, or hungry, drink a protein shake.

- Review the Nutrition section of this handbook to learn more about the Protein Shake Guidelines you should follow.

#### 3. Food

- Once you're seven days out from surgery—and only then—you can start adding small bites of soft protein, such as:
  - Eggs
  - Fat-free refried beans
  - Cheese
  - Plain Greek yogurt
  - Modified tuna or chicken salad (meat and condiments only)
- These foods are soft and high in protein. For now, avoid crunchy foods and foods that aren't protein.
- Follow the 15/45 Rule at all meals: Stop drinking all liquids 15 minutes before your meal; Don't drink at all during your meal; Don't drink for 45 minutes following your meal.
- If eliminating time for drinking around meals prevents you from reaching your fluid goal, you should prioritize fluids over food.
- There is no set portion size so be sure to stop at the first sign of fullness by listening to your body's cues.

#### 4. Multivitamins and Mineral Supplements

To ensure your body continues getting the right amount of nutrients it needs, restart your daily vitamins one week after surgery. Review guidelines for selecting the right multivitamins and supplements in this handbook.

#### Exercise: **Light Cardio**

In these early days, healing is your goal. Stay focused on slowly adding to your workouts each day. Remember, the more you move, the better you will feel!

- Lifting restrictions: 8 – 10lbs (That's about a 1-gallon jug of milk)
- Duration and frequency: Start with just 5 – 10 minutes of walking and add 5 minutes every day or two, letting pain and energy-levels guide you.
- Intensity: Avoid all high-intensity activities or workouts until Week 6
  - No strength training
  - No abdominal workouts
- Suggested workouts: Short and slow walks outside, indoors, or on a treadmill. Start small and add each day based on how you feel and how it felt the day before.
  - Walk to the mailbox or the end of your driveway.
  - Stroll through a mall or big-box retailer.

## STAGE 2

### 3 - 5 Weeks Post-op

DATE: \_\_\_\_\_

#### **Nutrition: Soft Proteins**

Your stomach is still on the road to recovery. In this stage, as you start adding soft-textured proteins to your diet, it's important to keep stress on the stomach low. This is also the time to start working on your new healthy eating habits and behaviors. *Please remember not to advance your diet faster than this schedule. It could complicate your recovery.*

During Stage 2, your diet will consist of (in priority order):

#### **1. C-Free Beverages:** Staying hydrated continues to be your top priority. Goal: 64 - 96 ounces each day

- Be sure to take frequent small sips all day long to help reach your goal.
- Stay C-Free: Avoid calories, caffeine, and carbonation
- For a list of approved beverages, review the Nutrition section of this handbook.

#### **2. Food:** Aim to make soft foods your main source of protein; not shakes. Goal: 60 - 80 grams of protein per day, as able.

- In addition to the soft proteins you began trying in Stage 1, you can now include these foods in your diet, as you're able:
  - Eggs, prepared any style: hard boiled, omelet, deviled, scrambled
  - Skinless dark poultry: thigh, leg, wing
  - Canned chicken, tuna or salmon, with or without condiments
  - Deli meats, shaved or thinly sliced: turkey, chicken, roast beef, ham
  - Fish, broiled or baked (no breading): salmon, cod, tilapia, halibut, flounder, haddock, orange roughy, trout or tuna
  - Whole beans; boiled or steamed: Navy, pinto, black, black-eyed peas, great northern, cannellini, lima, and kidney (in moderation).
  - Tofu
- Aim for three meals of soft proteins each day, without snacks. Eat your first meal within one hour of waking.
- There is no set portion size, so be sure to stop at the first sign of fullness by listening to your body's cues. Learn more about full cues in the Post-op Toolkit section, under Burps/Hiccups.
- Sometimes, you'll get full before you've eaten all the protein on your plate. It's completely normal. If you can't reach your protein goal of 60 grams from foods,

simply supplement with a shake at the end of the day to make up the difference. Use the Food, Mood & Move Journal in the Post-Op Toolkit of this handbook to log your protein intake after each meal. This will help you better reach your daily goals.

- Continue to take very small bites, chew slowly, and follow the 15/45 Rule at every meal.
- Hydration is still the priority. If you have to choose between water and food, just remember, water first.

#### **3. Protein Shakes:** If needed, shakes are a great way to help reach your daily protein goal. Goal: As needed to reach a minimum of 60 grams of protein each day.

The goal is to consume at least 60 grams of protein daily. And while you should be trying to get it from your soft proteins, it's completely normal to sometimes need a shake to help hit that target!

- If you're able to get 60 grams of protein from your foods, you don't have to have a shake that day.
- If you didn't reach 60 grams, you need to drink a shake to make up the difference.
- Your need for protein shakes will depend on what foods you're eating and how much you're able to eat each day. Your need for shakes will lessen over time.

#### **4. Multivitamins and Mineral Supplements**

- Continue taking daily vitamins, according to your schedule.
- Remember, taking your vitamins is now a lifetime habit. Because of the changes made surgically to your body and in your diet, you're now at a higher risk for nutritional deficiencies.

#### **MENTAL HEALTH CHECK** Celebrate Your NSVs!



Success isn't just about the number on the scale. It's about being a healthier you. So be sure to celebrate those Non-Scale Victories!

Focusing on your NSVs will help you see there is so much more than just a number to get excited about.

- Sitting comfortably in an airplane with extra room on the lap belt
- Crossing your legs
- Getting up from the floor without help
- Riding a roller coaster
- Getting through an entire tough workout
- Fitting into your dream-size outfit
- Zipping into your wedding dress
- Chasing kids/grandkids for more than 5 minutes without getting winded

## Exercise

Start building on your renewed strength by increasing your daily exercise.

During Stage 2, your exercise guidelines and requirements include:

- *Lifting restrictions:* Do not lift anything over 25 lbs. That's about the size of an average two-year-old child.
- *Duration and Frequency:* Look to increase your distance and/or time each day that you exercise. Goals:
  - Keep moving for 30 - 45 minutes per exercise session.
  - Exercise 4-5 times per week.
- *Intensity:* Help ensure a quick recovery by refraining from any high-intensity workouts until week 6.
  - No strength/resistance training
  - No abdominal workouts

## MENTAL HEALTH CHECK Say Thanks



What if just counting your blessings gave you more blessings? Believe it or not, research shows that's true! Studies today prove that keeping a gratitude journal—and logging three things you're grateful for each day—leads to a number of health benefits, including:

- Better sleep
- Lower stress
- Healthier eating habits
- Lower risk of heart disease
- Fewer symptoms of depression
- Better interpersonal relationships

So, get a journal and start today! You'll be grateful you didn't wait.

▪ *Suggested workouts:* Focus on building your endurance by regularly increasing your duration, frequency, or type of exercise. Need more variety? Consider adding some cardiovascular gym equipment to your routine or relocating your workout:

- Elliptical machines (no oscillating arms until week 4)
- Treadmills
- Stationary bikes

## FIT BITS Workout Time!



Making time for exercise in your life may seem daunting, but it is doable. We promise!

- Make time by waking up earlier and getting your workout in before the day even gets started. That way, life doesn't get in the way.
- Workout at work! Find a friend to take walks with during break times.
- Taking the kid to soccer or softball practice? Lace up your tennis shoes, grab your earbuds, and walk around the field during practice.

## MENTAL HEALTH CHECK Emotional Eating



If you find yourself in an emotionally vulnerable situation and looking to food for comfort, try these solutions instead:

- 5-minute workout or stretch
- Meditation session
- Quick call or text with your favorite emotional support person
- Dance party!



## You're an Inspiration

Pro Tip!



Before



After

"If you hit a stall, don't give up. Stay the course! You did not gain all the weight overnight, so it will not fall off overnight. Sometimes you stall just so your body can readjust and get used to the losing of weight. I don't know about everyone else, but I was big for a long time!

—Samantha May

### Weight-loss stats:

RNY Gastric Bypass	May 2017	313lbs	155lbs
Surgery	Date	Starting weight	Current weight



## STAGE 3

### Six Weeks-Plus Post-op

#### DATE:

#### What to expect:

Now more than a month from surgery, your new routines are more familiar, and your healthier choices are becoming lifetime habits. You'll now start transitioning back to solid foods, so continue practicing your new, mindful eating habits and work to balance the added variety in your diet.

#### How you're feeling:

At this point, you're not just feeling like yourself—you're feeling even better than before. With less weight comes more energy, which you should be putting to good use with an increasingly rigorous exercise routine.

#### Expected weight loss:

Every patient will lose weight at their own pace. And while it's common at this stage to see rapid loss, it's also just as common to have slower weeks, stalls, and even temporary gains. The important thing to remember is how your weight is tracking over time, not just from week to week—and certainly not day to day. Stay vigilant and keep planning ahead regarding your diet.

#### Nutrition: Bariatric Regular Food

During Stage 3, your diet will consist of, in priority order:

##### 1. C-Free beverages:

Yes, this is still your top priority!

Goal: 64 – 96 ounces each day

- Be sure to take frequent small sips all day long to help reach your goal.
- For a list of C-Free beverages, review the Nutrition section of this handbook.

##### 2. Food:

Focus on protein but also begin slowly introducing new foods and old (healthy) favorites back into your diet.

Goal: 60 – 80 grams of protein per day, as able.

- Aim for three meals each day that focus on protein. Each meal should include at least one protein-rich food. Try to make your plate two-thirds protein and another third non-starchy veggies. Learn more about the importance of protein and review a comprehensive list of protein-rich food ideas for your meal planning in the Nutrition section this handbook.
- Try to eat your first meal within one hour of waking.
- You will feel full sooner with solid proteins, so be sure to maximize your portions and help control hunger by choosing solid proteins whenever possible. For example, eat a 3 oz. chicken breast rather than a protein shake.

- Try new foods—like fruits and vegetables—one at a time and in small amounts. The biggest rules to remember are:

- Peas, corn and potatoes (including sweet potatoes) are starchy veggies that count as carbohydrates, so it's best to limit them.
- Limit fruit to just one serving per day and be sure to always pair it with a protein.
- For every bite you take of vegetables, take two bites of protein.
- Expect that your tastes may have changed. Old favorites may not taste as great, but new favorites are just waiting to be discovered!
- Don't be discouraged if you experience any food intolerances—they are common after weight-loss surgery. Use the Food, Mood & Move Journal in the Post-op Toolkit to track and learn what your new body does and does not like. It may be just a temporary intolerance, and you can try it again in a few weeks.
- After not tolerating a certain food, you may need to ask yourself certain questions:
  - Did you eat it too fast?
  - Did you not chew it up enough?
  - Did you take too big of a bite?
  - Did you take one bite too many?

All of these things can cause food intolerances after surgery. But here are some tips to help you better tolerate your new diet:

- Sometimes, you'll get full before you've eaten all the protein on your plate. It's completely normal. If you're unable to reach your goal of 60 grams of protein from foods, supplement with a shake at the end of the day to make up the difference. Use the Food, Mood & Move Journal in the Post-op Toolkit to log your protein intake after each meal. This will help you easily track and reach your daily goal.
- There is no set portion size, and everyone's optimal portion size is different! Be sure to listen to your body's cues and stop at the first sign of fullness.
- Continue to always be mindful while you eat, taking very small bites and chewing slowly. And don't forget to follow the 15/45 Rule at every mealtime.
- Eating starches and sweets can slow down weight loss. For best results, it's best to avoid these foods. Review a list of foods to keep off your plate in the Nutrition section of this handbook.

### 3. Multivitamins and Supplements

Continue taking daily vitamins, according to your schedule. Remember, taking your vitamins is now a lifetime habit. Because of the changes made surgically to your body and in your diet, you're now at a higher risk for nutritional deficiencies, which can lead to a number of serious conditions, including anemia, osteoporosis, and even some neurologic and psychiatric disorders. Consistently taking your multivitamins and supplements will help prevent these deficiencies and keep you healthier all-around.

#### Exercise

You've been steadily building your exercise routine in length, distance, and intensity for a few weeks now. If you're on track, you should be exercising for up to an hour, a minimum of four times per week. Now, having healed from surgery, you can begin adding higher intensity aerobic workouts, even those including abdominal exercises. (Hello, burpees and crunches!)

Want to create your own unique workout routine just for you? Start with Where Do I Start? in the Exercise section of this handbook.

During Stage 3, your exercise guidelines and requirements include:

- *Lifting restrictions:* Until six weeks, do not lift anything over 30 lbs. After six weeks, you no longer have any physical restrictions, unless otherwise noted by your surgeon.
- *Duration and Frequency:* You should now be settling into a rhythm and routine for incorporating fitness into your everyday life. Your goals continue to be:
  - Exercise 4-6 times per week.
  - 30-60 minutes per exercise session.
  - Walk every day of the week.

▪ *Intensity:* After week six—now without physical restrictions—the number of available exercise options grows extensively, from HIIT workouts to kickboxing classes to simply hitting the weight room at the gym. Continue your regular aerobic/cardio but consider increasing intensity with some more challenging workouts, too:

- Review the Exercise section of this handbook for examples of exercises that will help you build a workout routine of your own.
- Introduce light, full-body strength training into your routine. Choose 6-10 exercises, perform 2-3 times per week.
- If desired, add abdominal exercises, but start slow and gradually increase.
- Introduce moderate- to high-intensity aerobic exercises, such as Zumba®, cycle classes, and kickboxing.

▪ *Suggested workouts:* Schedule a variety of workouts each week to prevent boredom—both mentally and physically. Find a weekly workout schedule that works with your lifestyle, while keeping you energized and excited for your next workout!

- Daily walks
- Running, jogging, powerwalking
- Strength-training with weights at home or at the gym (HIIT workouts, weightlifting)
- Bodyweight strength-training (yoga, pilates, or at-home video workouts)
- Gym machines: Elliptical, treadmills, stationary bikes
- Aerobic classes at-home/online or at the gym (Zumba®, cardio-kickboxing, Jazzercise®, Spin®, etc.)
- Water/pool exercises



### You're an Inspiration

Pro Tip!

"I felt so overwhelmed during those first days at home. Just take it one shake, one real meal, one glass of water at a time. You'll find your groove!"

—Amanda Coffman

#### Weight-loss stats:

Gastric Sleeve	March 2014	282lbs	195lbs
Surgery	Date	Starting weight	Current weight



## POST-OP TOOLKIT: Is This Normal?

Your body is going to experience a lot of change. Most of the changes will be great. Others, not so much. Yes, there will be some uncomfortable side effects with your new lifestyle, but most are simply managed as you grow accustomed to your new stomach's preferences and limitations.

### DIGESTION

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#### Constipation

- **Symptoms:** Fewer than three bowel movements per week; Sudden decrease in bowel movements; Straining during bowel movements; Bloating or increased gas; Abdominal or rectal pain; Hard stools; Feeling incomplete emptying after bowel movements
- **Causes:** Narcotic pain relievers, such as opioids; General anesthesia; An inflammatory stimulus, such as trauma or infection; Electrolyte, fluid, or glucose imbalance; Prolonged inactivity; Sudden diet changes, especially insufficient fiber intake
- **Natural Relief:** Drink more water; Warm beverages in the morning; Daily walks
- **OTC Medications:** If you haven't had a bowel movement for 3 days, try this bowel regimen: 2 tbsp of Milk of Magnesia and 1 Dulcolax suppository. Take above regimen, plus Sugar-Free Metamucil or Miralax as needed.
- **Call if:** You don't have a bowel movement 24 hours after completing bowel regimen

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#### Nausea

- **Causes:** Taking bites that are too large; Eating too fast, not chewing foods thoroughly, eating too much; Reaction to medication, reflux or pain
- **Natural Relief:** Eat slowly; Take small, peanut-sized bites, stop at the first sign of fullness; Drink fluids, especially warm broth; Identify any food intolerances by logging all food and studying trends
- **OTC Medications:** Kaopectate, Pepto-Bismol, Antihistamine like Dramamine
- **Call if:** Unable to keep anything down for more than 24 hours; Rectal bleeding; Rectal pain or abdominal pain that isn't directly related to the surgical incision; Abdominal pain with nausea and vomiting

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#### Dumping Syndrome

- **Symptoms:** Lightheadedness, dizziness, nausea, vomiting, sweating, shakiness, rapid heartbeat, fatigue, bloating, abdominal pain, cramping
- **Causes:** High-fat or high-sugar foods and drinks
- **Natural Relief:** Symptoms will subside naturally over a period of minutes; Remain seated upright and practice deep breathing until event passes; You may need to vomit before feeling complete relief.
- **OTC Medications:** None
- **Call if:** You become overly concerned

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#### Vomiting

- **Causes:** Taking too large of bites, eating too quickly, not chewing well enough, drinking fluids at meals, pain medication, pain, motion sickness, gallbladder disease; Possibly Dumping Syndrome
- **Natural Relief:** Deep breathing; Sitting upright; Sucking on ice chips; Go back to the previous dietary stage until you find foods you can tolerate; Don't stop eating altogether; Keep up with clear C-Free liquids if you can; Take peanut-sized bites and chew thoroughly; Eat slowly, at least 20-30 minutes per meal; Relax and choose pleasant, quiet surroundings when you eat; Make sure foods are moist; Avoid high-fat or high-sugar foods; Avoid alcohol; Follow the 15/45 rule; Crush medications and vitamins, or take in chewable or liquid form

- **OTC Medications:** Kaopectate, Pepto-Bismol, Antihistamine, like Dramamine
- **Call if:** Vomiting continues for more than a day; Inability to keep down any fluids; Green vomit or blood in vomit; Signs of severe dehydration, such as fatigue, dry mouth, excessive thirst, sunken eyes, fast heart rate, and little or no urine; *If vomit is bright red or dark brown liquid, go to the nearest Emergency Room*

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## Diarrhea

- **Symptoms:** Frequent loose and watery stools; Abdominal cramps and pain
- **Causes:** Certain food intolerances; Possibly Dumping Syndrome
- **Natural Relief:** Eat slowly; Stop when full; Don't eat and drink at the same time; Eat only tolerable foods until you feel better or go back to clear liquids for a day; Limit sorbitol or mannitol intake (found in sugar-free candies and ice creams); Limit caffeinated beverages to two cups (16 oz.) per day, including regular coffee and tea; Quit smoking if you resumed after surgery; Identify any food intolerances by logging all food and studying trends
- **OTC Medications:** Imodium, take as directed
- **Call if:** More than two days of diarrhea. We may need to check for a bacterial infection. Contact clinic for further instructions.

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## Food Intolerances

- **Symptoms:** Nausea, Vomiting, Diarrhea, Dumping Syndrome symptoms
- **Causes:** Eating too quickly; Not chewing well enough; Too large bites, High-fat or high-sugar foods
- **Natural Relief:** Introduce new foods one at a time; Take small, peanut-sized bites; Eat slowly; Avoid "dry" and "tough" foods; Take three papaya enzyme tablets; Foods commonly difficult to tolerate:
  - Tough, high-fat meats
  - Citrus fruits membranes (oranges)
  - Skins of fruits (apples)
  - Stringy vegetables (asparagus, celery)
- **Call if:** You become overly concerned

## PAIN

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### Headaches or Dizziness

- **Causes:** Dehydration
- **Natural Relief:** Drink more water; Eat meals on a regular schedule; Don't skip meals
- **OTC Medications:** Acetaminophen
- **Call if:** You become overly concerned

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### Heartburn

- **Symptoms:** Burning pain in chest after eating or when lying down
- **Causes:** Certain high-fat foods; Excess weight; Pregnancy; NSAIDS
- **Natural Relief:** Take small, peanut-sized bites; Pause in between bites; Stop at first sign of fullness; Avoid coffee, tea, caffeinated fluids, chocolate, spicy foods with black or red pepper, and alcohol; Quit smoking if you resumed after surgery
- **OTC Medications:** Take acetaminophen instead of ibuprofen or aspirin; Take antacids, such as Tums, as prescribed; Avoid foods and fluids that are too hot or too cold; Discuss your symptoms with your surgeon, including all medications
- **Call if:** Pain doesn't go away



## POST-OP TOOLKIT

### OTHER ISSUES

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#### Leg cramps

- **Symptoms:** A stiffening pain in your calf muscles
- **Causes:** Dehydration
- **Natural Relief:** Follow bariatric diet; Drink more water, with electrolytes; Exercise more or just increase regular activity; Limit sitting; Don't cross legs; Avoid tight socks
- **OTC Medications:** Bariatric multi-vitamins
- **Call if:** You become overly concerned

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#### Excessive hair loss

- **Symptoms:** Loss of scalp hair, typically beginning a few months after surgery
- **Causes:** Hormonal imbalance due to significant weight loss and stress response from surgery
- **Natural Relief:** First, remember that hair loss after surgery is a perfectly normal stress response; Continue consuming 60-80g of protein daily and take all recommended bariatric vitamins and minerals; Additional vitamin supplements are not necessary if you are taking the vitamins as prescribed
  - *If you have concerns regarding additional vitamins or supplements, discuss with your dietitian or surgeon*
- **OTC Medications:** None
- **Call if:** You don't see regrowth after six months

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#### Burps/Hiccups

- **Causes:** Possibly due to eating too quickly or too much
- **Natural Relief:** Will eventually subside with time. Stop eating at first sign of fullness. Avoid overeating; Chew with mouth closed; Avoid using straws; Eat slowly; Avoid carbonated beverages; Avoid chewing gum
- **OTC Medications:** None
- **Call if:** You become overly concerned

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#### Weight Loss Stalls

- **Symptoms:** A stop in weight-loss progress
- **Causes:** This is a normal part of the weight-loss journey
- **Natural Relief:** Evaluate your food choices; Keep a food journal; Limit high-calorie foods and beverages; Make sure you're getting 64 ounces of water and at least 60 grams of protein each day; Increase the time or intensity of your weekly exercise routine
- **OTC Medications:** None
- **Call if:** You make all these changes and still don't see any weight-loss progress after three weeks.

## WHAT SHOULD I TAKE?

### A Guide to Over-the-Counter Medications After Bariatric Surgery



In your new post-surgery life, many over-the-counter medications you used to rely on regularly are strictly off-limits. The reason is simple and important: non-steroidal anti-inflammatory drugs (NSAIDs) can cause ulcers or stomach irritation in anyone. But after gastric bypass surgery, patients who take NSAIDs are at higher risk for a marginal ulcer, which can bleed or perforate. To keep you healthy and safe, it's essential to follow some strict guidelines going forward when you reach into the medicine cabinet for lots of common ailments.

AILMENT/ILLNESS	CAN TAKE	DON'T TAKE
Arthritis	Acetaminophen (Tylenol)	Meloxicam
Headaches, body aches and general body pain	Acetaminophen (Tylenol)	Aspirin (all brands and generics), Ibuprofen (Advil, Motrin), Naproxen (Aleve)
Heartburn and acid reflux	Prilosec, Protonix, Zantac, Prevacid, or Tums	Medications containing NSAIDs
Upset stomach	Tums	Alka Seltzer, Pepto Bismol
Menstrual cramps and PMS symptoms	Tylenol	Midol
Cold and flu	Dimetapp, Robutussin, Sudafed, Triaminic, Tylenol flu and cold, Tamiflu, Benadryl,	Cold and Flu products made by Advil, Bayer or Aleve
Seasonal allergies	Benadryl or generic equivalent, Claritin	Allergy medications containing NSAIDs
Gas	Gas-X, Phazyme	Medications containing NSAIDs
Constipation	Colace, Dulcolax, Glycerin	Medications containing NSAIDs

# FOOD, MOOD, & MOVE JOURNAL

TODAY'S DATE: \_\_\_\_\_

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Daily Bariatric Multivitamins         Daily Calcium       Iron       Sublingual B12

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## 6 Weeks Post-op and Beyond

You're now past the most physically demanding parts of your surgical weight loss journey. Surgical wounds have healed and your body has adjusted to the complicated changes in its functionality (for the most part). You'll also begin to learn over time what your new stomach and tastes like and dislike.

As you continue to lose weight in the first year or more of your post-surgical life, you'll settle into a comfortable new routine filled with healthier and more active choices. But even as the challenges get easier, your life as a bariatric patient will always stick with you, if you stick with it.

In this section of the handbook we'll cover life beyond the initial five weeks post-surgery. This section is about what comes next, including:

- How to find long-term success with food, exercise, and mental health
- The importance of a lifetime of follow-up care

## FOOD

Until you reach your goal weight, your food-focus should be on lean proteins and non-starchy veggies.

We know there will be times when you get off track. It's normal, and it's okay. But the key is getting back on track as soon as you notice. If you get off track and fall back into old habits, then there is a good chance the weight will come back, and fast.

## EXERCISE

Finding long-term success with exercise is all about finding something you love. And it's out there! Keep searching for the right exercise for you, and once you find it, there will be lots of ways to build long-term success. Here are some great ways to keep up the motivation with your favorite exercises:

- **Become a Member:** Whether it's a super-sized mega-gym or a small, local yoga studio, becoming a paying member of a nearby fitness facility will keep you wallet-motivated. Plus you'll be spending time with people who have a common interest. Time to make some new friends!
- **Train for something amazing:** Have you always wanted to run a 5K or a marathon? Or finish a triathlon? Or climb Mt. Everest? Setting long-term goals and working through an actual training program will help keep you motivated and on-track for great things.

## MENTAL HEALTH CHECK

*Create a Vision for Future You*



Remember, this is a life-long process and now is the time to start creating a vision of where you want to be in the future. Take time to really create a full picture in your mind that can serve as your daily inspiration and motivation. Your vision can include imaging a variety of things about your new life!

- Your final body size
- Your personal style and fashion—and how it may change
- Taking up a sport you gave up long ago
- Feeling comfortable in front of other people
- Playing with your kids or grandkids on the floor without discomfort
- Having more energy and finding new ways to enjoy it
- The comfort you'll feel in your own skin, living your life
- Being confident when people turn to look at you

You have worked hard to get here and you deserve the vision you're creating for yourself!

- **Find some support:** Connect with people like you through local running clubs, a can't-miss appointment with your favorite group class, or an early-morning boot camp. Or just buddy-up with family member or close friend for some one-on-one accountability.
- **Join a team:** Maybe you've found a new love on the court. Or maybe you've reconnected with the former high school baller you once were. Either way, you can enjoy your love of the game once again on a team through your local parks & recreation department or a private sports league.
- **Track your progress:** There is a lot to be said about motivation that comes from your own self-confidence. So, set small short-term goals for yourself, smash them, and watch your fitness level and confidence skyrocket!

## LONG-TERM FOLLOW-UP CARE

Long-term follow-up care is essential to not only staying on your new healthy track, but also for spotting any new concerning changes early on. With routine blood work at your follow-up visit, we can identify vitamin and mineral deficiencies early on and begin appropriate treatment immediately.

If you miss your follow-up visits, a deficiency could go unchecked, which could lead to serious conditions such as anemia and osteoporosis, just to name a couple. Some severe deficiencies may even require blood transfusions.

### What to Expect

At each follow-up, we're checking some essential information to ensure that you're following all guidelines and recommendations from your care team. During your visit, you'll:

- Update your history, weigh in, and have your vitals checked
- Meet with your dietitian
- Meet with your exercise physiologist
- Meet with your surgeon/surgeon's assistant (nurse practitioner or physician assistant)
- Get blood drawn for routine lab work (starting at 6-month appointment)

### Long-term Follow-up Visit Schedule

- 2 Weeks
- 6 Weeks
- 3 Months
- 6 Months
- 12 Months

- 18 Months
- 2 Years
- Annually thereafter

### How to Prepare for your Follow-up Visit

- **Keep tracking:** Once in maintenance mode, bariatric patients sometimes stop tracking their food over time. Even as you grow comfortable with your new routine and diet, we'll still want to make sure you're getting the right amount of protein and water — so keep tracking.
- **Start tracking again:** Even if you haven't tracked for a while, pick it up again for at least a few weeks leading up to your appointment. Not only will it allow you to give your dietitian an accurate update, it will help you get back on track if you've found yourself growing too lax in your newfound comfort.
- **Log your exercise:** You've probably found an exercise routine that you love and that fits with your lifestyle. That's great! We want to hear all about it. Be sure to log the details of your usual routine ahead of your appointment so you can update your exercise physiologist on your total weekly minutes.
- **Blood testing:** To ensure long-term wellness following bariatric surgery, it's critical to continue monitoring for any nutritional or vitamin deficiencies. We'll do this through blood draws completed before your 6-month, 12-month, 18-month, and all subsequent annual follow-up visits.
- **Questions?** Use the Follow-Up Checklist in the Your New Life Toolkit to jot down your questions and concerns for your next follow-up appointment.

### GOOD TO KNOW Extra Success = Extra Skin



Losing weight at a rapid pace—or just losing a lot of weight, no matter how fast—often leads to sagging excess skin. And the more weight you lose, the more excess skin you have. We know many bariatric patients will want to address this issue as soon as possible. Our surgical team recommends holding off on any skin removal, or other plastic surgery procedures, until:

- You are at least 18 months post-op
- Your weight is stable for at least 12 months prior to plastic surgery
  - BMI should be below 35
- Your primary care doctor, bariatric surgeon, and plastic surgeon all agree that you are in good health
- You do NOT smoke



## YOUR NEW LIFE TOOLKIT: Follow-up Visit Checklist

When you meet with your care team, please be prepared to provide the following information so we can get a sense of how your journey is progressing and identify any areas of concern:

- Protein: Average grams per day
- Water: Average ounces per day
- Exercise: Average minutes per week; type of exercise
- Vitamins: Are you taking them regularly?
- Lab work: Plan to have blood drawn prior to your 6-month, 12-month, 18-month, and all annual follow-up visits

### My Questions for:

#### Dietitian

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Exercise Physiologist

1. \_\_\_\_\_
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#### Surgeon/Surgeon's Assistant (nurse practitioner or physician assistant)

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- Exercise: Average minutes per week; type of exercise
- Vitamins: Are you taking them regularly?
- Lab work: Plan to have blood drawn prior to your 6-month, 12-month, 18-month, and all annual follow-up visits

### My Questions for:

#### Dietitian

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Exercise Physiologist

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Surgeon/Surgeon's Assistant (nurse practitioner or physician assistant)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Notes:

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Good nutrition is at the very core of your new healthy lifestyle. It's essential that you understand why your diet has changed and what you can do to help build a successful and healthy post-surgery life.

### WATER: WHY HYDRATION MATTERS

About 60% of the human body is made of water, so it's no wonder we need so much of it to keep ourselves in top form. It takes drinking 64 ounces of water each day just to keep up with the amount of water we lose through normal activities and bodily functions, like sweating and urinating. Add a healthy exercise routine to your day, and you can see how quickly the need for more water adds up.

#### GOOD TO KNOW H2—Oh So Good for You



Did you know that dehydration is the number one reason bariatric patients end up being readmitted to the hospital? Drink up!

Know the warning signs:

- Extreme thirst, dry mouth
- Urine is less and dark yellow with strong odor
- Dizziness, weakness, fatigue
- Headaches

#### Benefits of drinking 64 ounces of water each day:

- Suppresses appetite
- Boosts energy levels without caffeine or sugar
- Clears up blemishes on skin
- Prevents constipation or hard stools
- Keeps your joints cushioned

#### HOW TO HYDRATE: C-FREE BEVERAGES

Getting your 64 ounces in isn't hard with so many choices available. Just be sure to avoid the 3 Cs: carbonation, caffeine, and calories (fewer than 15 calories per 8oz). These C-Free beverages are always a great choice:

#### Waters

- Water (tap, bottled, filtered, natural)
- Water flavored naturally with fruit
- Dasani Flavors
- Hint Fruit-Infused Water (still, not sparkling, no caffeine)

#### Sport Drinks (Contain electrolytes)

- PowerAde Zero
- Gatorade Zero
- Propel Electrolyte Water
- Propel Power Packs
- Vitamin Water Zero

#### Add-in Flavors

- Crystal Light
- Mio
- Other generic/store brand sugar-free flavors

#### Other

- Caffeine-free tea (herbal teas)
- Broth (chicken, beef, vegetable)
- Diet cranberry juice (check nutritional info)
- Sugar-free popsicles or gelatin (limit 2/day)

## ► PROTEIN

Bariatric patients should enjoy a diet that gets them **a minimum of 60-80 grams of protein** each day. Protein will help fill you up, heal your body, and aid in your successful weight loss. Here is a good list of lean protein options to get you started on the right foot.

### BEEF

90% lean ground beef  
Tenderloin  
Roast (rib, chuck, rump)  
Steak (T-bone, cubed, flank, porterhouse, sirloin, round, filet)

### POULTRY

Skinless turkey/chicken breast  
Ground turkey/chicken  
Chicken/turkey sausage  
Dark meats (in moderation)

### FISH/SHELLFISH

Cod, flounder, haddock  
Halibut, tilapia, trout  
Salmon, catfish, tuna  
Clams, crab, lobster, shrimp

### DELI MEATS/PROCESSED MEATS

Turkey, roast beef, ham  
Fat-free hot dogs  
Turkey/chicken sausage and bacon  
Beef/turkey/deer jerky

### PORK

Lean ham  
Canadian bacon  
Pork tenderloin  
Center loin chops

### LOW-FAT DAIRY

Light or 2% cheese (string cheese, sliced cheese, block cheese, shredded cheese)  
2% cottage cheese  
Greek yogurt

### GAME

Duck  
Pheasant  
Buffalo/bison  
Ostrich  
Deer (venison)

### EGGS

Whole egg (with yolk), prepared any way (deviled, scrambled, poached, fried with cooking spray)  
Egg whites  
Egg substitute

### VEGETABLE PROTEINS

Soybeans/edamame  
Soy products (i.e. veggie burgers)  
Beans (in moderation)  
Tofu

## ► SHAKE, DRINK, REPEAT: A guide to choosing the right protein shake

### Protein Shake Guidelines

#### Daily Goal: 60-80 grams, regardless of source.

From pre-packaged bottles found at the grocery store to mixes that you blend at home, there is huge variety of protein shakes available to you. Remember: Since you're following a regimented diet after surgery, consuming quality protein drinks will be essential. Not just any old shake will do! Here's what your protein shakes should and should not include:

- Whey protein isolate or soy protein isolate should be the first ingredient listed on the label
- Must contain at least 15 grams of protein/serving
- Must contain no more than 6 grams of sugar/serving
- Mix with water or unsweetened almond or cashew milk (or any milk with fewer than 40 calories per 8 oz. serving). Do not use regular cow's milk.
- Avoid adding fruits, nuts, or peanut butters, which increase the fat and sugar content

As months progress and you take in more food-based proteins, you'll drink fewer protein shakes. That's best for long-term success. But shakes can always help out in a pinch.

### Protein Supplements

Type	One Serving	Protein (grams)	Calories	Carbs (grams)	Sugar (grams)	Other Information	Where to Buy
Unjury Protein	1 scoop or bottle	21	80 - 110	1 - 4	0 - 3	Unflavored, chicken soup or santa fe chili. pre-made choc/vanilla	unjury.com 1-800-517-5111
Jay Robb's Protein Powder	1 scoop	25	110	1	0	Stevia sweetened; lactose and gluten-free	jrobb.com; Vitamin Shoppe; Whole Foods; Amazon
About Time 100% Whey Protein Isolate	1 scoop	24 - 25	110	1 - 2	0	Stevia sweetened, lactose, gluten free, 7 flavors-ex: birthday cake	tryabouttime.com; Vitamin Shoppe; GNC; Amazon
Syntrax Nectar Whey Protein Isolate	1 scoop	23	100	0	0	Gluten free, lactose free, wide variety of flavors-ex: lemonade, cappuccino, fuzzy navel	si03.com; Vitamin Shoppe; GNC
Celebrate Rebuild Protein Plus Probiotic	2 scoops	20	90 - 130	5 - 10	1	Fiber, probiotics and prebiotics to help with gut health	celebravitamins.com 1-877-424-1953
Bariatric Advantage High Protein Supplement Mix	2 scoops	20	90	3	1	Chocolate and vanilla and vegetable soup. This is NOT the high protein meal replacement	bariatricadvantage.com

## Protein Supplements

Type	One Serving	Protein (grams)	Calories	Carbs (grams)	Sugar (grams)	Other Information	Where to Buy
Dymatize Iso 100	1 scoop	25	110 - 120	1-2	1	Variety of flavors, gluten free	Vitamin Shoppe; GNC; Amazon
Optimum Nutrition Isolate or Gold Standard 100% Isolate	1 scoop	25	100 - 110	1	0	Gluten free chocolate, vanilla	GNC/ optimumnutrition.com
GNC Superfoods Soy	2 scoops	26	120	0	0	Soy, unflavored	GNC/Amazon
GNC Earth Genius Soy Protein	2 scoops	26	120	0	0	Soy, unflavored	GNC/Amazon
EnergyFirst ProEnergy Natural Whey Protein	1 scoop	20	90	1	0	Gluten free, lactose free vanilla, chocolate, strawberry, unflavored	energyfirst.com
Premier Protein Clear Protein	1 bottle	20	60 - 90	1-2	0	Clear liquid; tropical punch, only the CLEAR form	premierprotein.com; Walmart, Target, Walgreens, Sam's Club, Amazon
Bariatric Advantage Clearly Protein	1 bottle	20	80	0	0	Stevia/monk fruit sweetened clear liquid; fruit punch flavor	bariatricadvantage.com
Isopure Zero Carb Ready-to-Drink	1 bottle	20	80	0	0	Gluten free, lactose free; Not enhanced with extra vitamins; 10 fruit flavors	theisopurecompany.com; GNC; Vitamin Shoppe; Amazon; 24hr Fitness; Hy-Vee

## VEGETABLES (Non-starchy)

- Vegetables should be the second priority on your plate, behind protein.
- Each meal should include  $\frac{2}{3}$  of protein and  $\frac{1}{3}$  of non-starchy veggies on the plate.
- Another way to think about it is to take two bites of protein for every one bite of vegetables.
- Three vegetables are high in carbohydrates and aren't considered good options for a bariatric diet: peas, corn, and potatoes (including sweet potatoes).

*Non-starchy vegetables: Your protein's best friend*

Artichoke	Cauliflower	Lettuce	Summer squash (yellow or zucchini)
Asparagus	Celery	Okra	Tomato
Green beans	Collard greens	Onions	(fresh or canned)
Beets	Cucumber	Peppers	Turnips
Broccoli	Eggplant	Radishes	
Brussels sprouts	Jalapeños	Salad greens	
Cabbage	Kale	Snow peas	
Carrots	Leeks	Spinach	

### TASTY TIPS Should You Go Keto?



When you first hear about the keto diet, the similarities to your new high-protein bariatric diet seem obvious. But the two diets are, in fact, very different. The keto diet was not intended for weight loss. It's extremely restrictive and can be hard to follow properly. It takes 5 - 7 days to get into ketosis and as soon as you eat any "wrong" food, you are out of it. Also, keto's many high-fat foods can send you into Dumping Syndrome.

*See a keto recipe you want to try? Go for it! Just be sure to adjust for all the fat. For example, if the recipe is made with heavy cream, substitute skim milk instead.*

## FRUITS

- Fruit is a carbohydrate, so we strongly recommending limiting your intake.
- Though, when craving a sweet treat, fruit is always preferable to candy or dessert.

*Limit fruit to just one serving per day and always pair it with a protein. This will slow down the digestion and subsequent effect on blood sugar:*

Apple	Fruit cocktail (natural juice)	Nectarine	Pineapple, fresh or canned and drained
Apricot, fresh	Grapefruit	Orange	Plumb
Banana	Grapes	Papaya	Raspberries
Blackberries	Honeydew melon	Peach, fresh or canned in light syrup	Strawberries
Blueberries	Kiwi	Pear, fresh or canned in light syrup	Tangerine
Cantaloupe	Mango		Watermelon
Cherries, fresh			

## HEART-HEALTHY FATS

- Consume one serving of heart-healthy fats per meal, if needed.
- Pay attention to the portion sizes.
- While these fats are good for you, they should be consumed in moderation. Even in small amounts, the calories can add up quickly.
- Too many fats can also send you into Dumping Syndrome.

**If needed for your recipe, try cooking with these heart-healthy fats:**

Almonds - 6 nuts  
Avocado -  $\frac{1}{8}$  or  $\frac{1}{4}$  cup  
Oils (olive, canola) - 1 tsp  
Olives - 8 Black, 10 green  
Peanuts - 10 nuts  
Peanut/almond butter - 2 tsp

Pecans - 4 halves  
Pistachios - 16 nuts  
Hummus - 2 tbsp.  
Margarine/butter (stick/tub) - 1 tsp  
Margarine, low-fat - 1 tbsp.  
Mayo, regular - 1 tsp

Mayo, reduced fat - 1 tbsp.  
Pumpkin seeds - 1 tbsp.  
Sunflower seeds - 1 tbsp.  
Salad dressing, regular - 1 tbsp.  
Salad dressing, reduced fat - 2 tbsp.  
Walnuts - 4 halves

### GOOD TO KNOW Dumping Syndrome: Just as fun as it sounds!



At some point in your post-surgery life, you'll try a new food, or indulge in an old favorite, or allow yourself a sweet treat at a birthday party. And, sometimes, that food's high-fat or high-sugar content will lead to an uncomfortable—and even painful—episode of abdominal distress. It's called Dumping Syndrome and it's no fun at all.

Dumping Syndrome is caused by consuming high-fat and high-sugar foods, which may lead to abdominal cramping or pain, nausea, or vomiting. The sudden onset

of Dumping Syndrome often also comes with sudden and heavy perspiration, flushing, lightheadedness, dizziness, shakiness, rapid heartbeat, fatigue, or even fainting.

If you experience Dumping Syndrome, there's no need to call. As uncomfortable as it is, it's perfectly normal. Just calmly breathe through it and wait for it to pass. And then, don't eat that food again.



### You're an Inspiration

Pro Tip!



Before



After

"Just try your dead-level best to avoid Dumping Syndrome. It's pretty painful, but at least my bouts were actually pretty quick."

—Alison Helton

#### Weight-loss stats:

Gastric Bypass	Date	249 lbs	138 lbs
Surgery	Starting weight	Current weight	

## STARCHES AND SWEETS (AKA Carbohydrates)

- Foods high in carbohydrates can be that way naturally (like fruit); or through processed, added sugars (like candy).
- Too many carbohydrates can slow down weight loss. Our bodies store carbohydrates, and the more you eat the more you store. But if you stop or lessen your intake, your body will begin to use up its excess stores, leading to weight loss.
- Remember foods high in sugar can also send you into Dumping Syndrome.

For best results, consume these carbohydrate foods seldomly. Typically, the better you are at avoiding these foods, the better your weight loss will be:

Biscuits, bagels, and rolls	Crackers	Granola	Potatoes
Bread or toast	Croutons	Ice cream	Rice
Brownies	Donuts	Oats/oatmeal	Sweet potatoes
Cake	Dried fruits	Pasta	Tortillas
Cereals	English muffins	Pastries	Wraps
Chips	Flatbread	Peas	
Cookies	Fruit juice	Pita bread	
Corn	Frozen yogurt	Popcorn	

### TASTY TIPS Substitutes



Got a craving? Try a healthy sub instead:

#### WANT THIS?

**Ice cream**  
**Potato chips**  
**Sour hard-candy**  
**Chocolate**  
**Sour cream or mayo**  
**French fries**  
**Pasta**

#### TRY THIS!

Frozen protein shake  
Almonds  
A small bowl of fresh berries  
Chocolate Protein Shake  
Greek yogurt  
Edamame  
Zucchini or other veggie  
noodles

### MENTAL HEALTH CHECK Tracking Keeps You On Track



Logging the food you eat is one of the best ways to learn how your new body is tolerating—or not—different foods as you slowly add to your diet. It also helps keep you honest with yourself about the choices you're making.

As long as you track everything you eat and how much, there are a number of ways to keep a food journal. Try a few methods until you find the right solution for you.

- Carry a notepad and pen in your purse or pocket.
- Keep it with your daily mental health or gratitude journal to help you track the way your mood or daily events trigger unhelpful eating habits.
- Purchase a creatively designed journal through any number of brick-and-mortar or online retailers.
- Mobile apps like MyFitnessPal or Baritastic offer in-depth details like nutrient contents and can develop custom metrics based on your needs.



## Food List

### PROTEIN

- Beef
- Fish/shellfish
- Pork
- Game
- Vegetable proteins
- Poultry
- Deli meats/processed meats
- Low-fat dairy
- Eggs

### NON-STARCHY VEGETABLES

- Artichoke
- Asparagus
- Green beans
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Jalapeños
- Kale
- Leeks
- Lettuce
- Okra
- Onions
- Peppers
- Radishes
- Salad greens
- Snow peas
- Spinach
- Summer squash (yellow or zucchini)
- Tomato (fresh or canned)
- Turnips

### FRUITS

*No more than one serving per day and always with a protein.*

- Apple
- Apricot, fresh
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Cherries, fresh
- Fruit cocktail (natural juice)
- Grapefruit
- Grapes
- Honeydew melon
- Kiwi
- Mango
- Nectarine
- Orange
- Papaya
- Peach, fresh or canned in light syrup
- Pear, fresh or canned in light syrup
- Pineapple, fresh or canned and drained
- Plumb
- Raspberries
- Strawberries
- Tangerine
- Watermelon

### HEART-HEALTHY FATS

*One serving per meal, if needed.*

- Almonds – 6 nuts
- Avocado –  $\frac{1}{8}$  or  $\frac{1}{4}$  cup
- Oils (olive, canola) – 1 tsp
- Olives – 8 Black, 10 green
- Peanuts – 10 nuts
- Peanut/almond butter – 2 tsp
- Pecans – 4 halves
- Pistachios – 16 nuts
- Hummus – 2 tbsp.
- Margarine/butter (stick/tub) – 1 tsp
- Margarine, low-fat – 1 tbsp.
- Mayo, regular – 1 tsp
- Mayo, reduced fat – 1 tbsp.
- Pumpkin seeds – 1 tbsp.
- Sunflower seeds – 1 tbsp.
- Salad dressing, regular – 1 tbsp.
- Salad dressing, reduced fat – 2 tbsp.
- Walnuts – 4 halves

### STARCHES AND SWEETS

*For best results, consume these carbohydrate foods seldomly.*

- Biscuits, bagels, and rolls
- Bread or toast
- Brownies
- Cake
- Cereals
- Chips
- Cookies
- Corn
- Crackers
- Croutons
- Donuts
- Dried fruits
- English muffins
- Flatbread
- Fruit juice
- Frozen yogurt
- Granola
- Ice cream
- Oats/oatmeal
- Pasta
- Pastries
- Peas
- Pita bread
- Popcorn
- Potatoes
- Rice
- Sweet potatoes
- Tortillas
- Wraps



## Understanding and Choosing Multivitamins and Mineral Supplements

Because of the nature of bariatric surgery and your new permanent diet, it's important to know that you will be at a higher risk for a nutrition deficiency. To prevent that, it's essential to take your bariatric multivitamins and mineral supplements for the rest of your life.

Choose one item from each of the two groups below:

**Group 1 - Choose One** of the Multivitamin Options

- Bariatric Advantage Ultra Solo with Iron
  - 1 capsule per day but must be 2 hours apart from calcium
- Bariatric Advantage Ultra Multi Formula with Iron
  - 3 capsules per day but must be 2 hours apart from calcium
- Bariatric Advantage Multivitamin Chewy Bite and Iron supplement
  - 2 chews per day and 45-60 mg Iron per day (Iron must be 2 hours apart from calcium)
- Celebrate ONE 45
  - 1 tablet or capsule per day but must 2 hours apart from calcium
- Centrum Adult, Iron, and Vitamin B12
  - 2 multivitamins per day, 45-60 mg Iron per day, 1000 mcg B12, sublingual
  - Can all be taken together but must be 2 hours apart from calcium

\*Duodenal Switch patients, please talk with your dietitian about type, dosage and frequency of vitamins and minerals.

**Group 2 - Choose One** of the Calcium Supplements

- Bariatric Advantage Calcium Citrate Chewy Bite
  - 3 chews per day (1500mg total)
  - One at a time, at least 2 hours apart from each other and from multivitamin/iron supplement.
- Celebrate Calcium Citrate Chews
  - 3 chews per day (1500mg total)
  - One at a time, at least 2 hours apart from each other and from multivitamin/iron supplement.
- Calcium Citrate Pills (available at most drugstores)
  - Example: Citrical Caplets
    - Two mid-morning, two afternoon, one evening (to reach 1500mg total)
    - Approximately 500-600 mg at one time
    - Doses must be at least 2 hours apart from each other and from multivitamin

### GOOD TO KNOW Where to Buy



- Bariatric Advantage: [bariatricadvantage.com](http://bariatricadvantage.com)
- Some Saint Luke's Pharmacies
- Celebrate: [www.celebratervitamins.com](http://www.celebratervitamins.com)
- Grocery stores (Walmart) and Pharmacy/Drug Stores (CVS, Walgreens)
- Amazon.com

## TOP 10 NUTRITION HABITS of Successful Bariatric Patients

There's no shortage of bariatric-success advice out there. But here are the real and best nutrition habits that the most successful patients have made part of their lives:

1. Eat three high-protein meals each day. This keeps you full longer and curbs unhelpful cravings.
2. Take just a few extra minutes to measure out food, and make sure your plate is  $\frac{2}{3}$  protein.
3. Stay full longer by eating solid proteins, instead of meals with a lot of soft or mushy proteins that will pass through your pouch much quicker, therefore making you feel hungry sooner.
4. Eat mindfully. That means take small bites, chew thoroughly, and put silverware down in between bites.
5. Don't bother with starchy and sweet foods. A fun "sweet treat cheat" could end up being a Dumping Syndrome episode. It's just not worth it.
6. Crush your daily 64 oz. of water goal by finding a favorite C-free drink and a favorite straw-free travel mug. Carry it everywhere.
7. Follow the 15/45 Rule always. (Even after spicy food!)
8. Stick to a food and fitness journal—whether it's an app, on paper, or using a colorful, custom sticky-note system. The most successful patients find a system that works, and then they work the system.
9. Make exercise a non-negotiable part of life. While this isn't technically a nutrition habit, think of diet and exercise as best friends: They *always* go together.
10. Take your vitamins every day. Set alarms, use pill sorters, trick yourself—whatever you have to do, remember to take your nutritional supplements daily. Remember vitamins are for life unless told otherwise by a health care provider.



## A BARIATRIC GUIDE TO EATING OUT

### TOP 10 TIPS FOR DINING OUT AFTER WEIGHT LOSS SURGERY



1. Don't feel pressured to eat like everyone else. Stick to the plan that will help you achieve your goals today. That's always your priority.
2. Be careful with foods that may be difficult to chew thoroughly. This includes steak, bread, and fibrous vegetables, like asparagus. You may want to avoid trying new foods for the first time at a restaurant, in case you're unable to tolerate it.
3. Substitute those starchy old standby-sides—like fries, rice, mashed potatoes, pasta, and corn—with healthier options, like a side salad or steamed veggies. Just know, there may be an extra cost.
4. Ask for all dressings, sauces, and condiments to be served on the side so that you can add a small amount (if any at all) yourself. Choose condiments low in calories and fat, such as salsa, pickle relish, or mustard.
5. Choose meats that are grilled, baked, broiled, roasted, steamed, stir-fried, or poached instead of fried. If the menu isn't clear, just ask your server. Keep in mind, you may have difficulty with the grease used on griddles. As always, take it slow.
6. Appetizers are your friend! You get full now with a lot less food, so why not order an appetizer instead of a meal? Consider this before ordering from the kids' menu, which is usually limited to deep-fried foods and carbs, like chicken fingers, mac & cheese, corn dogs, and pizza.
7. Ask for a to-go container as soon as your food arrives. Large restaurant portions are simply too much for you now, and that's OK! You'll enjoy those leftovers for lunch tomorrow.
8. Start by scanning the menu for the "light" options. Those items will be lower-calorie, served with vegetables instead of carbs, and sometimes prepared without extra butter or oil.
9. Get friendly and share! Order something that you can share with a dining companion.
10. Plan ahead. Check out a restaurant's menu online before you go so that you arrive already knowing what to order.

## A BARIATRIC GUIDE TO EATING OUT (continued)

### GRACIAS AND BON APPÉTIT! What to order from your favorite cuisine menu.



Patients often want to know if they'll ever be able to enjoy their old favorites after bariatric surgery. Whether it's pizza, chips and salsa, or burnt ends, it's important to know that no food will be off limits indefinitely—as long as your new stomach can tolerate it. But just because you can doesn't mean you should. Your new, regular, day-to-day diet is high-protein and low-carb—and every food decision you make should be viewed through that lens.

**Remember, the more you eat from the starches/sweets or healthy fats categories, the slower your weight loss will be.** So, when eating out, it's important to make healthy choices. Here are some tips:

#### BBQ

This is Kansas City, after all. We know who we're talking to, and we understand that life in KC just wouldn't be the same without BBQ. The good news is there is a way to enjoy BBQ and not derail your surgical weight loss journey:

- Look for the lean cuts of meat on the menu, with less fat marbled within the meat tissue.
- Kansas City barbecue sauce tends to be high in sugar. If you can get sauce on the side, you may be able to tolerate a small amount spread on your choice of protein. And if you can, try other vinegar-based BBQ sauce recipes.
- Order suggestions:
  - Entrée: Smoked turkey, beef, chicken, pork, seafood, or even lamb
  - Side: Vegetables or beans. But be careful with beans as many are made with bacon and brown sugar.
  - Avoid: French fries, bread, and high-fat meats like burnt ends and pulled pork

#### Italian

Who doesn't love pizza? We know Italian cuisine is on almost everyone's favorite list. But after bariatric surgery it's strictly in the "only in moderation" category. But don't worry, there are lots of healthy Italian modifications to keep your meal just as delicious as before:

- Choose menu items centered on lean protein, like grilled chicken, beef, or seafood, instead of pasta.
- Tomato-based sauces, instead of cream-based, will help reduce calories and fat.
- If you simply must have pasta—order it as a side instead of an entrée, and only eat it after you've finished your protein. Better yet, just ask for a bite or two off a dining companion's plate to avoid overeating.
- For pizza, order a thin crust, veggies and lean meats, such as chicken or Canadian bacon.
- Order suggestions:
  - Appetizer as meal: Steamed mussels, steamed clams, grilled calamari, side salad with grilled protein
  - Entrée: Lean grilled protein, marinara sauce, whole wheat noodles (or vegetable noodles like spaghetti squash or no noodles at all)
  - Side dish: Steamed/grilled veggies, side salad
  - Avoid: Garlic bread, alfredo sauce, regular Italian dressing

#### Mexican

Mexican restaurants are notorious for their large array of high-starch foods, like chips, rice, and tortillas. But there are also some very tasty and healthy high-protein alternatives hiding on the menu. Follow these tips for a meal you're sure to love:

- Chips and salsa may seem like a great idea at the time, but you'll regret it when there's no room left in your tiny new stomach for the high-protein meal you just ordered. Just push the basket away.
- Why is a queso dip bad when cheese is a good protein source? Cheese dip is typically higher in fat to keep it in gooey sauce form. Plus, since you're not eating chips, you don't need the queso anyway.
- Ordering suggestions:
  - Entrée: Chicken or shrimp fajitas, grilled chicken (skip the tortilla)

## A BARIATRIC GUIDE TO EATING OUT (continued)



### You're an Inspiration

#### Pro Tip!

"In the beginning, wrapping my mind around portion size and retraining my brain to a smaller portion was really hard. Now I've gotten used to eating less than half of what I'm served at a restaurant because a serving is way more than what one should eat in a sitting."

—Jennifer Logbeck

Sleeve Gastrectomy	May 5, 2016	255 lbs	155 lbs
Surgery	Date	Starting weight	Current weight

- Sides: Black beans, pinto beans, pico de gallo. But still be careful with beans because many restaurants cook them in lard.
- Avoid: Chips, queso, sour cream, guacamole, fried entrees, margaritas

- As usual, it's best to avoid foods that are fried or smothered in sauces, which can add a large number of calories, carbohydrates, and fat to your meal.

#### Fast Food

You see a drive-thru on every corner and when you need a meal in a hurry, it's always the easiest choice. But can you still eat fast food? Well, that depends.

- Start with the salad options, with grilled chicken and dressing on the side.
- By dipping the prongs of your fork into the dressing instead of saturating your salad, you can save loads of calories.
- Grilled chicken sandwiches are often the healthiest alternative on a fast food menu (Hold the bun, please!), but do remember that many fast food restaurants use griddles instead of grills to cook. And griddles mean grease. So, even many of the "grilled" foods are high in fat and can cause you to have Dumping Syndrome.

#### American Casual Dining

When at a casual dining restaurant, fried protein sources are often heavy on the menu, but there are always healthier options available. Usually, they're just as delicious, too.

- Always look for lean grilled protein options before the breaded and fried ones.
- Avoid starchy sides, such as macaroni and cheese, potatoes, or rice. Instead, choose steamed vegetables or a side salad to accompany your protein.
- Ordering suggestions:
  - Appetizer as meal: Side salad with low-fat dressing, and grilled chicken or salmon
  - Entrees: Grilled, steamed, broiled, or baked chicken, fish, or lean steak
  - Sides: Steamed vegetables
  - Avoid: Bread basket, fried foods, 'value meals', and most appetizers

#### GOOD TO KNOW Any Special Requests?

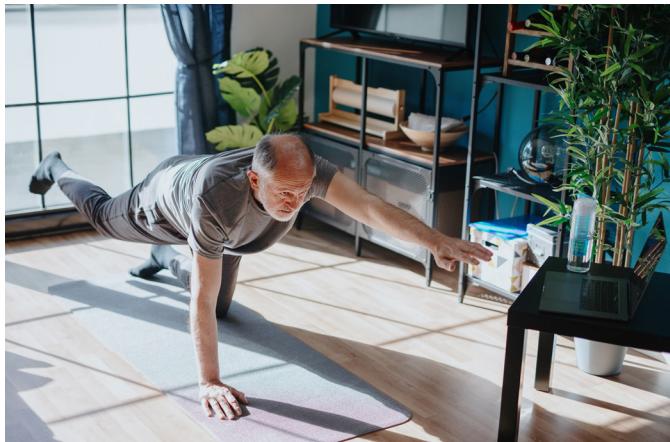


Many bariatric patients worry about eating out after surgery. The portions. The prices. The rules. It can be a scary idea after weeks of at-home, liquid- or soft foods-only meals. Some carry a special Bariatric Patient card to explain your special circumstance. But we recommend making sure your new way of eating fits into your lifestyle, and not the other way around.

- Plan for leftovers. Consider how items will reheat when selecting your order, and be sure to order a to-go box right away.

- Get creative! Order an appetizer as an entrée, or a side salad with some grilled protein on top. Restaurants can often accommodate simple changes or substitutions. Just ask!
- Share a large-portion meal with a child or another light-eater at your table.
- Buffet price too expensive? Ask to speak to the manager. Chances are this isn't their first time accommodating a bariatric patient.

## Notes:



The fact is simple: if you want to reach your weight loss goal and maintain that weight for years after, consistent exercise is essential. In fact, according to a 2018 study by the National Weight Control Registry, 90% of people who have lost a significant amount of weight and kept it off for a long period of time report exercising for about one hour per day, on average. We know that may seem daunting now, but trust us, your body doesn't even need that much to thrive. It just needs effort, consistency, and a routine that's right for your needs. So, grab a water bottle and let's get going!

#### Benefits of Exercise

- Helps control weight
- Boosts energy and mood
- Clears arteries
- Helps manage chronic pain
- Improves coordination
- Improves memory
- Oxygenates body
- Improves sex health
- Increases chances of living longer
- Reduces risk of some cancers
- Reduces risk of heart disease
- Can help you quit smoking
- Helps your body manage blood sugar and insulin levels
- Strengthens bones and muscles
- Improves complexion

- Helps keep your thinking, learning, and judgment skills sharp as you age.
- Reduces risk of falls

#### Physical Activity vs Exercise

First and foremost, it's important to realize that not all "physical activity" is "exercise." For a movement to count as exercise, it must be more than simply carrying out an action (walking to the kitchen, lifting a gallon of milk, making the bed, etc.).

"Exercise" must be a planned, structured, repetitive, and intentional movement designed to improve or maintain physical fitness. While research shows that all physical activity has a positive impact on health and wellness, exercise is the key to improving physical fitness. This includes cardiorespiratory strength, endurance, flexibility, and body composition. Beyond that, having an exercise routine as part of your daily lifestyle is shown to have tremendous mental health benefits, as well.

#### MENTAL HEALTH CHECK *Get Moving!*



Study after study prove what every fitness-lover knows: exercise does wonders for your mental health. In addition to burning fat and toning muscles, exercise—even just a 20-minute walk—is shown to also have real and lasting benefits for the mind, including:

- Endorphins. When released, these hormones create a feeling of happiness, which can help battle depression and anxiety
- Stress reduction
- Prevention of cognitive decline that comes with aging
- Memory improvement
- Addiction control
- Better sleep and insomnia prevention
- Improved focus on work
- Boosts creativity
- Social connection, by enlisting an exercise buddy

## ► Progression of Exercise

The Progression of Exercise is the technical term for the process of ramping up your exercise gradually so that your body can get used to it over time—and hopefully without injury. When you progress your exercise, you slowly increase the time/duration, frequency, mode, and intensity of your workout—in that order—over the course of days and weeks, as the body adapts to a given activity pattern.

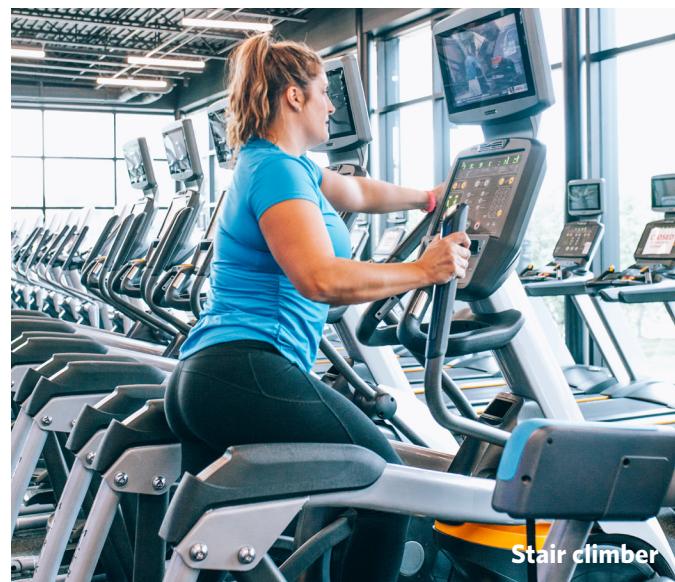
PRIORITY	PROGRESSION	ACTION	POST-SURGERY WEEK 1	POST-SURGERY WEEK 6
1	TIME/DURATION	Increase how long your workouts last. Take a moment at the end of a workout to think about how tired you are. Could you put in another 5 or 10 minutes? Then, set that new goal for tomorrow.	10 minutes per workout	60 minutes per workout
2	FREQUENCY	Work on increasing your frequency of that workout.	2 workouts per week	6 workouts per week
3	MODE	Consider trying something new to ensure your muscles don't get accustomed to what you are currently doing. This helps reengage your muscles and allows them to continue to build muscle mass.	Walking, cycling, elliptical	All previous, plus weight training, kickboxing, running
4	INTENSITY	Consider increasing your intensity, either by increasing resistance or how vigorously you perform the exercise	Increase resistance and/or incline	Cardiovascular intervals or HIIT workouts

### Aerobic Exercise vs Resistance Training

Though there are hundreds of different exercise styles, techniques, routines, and copyrighted, celebrity-endorsed, fat-burning, ab-toning fitness training programs, the simple fact is that it all boils down to two basic categories. Every kind of workout you do will either be aerobic (cardio) exercise and resistance (strength) training. Each one is essential in very different ways.

#### Aerobic Exercise

Aerobic exercise, commonly known as “cardio,” can range from low- to high-intensity depending on the specific exercise type and the effort you put in. Cardio works large groups of muscles and is continuously maintained and performed rhythmically.





#### Examples of aerobic exercise

- Walking
- Hiking
- Rowing
- Elliptical
- Cardio dance classes
- Team/competitive sports (basketball, football, tennis, racquetball, etc.)
- Horseback riding
- Running
- Swimming
- Cycling
- Zumba®
- HIIT workouts
- Kickboxing

#### Benefits of cardiovascular exercise

- Strengthens your heart and muscles
- Burns calories
- Helps control your appetite
- Boosts your mood through the release of endorphins
- Helps you sleep better at night
- Reduces arthritis pain and stiffness through joint movement

#### Drawbacks and precautions

- Early workouts can lead to sore muscles. Be sure to start slowly and ramp up gradually.
- Heart condition? Talk to your cardiologist and your Saint Luke's surgical weight loss exercise physiologist to ensure you have the right exercise plan for your needs.

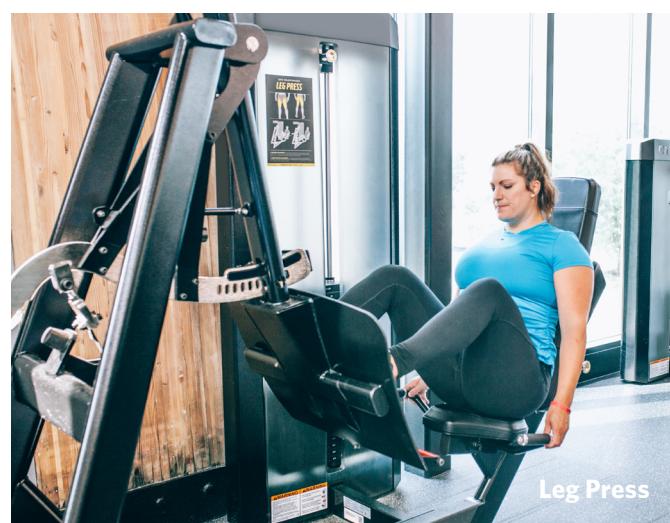
#### Resistance Training

Resistance training, also known as "strength training," is any exercise that helps build muscular strength and mass by causing the muscles to contract against a resistance. Strength training is used to help tone the body and define the muscles, creating not just a thin body, but also a strong one.

- **Dumbbells/Barbells**, also known as free weights, range from 1lb to around 50lbs, and they are usually used in pairs, with one weight placed in each hand. The dumbbell is designed to work specifically on isolated muscle groups in the arms, chest, back, shoulders, and more. Exercises include bicep curls, rows, deadlifts, and overhead presses, just to name a few.



- **Machine weights** are exercises usually done in a gym, using the large machines provided. Machine weights are very effective for first time lifters as they are great to help learn positioning for safe strength training. Machines help to regulate proper positioning and range of motion for the specific exercise. Machine exercises include leg press and extensions, chest and shoulder presses, seated rows, lat pull downs, and more.





- **Bodyweight workouts** focus on building strength and flexibility without the use of additional weights—just the weight of your own body. In addition to being one of the most cost-effective exercise options, bodyweight workouts are versatile and customizable to your level of fitness. Common bodyweight exercises include pushups, squats, lunges, burpees, planks, and more. Bodyweight exercises are commonly found in a variety of at-home or class-style workouts, including yoga, barre, Pilates, HIIT, etc.



- **Resistance bands** are a simple, at-home workout tool that add big benefits to your workout. With a variety of sizes and strength options available, using resistance bands is a great and simplified way to burn fat, build muscle, strengthen bones, and improve coordination (while reducing the risk of falls). Resistance bands can be used to recreate the same exercises as with a set of dumbbells or machines, including front raise, bicep curls, leg extensions, and overhead presses.

1. **Start slowly:** Early workout sessions can lead to sore muscles. Be sure to start slowly and ramp up gradually.
2. **Get trained:** When using machines at a gym, be sure to first read all the directions on proper use and form. We highly recommend setting up a session with the gym's fitness expert to ensure you receive proper training on all the machines.
3. **Heart condition?** Talk to your cardiologist and your Saint Luke's surgical weight loss exercise physiologist to ensure you have the right exercise plan for your needs.
4. **Every day can't be "Leg Day":** Be sure to rest for 24 - 28 hours in between resistance training sessions for the same muscles group. Your schedule should rotate, giving muscle groups a chance to rest for a day in between.
5. **The next-day "Ouch!":** DOMS ("Delayed Onset of Muscle Soreness") is that can't-walk soreness you may get the day after your first good workout at the gym. Don't worry, it's perfectly normal. Keep in mind, this is a pain you feel a day or two after your workout, not during.
6. **Feel the burn:** Acute muscle soreness (AMS) is the burning sensation usually felt during or immediately after an exercise. This sensation is the result of lactic acid filling your muscles and your muscle fibers breaking down so they can build back stronger. This burn is completely normal.
7. **Don't forget to breathe:** During a resistance workout, breathing ensures that the blood circulating to your working muscles is oxygenated and that waste products are removed. Holding your breath during weightlifting can lead to dangerous increases in blood pressure, which can lead to injury. With each rep, be sure to exhale during the exertion (harder part) and breathe in as you relax (easier).
8. **Stay in control:** Make sure you perform all resistance training exercises with a controlled full range of motion. Your movements and extensions should be even, full, and fluid. Don't go too fast or slow. Don't jerk or move too quickly and try to always remain steady. This will ensure you use the entire muscle and stabilize them to perform the movement, helping to reduce your risk of injury and increase the overall muscle gain.

## Resistance Training Safety: What to Know

## Where Do I Start?

While this list is not comprehensive, it shows the wide range of exercises out there. There is definitely one that fits your needs. Depending on your experience, physical condition, and comfort level, our team recommends starting on the low impact, low-to-moderate intensity side of this chart and gradually expanding your catalog. Use this guide to begin exploring the wide world of exercise and fitness.

	Low Impact	High Impact
Low-Moderate Intensity	Walking in a pool Outdoor walk Treadmill Chair/beginner yoga Stationary cycling Nu Step® Leisure outdoor cycling Shallow water aerobics Curves® Tai Chi Horseback riding (easy) Golfing	Rock climbing Barre class Machine-based strength training Hiking with hills/rocky terrain Water skiing Zumba® Dancing Free-weight strength training Horseback riding (advanced) Mountain biking
Moderate-High Intensity	Swimming laps Deep water aerobics Elliptical machines Rowing Spin class Intermediate/power yoga Pilates Road cycling Orange Theory®	Cross-Fit® Strongman/Olympic lifting 9-Round/kickboxing Martial arts Running/jogging/sprinting Plyometrics Gymnastics Snow skiing Most competitive team sports

Questions? Be sure to chat with your exercise physiologist at your next follow-up visit.

### GOOD TO KNOW Feeling Lost?



If just the idea of walking into a gym makes you start to sweat—and not in a good way—just know you're not alone. And you do have options! Try these steps to ease into a less intimidating workout routine:

- Enlist the help of a fitness-loving friend to serve as your mentor
- Take the introductory session that comes with a new gym membership
- Hire a personal trainer
- Join a class where you just follow the moves!
- Start with at-home videos with the help of YouTube channels, fitness apps, interactive video games, or any variety of streaming or DVD workouts

## CREATING THE RIGHT WORKOUT ROUTINE FOR YOU

### Scheduling

It's important to understand that there is no right time to work out. Rather, there are benefits and drawbacks to any time of day. The bottom line is, whenever you have time for a workout—as long as it's one you will stick with—is the right time.

Once you've found a time that works, then decide how often you'll work out. Since your first pre-op duration goal is 60 minutes per week, you can decide how often, based on your abilities. If you can do 10 minutes at a time, then it'll be 6 days a week. If you can do 30 minutes, then you'll need a minimum of two days a week. We will take this goal and build on it, as you gain strength and endurance.

### FIT BITS *Cross-training Isn't Just for Elite Athletes*



Once you find an exercise you love, it's hard to branch out and try other things, but you really should. The fact is people who cross-train are less prone to injury than people who do the same type of exercise repeatedly. So, find a few favorites and mix it up!

### ► **Intensity level** is about your abilities. This is determined in a number of ways:

**Talk Test**—Check your intensity level with this simple test: Can you carry on a normal conversation while working out? If yes, your intensity level is low. But if you have to take a breath every few words, then chances are you are in an ideal intensity level with the workout you are doing. If you can't converse at all, your intensity level is too high. Time to back off.

**Target Heartrate Range**—Knowing your target heart-rate range will help make sure you're getting a moderate workout. Use the formula in the chart below to find your maximum heartrate and your target heartrate range. Keep in mind, the average moderate intensity level is 60%-70% of your max heartrate. Anything above 70% intensity level is considered vigorous intensity level.

#### Target Heartrate Range

	Example	You
Age	50	Your Age _____
Max Heart Rate	$220 - 50 = 170 \text{ bpm}$	$220 - \text{Age} = \text{Max HR}$
Moderate intensity level 60-70% MHR	*60% intensity level $170 \times 0.60 = 102 \text{ bpm}$  *70% intensity level $170 \times 0.70 = 119 \text{ bpm}$  *Target Heart Rate range 102-119bpm	$\text{MHR} \times 0.60 = \text{_____ bpm}$ $\text{MHR} \times 0.70 = \text{_____ bpm}$ Target Heart Rate range is _____ to _____

**The RPE Scale** (Rate of Perceived Exertion) will help you estimate the exertion of your workout. Perceived exertion is how hard you think your body is exercising, and the ratings relate to heart rate (how hard your heart is working to move blood through your body). A rating of 6 is the easiest. For example, your heart rate while sitting and resting. A rating of 20 is your absolute maximum effort.

#### Borg Rating of Perceived Exertion (RPE) Scale

Number Rating	Verbal Rating	Example	% of MHR
6		No effort at all. Sitting and doing nothing.	0%
7	Very, very light	Your effort is just noticeable	
8			25%
9	Very light	Walking slowly at your own pace	
10		Light effort	50%
11	Fairly light	Still feels like you have enough energy to continue exercising.	
12			60%
13	Somewhat hard		
14		Strong effort needed	70%
15	Hard		
16		Very strong effort needed	80%
17	Very hard	You can continue but you're really pushing yourself. It feels very heavy and you are very tired.	
18			90%
19	Very, very hard	For most people, this is the most strenuous exercise they have ever done. Almost maximum effort.	
20		Absolute maximum effort (highest possible). Exhaustion.	

*Shaded areas indicate moderate intensity and should be your benchmark.*

## What Does That Mean? Understanding Your Body's Reaction to Exercise

If exercising is new to you, you'll have lots of questions. Everyone's body reacts differently to exercise, and many new sensations and physical reactions may be surprising. Let's cover some of the most common questions asked about working out:

### **My heart rate increases very quickly at the beginning of a workout. What am I doing wrong?**

Probably nothing. It may just be that you are not used to it. A good idea is to keep track of your heart rate from Day One. Knowing what is normal and not normal for your body would be beneficial if for some reason your heart rate is irregular or fast. If you still feel like it's not normal, stop and call your primary care physician or talk with your Saint Luke's exercise physiologist.

### **I get dizzy during exercise. Why does that happen and what should I do?**

If you get dizzy, this could be a sign of low blood pressure from over-exertion, dehydration, low blood sugar levels, or an underlying heart condition. It shouldn't be taken lightly. If you find yourself feeling dizzy, stop the workout immediately and find some place cool to sit down and rest, drink water, and maybe get a nutritious snack. If the problem continues, talk to your doctor or your Saint Luke's exercise physiologist.

### **I don't sweat when I work out. Is that bad?**

Yes, this actually could be a symptom of a larger problem. Sweating is the body's way of cooling itself down and if you are not doing that, it's a good sign of heat exhaustion or possible heat stroke. There is a condition, though, called hypohidrosis in which a person does not sweat very much naturally. If you think you have hypohidrosis, it should be diagnosed by a doctor.

### **I sweat too much when I work out. Should I be worried?**

Hyperhidrosis is the condition of sweating too much. Although this isn't very common, it's not a sign of a bigger problem. Talk to your primary care physician to discuss any other options to manage this issue.

### **My knee/back/hip hurts when I (fill in the blank). What should I do?**

Repetitive pain with certain actions means you really should avoid that action. And it means you should see a doctor. If the pain is a mild, wear-and-tear type from past injuries, weak joints or muscles, it shouldn't be much of a problem and can be treated or relieved. If you have stronger, sharp, or continued pain, it may be a symptom of a larger issue. Talk to your doctor or your Saint Luke's exercise physiologist.

### **I want to exercise, but I feel lethargic and weak. How do I get over that?**

As contrary as it sounds, feeling overly tired most often stems from a lack of activity. One of the best things to do is simply get up and start moving your body. Over time, you'll notice your energy and activity levels increase. You'll also experience an overall better mood. Regular exercise is one of the best things to help increase energy levels.

### **The exercise is making my arthritis act up. Should I work out less?**

Actually, no! If you have arthritis, the best thing for you is exercise! It will help increase your strength and flexibility, reduce joint pain, and help combat fatigue. It may be a good idea to avoid high-impact exercises, though, if those cause pain. Instead, stick with lower impact activities like walking, swimming, or an elliptical machine. As the weight comes off, you may even feel a serious decline or disappearance of arthritis pain.





Weight loss is truly an inside-out job. In order to get the results you want *outside*, you first need to do some work *inside*. Throughout this weight loss journey, it will be essential for you to become self-aware and in-tune with your mental and physical self. Part of that means changing your relationship to food, no longer believing “food is *life!*” but instead be comfortable knowing that “food is just fuel.”

While weight loss surgery can affect both our bodies and our minds, it’s critical to take extra care of your mental health during this time of tremendous change. It’s one of the essential keys to lifelong weight loss success.

In this section of the handbook, you’ll learn:

- How mental health affects your weight loss journey
- The ways coping strategies can help or hurt your long-term success
- The challenging changes you may experience
- The difference between types of mental/behavioral health support
- Different tools for mental health support
- How to find your therapist

## Understanding Mental Health and Your Weight Loss Journey

All people experience difficult emotions—that’s simply part of life. But not all people are able to develop the coping skills necessary to help manage those emotions in an effective or healthy way.

Some may cope by using unhealthy behaviors, like binge or emotional eating, living a sedentary lifestyle, choosing unhealthy foods, or using other substances. For those already more prone to weight-gain (for any number of genetic or biological reasons), these unhealthy coping habits could lead to obesity and a number of other health concerns.

Learning to master healthy coping strategies will help support long-term success in your weight-loss journey.

### MENTAL HEALTH CHECK *Coping Strategies*



Coping strategies or techniques can be extremely useful for managing difficult emotions. But be careful to adopt the right technique. (Hint: It shouldn’t include food!) Develop a list of alternative coping strategies to try that won’t interfere with your weight loss goals:

- Walk or play a game
- Deep breathing
- Pray
- Play a musical instrument or sing
- Meditate
- Repeat a soothing mantra
- Use worry beads
- Distract yourself
- Relaxation exercises/stretches

## Preparing for Big Change

The changes that come with significant weight loss go far beyond the numbers on the scale. It will be helpful for you to begin preparing for this change, and for how you will adjust to it, after surgery.

Most people will experience primarily positive change after surgery, with noted benefits and improvements to their overall physical and mental wellbeing. In other words, they just generally feel better. But that doesn’t mean they’re happy all the time.

Some changes may require significant adjustment and may create mental health challenges, such as:

- Feeling and thinking differently about food
- Mourning over “lost” foods
- How new habits and routines have changed your “old” life
- New body image (from self and others)
- New healthy lifestyle behaviors, expectations, and requirements
- How loved ones offer support (or don’t)
- Changes in relationships
- Many more...

It's hard to predict what changes will matter to any single patient, it varies on so many factors. This is one good reason to build your coping skills before surgery, and to be aware of the variety of resources available to you after surgery, should you need them.

#### MENTAL HEALTH CHECK *Stop the Stigma*



Did you know that more than a quarter of all people will experience a significant mental health condition at some point in their lives? It's just that common. Too often, though, people think they're all alone. This can lead to fear, embarrassment, and anxiety about seeking help.

But a 2012 study\* showed that dieters who underwent eight cognitive behavioral therapy sessions not only lost more weight than those who tried to lose without therapy, they also reported an improved quality of life and none met the criteria for a binge-eating disorder.

Nervous about seeking help from a behavioral health specialist? Try talking to your primary care provider, or any member of your surgical weight loss care team. They can help answer your questions and ease your fears. You'll end up being glad you got the care you need.

\*Brief cognitive-behavioral therapy for weight loss in midlife women: a controlled study with follow-up, Filipa Pimenta, Isabel Leal, João Maroco, Catarina Ramos

**Counseling** is a general term used to describe a relationship in which a trained specialist helps you understand your emotions, thoughts, and behaviors, and helps you find ways to feel better.

**Psychotherapy** is another general term usually used when the provider is a licensed psychologist, and there are many different types. Some of the most common forms of psychotherapy include:

- **Behavior Therapy** focuses on your behaviors, such as eating and exercise, and works on increasing behaviors that are consistent with your goals and decreasing those that are not.
- **Cognitive Behavioral Therapy** helps you understand how your thoughts, emotions, and behaviors affect each other, and helps you feel better by changing thoughts that lead to negative emotions and physical sensations.
- **Group Therapy**, as the name suggests, takes place in a group setting, where several patients work with one therapist or counselor at the same time. While most types of psychotherapy take place in a one-on-one setting, group therapy can be useful because you can learn from the experiences of other group members, as well as from the therapist. You can also see that you aren't alone, and that others are facing similar—and sometimes more difficult—challenges.

#### MENTAL HEALTH CHECK *Tools for Wellness*



In addition to formal psychotherapy or counseling, there are a number of things you can do to support your emotional and behavioral wellness. Some examples include:

- Practicing mindfulness and meditation
- A regular exercise routine
- Beginning a regular yoga practice
- Joining an in-person or online support group
- Journaling your thoughts, feelings, worries, daily gratitudes, etc.

Talk to your surgical weight loss care team if you need some ideas or support for your mental or emotional health. That's what we're here for!

## Types of Mental Health Support

No matter the kind of therapy you receive, just remember the goal of all therapy is to help you learn new thinking strategies and practice behaviors that support your long-term weight loss and overall mental health. There are many and varied philosophies, theories, and practices on mental health care. The most common include:

## How to find your therapist

Finding a therapist who makes you feel comfortable can make all the difference. But it's not always easy! Here are some things to consider as you start your search for the right therapist for you:

- **Insurance coverage:** Start your search with your insurance provider. This will ensure the therapist you select is covered and will help you understand any limitations you should keep in mind from the start (e.g. only a certain number of sessions or kinds of diagnoses will be covered). Coverage for mental health is sometimes separate from coverage for physical health issues.
- **Therapist's personal characteristics:** Oftentimes, people feel comfortable with a therapist with a similar background as them. Others may find it helpful to get a perspective from someone who is very different. Or maybe your preference is around age, gender or another characteristic. Spend time researching the available providers to find one who feels right to you.
- **Type of therapy:** Therapists can have very different approaches to how they work with clients. Once you find a therapist covered by your insurance and who you get a good feeling about from your online research, then ask about the type of treatment they do (e.g. cognitive behavioral therapy, supportive therapy, or another type of treatment). Just this information alone can give you a good idea of what your treatment will be like.

▪ **Location:** You may want to be sure your therapist is close to your home or office. Or, if you live a long distance from your preferred therapist, sessions might be available through secure video technology.

▪ **"Fit" and comfort:** Finally, it's important that you feel comfortable with your therapist, and that your personalities "click" with each other. Therapists understand that, too, so don't worry about using your first session or two as a "tryout" to make sure you're going to be able to have a good working relationship with that therapist. Therapists know that several things go into creating a good "therapeutic relationship" with a patient or client. They are not offended if you don't feel comfortable working with them, and they will be more than happy to help you find someone else with whom you do feel comfortable.

Working on mental health issues can be hard, and it is really important to feel like you have a good partner in your therapist. Taking the time to find the right therapist for you will ensure long-term success for your mental health needs.



## You're an Inspiration My Saint Luke's Success Story



Before



After

"Being obese from an early age greatly impacted my self-esteem, and as I grew into an adult, the bullying I experienced in my youth no longer came from my peers, but from within myself. Food was the only thing that gave me comfort. After surgery, I found that spending more time on my favorite hobbies helped me to stay focused and taught me that relying on food for comfort ultimately took away many of the other true sources of joy in my life. I now have more confidence and self-esteem than I ever thought possible!"

—Timothy Kemp

### Weight-loss stats:

RNY Gastric Bypass	Date	317lbs	172lbs
Surgery	Starting weight	Current weight	

## Notes:



## PLANNING AND EDUCATION

### Why do I have to attend the Diet & Exercise classes?

To understand how to eat after surgery. These classes will help you understand why you need to change certain eating habits and what your exercise requirements will be after surgery.

### What happens if I miss some of the Diet & Exercise classes?

You will need to reschedule every missed class. Please note: some insurance plans may require you to have consecutive monthly visits, so you may have to start over from the beginning if you miss a class.

### Something came up and I need to miss a Diet & Exercise class, what do I do now?

Call the office as soon as possible to reschedule. We will help you get rescheduled as soon as possible so that insurance approval is not jeopardized.

### How does the insurance approval process work?

Once you have turned in all the paperwork your program specialist requested and met all the criteria, we will apply for insurance authorization. Once your insurance provider receives your paperwork, they have 30 days to review it and make a decision. It doesn't always take the full 30 days, but it does frequently take one to two weeks.

### What if my surgery is rejected by insurance?

If your prior authorization request is denied, we will do our best to appeal to get you approved.

### What health clearances and screenings will I need to get before I am approved for surgery?

Your personal list of requirements is found on your To-Do List, given to you by your program specialist at your first visit. Everyone's To-Do-List is unique for their needs.

### Will I be required to quit smoking cigarettes after surgery?

Yes, you will be required to be smoke-free for six weeks prior to surgery and it will be expected that you stay smoke free for life.

### Why don't I have a surgery date yet?

You will receive a call with your surgery date once you have been approved by your insurance company. If you don't have a date yet, you haven't been approved yet.

### How can I contact my care team if I have other questions during this stage?

You can reach anyone on your care team by calling the office's main line: 816-932-7900.

## THE PRE-OP STAGE

### How do I schedule my final pre-op appointment?

The nurse will schedule this when they call to schedule surgery.

### What will happen during my final pre-op appointment?

During your final pre-op visit, you'll meet with your surgeon (or their physician assistant or nurse practitioner), sign waivers and consent forms, get labs drawn and a chest x-ray, among other things. Find a complete rundown of this appointment in the Pre-op Stage section of this handbook.

### What if I don't have all my clearances and forms filled out?

You won't have a final pre-op appointment until you have all the clearances filled out and have been approved by insurance.

### Why do I need to do this pre-op diet? Isn't that what the surgery is for?

The pre-op diet is also sometimes called "the liver shrinking diet"—and shrinking your liver is an important part for the surgery itself. You may not know that your liver sits on top of your stomach. So, during surgery, a smaller liver naturally creates easier access to the stomach and leads to fewer complications afterward. During the pre-op diet, as you



## Frequently Asked Questions

remove all excess carbohydrates from your diet, your body will use up the stores of it in your liver. This will shrink your liver, making it much easier to work around during surgery.

**I am losing a lot of weight on the pre-op diet. Is this normal?**  
For some patients it can be. Simply cutting out carbohydrates can often result in a drastic drop in pounds. For others, this won't be the case and that's OK. The main intent of the pre-op diet is to shrink the liver, not lose weight.

### ABOUT MY SURGERY AND HOSPITAL STAY

**How long will my procedure take and how long will I be in the hospital?**

Both these factors depend on which surgery you get. Please review the "Which Procedure Is Right for You?" table in the Your Surgical Weight Loss Journey section of this handbook.

**Will my bariatric nurse and care team from my appointments be in the operating room?**

No, your surgeon's support team in the operating suite is different than at the clinic. During surgery, a team of highly skilled surgical nurses, technicians, and other specialists will assist your surgeon.

**What should I bring to the hospital?**

Along with some items that you need, you'll also want items that will keep you comfortable and at-ease—that could be your favorite pillow, your tablet or smartphone, or your comfiest pajamas. Find a complete list of suggested items to pack in the My Hospital Stay Toolkit, in the Surgery and Recovery section.

**What happens if I change my mind?**

You can leave the program at any time if you decide not to proceed. You can also change your mind about which surgery to have, but please keep in mind, if we have already sent off your paperwork, this change will require us to resubmit to insurance and could delay your surgery date.

**Can I reverse the surgery?**

No, surgeries are not typically reversible. The gastric bypass procedure is only reversible for significant medical reasons.

**How long will it take for my incisions to heal?**

The incisions from your surgery will typically heal in about six weeks.

### GOING HOME AND THE FIRST FEW WEEKS

**When can I shower like normal?**

You can shower before leaving the hospital—just don't scrub the incision sites until cleared by your surgeon at a follow-up appointment. Until then, just let the water flow over them.

**I am not getting enough water every day. What can I do?**

The No. 1 reason for patient readmission after weight loss surgery is dehydration—and you don't want that! Taking small, frequent sips all day long is the best way to ensure you get your 64 ounces of water. Read more tips about "Why Hydration Matters" in the Nutrition section of this handbook.

**I am not getting enough protein every day. What can I do?**

Depending on how far out from surgery you are, start by ensuring that you're choosing right foods with the highest amounts of lean protein—like lean meats, seafood, low-fat dairy, and eggs. Secondly, try supplementing with an approved protein shake. Read more about healthy protein choices, and protein shake and supplement options, in the Nutrition section of this handbook.

**I never feel hungry or full. Is this normal?**

Yes, lack of appetite is a common side effect of the surgery. But this doesn't mean you don't have to eat. You still need to follow the plan set by your dietitian. Shoot for three meals every day, with a total of 60-80 grams of protein.

**I don't have any energy to exercise. Is that OK and what should I do?**

We get that your body is tired, but it's very important to start moving right away. But don't worry, you don't have to start strong. In fact, a slow ramp up is best. Try short walks around your house or yard for the first couple of days, then move down the street, and so on. Soon, you'll get your energy back. Then, you can kick it into the next gear.

**I am struggling with emotions of sadness and/or anger about food. What do I do?**

There are many tools available that can help you manage your emotional and mental health during this time of major change. Consider journaling, talking to a trusted relative or friend, or finding a licensed therapist. Learn more about taking care of your mental health during your weight loss journey in the Mental Health section of this handbook.

## **My family is not being supportive. What can I do to find the support I need?**

There are many places to find support and connection with others on their weight-loss journeys. Saint Luke's offers regularly scheduled support groups, a public Facebook page and a private Facebook group. There are also many other online communities via social media platforms like Facebook, Instagram, YouTube, and a variety of podcasts.

## **LONG-TERM HEALTH & MAINTENANCE**

### **How can I prevent gaining the weight back?**

Make sure you follow the program guidelines. If you get off track you will need to figure out what caused it and correct it. If you need help, call the office to make an appointment, even if it is between regularly scheduled follow-up visits.

### **Do I really need to eat this way for the rest of my life?**

More than likely, yes, in order to maintain your healthier new weight. Everyone is different, and you will need to monitor yourself closely to ensure a maintenance diet that works best for you.

### **How often will I need to come back to see my care team?**

You will come back for six follow-up visits in the first two years after surgery: 2 weeks, 6 weeks, 3 months, 6 months, 12 months, 18 months, and 2 years. Beyond that, we will see you annually.

### **Why do you need to draw blood for lab work and for how long will I have to do it?**

We run labs regularly to monitor your vitamin levels, make sure you're not deficient in any area, and that your vitamins are being absorbed correctly. Just like taking your vitamins, blood work will be a lifelong routine.

### **What should I be careful of long term?**

Over the years, you'll want to be careful to avoid weight regain and vitamin deficiencies. Regain can be prevented, of course, by continuing to maintain a healthy diet and regular exercise routine. You can avoid vitamin deficiencies by taking your daily vitamins and supplements, and by getting your blood drawn at certain follow-up appointments (6 months, 1 year, 18 months, 2 years).

### **When can I get skin-removal surgery?**

Plastic surgeons will want to make sure you're at least 18-months post-surgery before discussing skin removal surgery. They will also want to see a steady maintenance of your ideal body weight. Discuss this option with your surgeon at your 18-month follow-up visit.

## **NUTRITION**

### **Why is protein so important, and how much am I supposed to be eating?**

Protein is essential for so many functions throughout the body, including helping build and maintain muscle mass and serving as a source of energy. But the body can't make protein without food, and it has no way to store it, so daily consumption is crucial. Without enough protein (60-80 grams per day), your body will start breaking down its own muscles as its protein source.

### **But what about carbs? How many should I aim for each day?**

There is no goal or target for carbohydrates because it can actually fluctuate based on your activity level. Keeping a food journal? Track your carbs and see if you're eating more or fewer carbohydrates than before. If you're seeing a weight stall or regain, it could be time to cut back on the carbs.

### **What about other micronutrients?**

All the other micronutrients you'll need (in addition to your regular high-protein, low-fat diet) can be found in the bariatric multivitamins you're now taking.

### **I don't like plain water. Am I allowed to sweeten it?**

Yes, learn more about how to get your daily water intake in the Nutrition section of this handbook.

### **Do protein shakes count toward my water goal?**

No. While protein shakes are a great tool for getting all your protein in during these early days at home, it's important to remember that they do not count toward your total water goal.

### **I just don't like the taste of vegetables. Can I still be successful with this surgery and new lifestyle?**

In all honesty, probably not. Eating a healthy and varied assortment of vegetables will play a very important role not only in your weight loss, but in your maintenance once you reach your goal. If you want to be successful in your weight-loss journey, we strongly suggest getting comfortable with veggies sooner rather than later.

### **Should I plan to cut out *all* carbs?**

No, this is not realistic. While we encourage you to significantly limit your carb intake, they still are an important part of fueling your new healthier body.



## Frequently Asked Questions

### Is it true that Dumping Syndrome only happens with gastric bypass and not with the gastric sleeve?

No, this is a common misconception. In fact, gastric sleeve patients can experience Dumping Syndrome too.

### When can I have coffee (or caffeine) again after surgery?

We know this one is particularly hard for some patients, and we appreciate your patience! Once you reach 6-weeks post-op, you can pour yourself a cup o' Joe. But be sure to keep your intake limited over the long term.

## EXERCISE

### When should I start exercising regularly?

You'll start exercising on day one: surgery day. Yes, that's right! Following our guidelines for the first six weeks, you'll work your way up slowly to an active and invigorating exercise regimen. Find more information on how to get started in the Post-op section of this handbook.

### How much should I be exercising?

Each stage of your weight-loss journey will be different as you'll start off slowly and gradually increase your time. Generally, our patients will follow these timing requirements:

- Pre-op Month 1: 60 minutes per week
- Pre-op Month 2: 100 minutes per week
- Pre-op Month 3: 150 minutes per week
- Post-op: Average of 150 minutes per week or more.

### Should I focus on cardio or strength training for my exercise?

Actually, both! It's important to incorporate both cardio and resistance training into your workout routine because you want to make sure you're burning calories as well as building muscle. If it feels overwhelming, start with a simple cardio routine and then add resistance training once you're feeling comfortable and established.

### It's painful to exercise. Why do I have to?

We know exercise may cause some pain at the beginning, but the fact is that once you commit, exercising will lead to positive results (and less pain!), while not exercising will only lead to more discomfort. The key is to find an entry point that suits your needs and abilities. We recommend starting with 60 minutes per week—that's just three 20-minute sessions, which can include activities like walking laps around your neighborhood, dancing in your living room, riding a bike, or swimming.

The goal is simply to make progress, no matter how small. Need more help? Your Saint Luke's exercise physiologist is here for you.

### Won't my smaller stomach do the work for me without exercise?

Yes and no. Your smaller stomach will certainly do its part, especially at the beginning. But to maximize your weight loss and help make sure you're setting yourself up for lifetime success, exercise is key. Regular exercise is beneficial for everyone, but especially surgical weight-loss patients. Those patients who incorporate regular exercise into their post-surgery lifestyle lose more weight and better maintain that loss over time.

### How can I find the time to exercise? I'm busy!

We know it's not always possible to *find* the time to exercise. That's why you have to *make* the time. A few options for making extra time is to get up an hour earlier three days a week, work out over your lunch break, or find exercises that can complement your regular daily routine. Once you've made that time, we recommend scheduling your workout sessions for the week ahead so that you're committing to yourself and keeping yourself accountable. Put those workouts on your calendar and don't forget to set reminder notifications!

### I don't want to go to the gym. Are there other ways to exercise?

Absolutely. When it comes to exercise, the world is your gym! Instead of reps on a machine or a group class, get outside for some walking, running, bike riding, golfing, or just about any sport. At home, find a world of fitness videos on YouTube, geared toward your style, preferences, and abilities. And you can always add some tools like exercise bands, ankle weights, or just a few free weights you can pick up any big box retailer. Ultimately, the best exercise is the one you enjoy the most. That because if you like it, you're more likely to come back to it again and again.

### How do I know if I'm doing the right exercises, or if I'm doing them the right way?

This is probably one of the most daunting hurdles for anyone new to exercise and we get it. Certainly, the best way to ensure you're doing the right exercises correctly is meet with a personal trainer who can help you develop a customized plan and guide you through it. Most gyms can or will provide this option for newcomers. If a trainer or gym membership aren't possible, head online for a number of

trustworthy fitness resources that help you learn proper techniques for basic exercises. When working out (at home or at the gym), use a mirror to ensure you're practicing good form—the key to avoiding injury. For more personal help, be sure to talk to your Saint Luke's exercise physiologist.

#### **Is it possible to exercise too much?**

Yes, there are some basic rules to follow to ensure you don't overdo it.

- Limit your routine to no more than six workouts in a seven-day period
- Alternate focus on upper and lower body when doing resistance workouts
- Make sure your muscles get a day of rest in between strength-training workouts. Without a 24-48 hour rest in between, your muscles will not have time to heal and that will be counterproductive to your overall goal.

#### **Which exercises will help prevent sagging skin?**

Unfortunately, no single exercise or specific routine can help prevent sagging skin, because the problem is more complex than that. Factors like genetics and your total weight-loss amount will determine how much, if any, sagging skin you'll be left with. Resistance (or strength) training exercises can help reduce your chances of having sagging skin, but, unfortunately for some the only way to get rid of excess skin is to have it surgically removed. If you have questions or concerns about your skin, talk to your Saint Luke's surgeon during your next follow-up visit.

## **MENTAL HEALTH**

#### **Do I need therapy?**

You might. Obesity can often be part of a larger problem for which regular visits with a licensed therapist can be extremely beneficial. To learn more about caring for your mental health during your weight-loss journey, please review the Mental Health section in this handbook.

#### **How much does a therapist cost?**

The cost of therapy depends on factors, such as your insurance coverage and which therapist you choose. You can start exploring your options by scheduling an appointment with a Saint Luke's Behavioral Health specialist.

#### **I feel sad about my weight loss success/lack of.**

#### **What do I do?**

Whether you're feeling disappointed by not yet reaching your goal weight or feeling uncomfortable in your new and different body, or anything in between, know this journey

is not easy and it takes work. Talking to a licensed therapist can help you find the best way to manage your wellness along the journey.

#### **Why do I feel a sense of grief or loss?**

Everyone handles this weight-loss journey differently and you may react in ways that surprise even yourself. The important thing is to not judge yourself and to find the support you need in others who can listen and understand. This could be a weight-loss support group (in-person or online), a licensed therapist, or a close and trusted family member or friend.

#### **I regret having this surgery. What do I do?**

Start by talking with your Saint Luke's surgeon or any member of your care team. We want to hear about it so we can help.

#### **Will my relationships with my friends and family change after surgery?**

They might. Just like every weight-loss surgery patient manages their journey differently, so do the loved ones (and others) in their lives. Some may face jealousy or judgment from former confidantes, or you simply may find that new hobbies, tastes and activities may change your dynamic. Working with a professional licensed therapist can help you manage these major changes in your life.

## **WEIGHT LOSS PROGRESS**

#### **How much weight will I lose?**

Unfortunately, this isn't a simple answer because everyone is different. There are a lot of factors that play into weight loss: activity level, food choices, portion sizes, starting weight, gender, etc.

#### **Do you lose different amounts depending on which surgery you get?**

Actually, no. The final amount of weight you will lose will be more determined by the effort you put into the weight loss rather than the specific surgery itself.

#### **When will I reach my goal weight?**

That all depends on your body and your commitment. There are many factors that play into weight loss and how fast it goes: activity level, food choices, portion sizes, starting weight, gender, etc.



## Frequently Asked Questions

## My weight loss has stalled. Now what?

There are many reasons that stalls happen, and they are perfectly normal. To learn more about stalls, why they happen, and tips on how to restart your weight loss, read the Post-op Stage section of this handbook.

I'm losing at a faster/slower rate than other people who have had this surgery. Is there something wrong with me?

No, as we have stated above, this is variable between patients. Don't compare yourself to others, it is not always apples to apples.

## Notes:



## Consent Form for Bariatric Surgery

I have reviewed the information provided to me by my surgeon, \_\_\_\_\_.  
They have reviewed with me the potential risks, complications and benefits from weight loss surgery. I hereby and direct \_\_\_\_\_ with associates or assistants of their choice to perform upon myself, \_\_\_\_\_.

The procedure has been described to me. I have been informed of the need for dietary changes, development of an exercise plan, and the need for psychological counseling. It has been reviewed with me the importance of proper nutrition, eating a balanced diet, and taking vitamin and mineral supplements for a lifetime.

- There are no guarantees for weight loss and long-term weight management.
- Lifetime follow-up is required.
- Lab work will be required annually or more often as directed by my physician.
- Complications were discussed including:

**SURGICAL:**

- Potentially serious complications which could result in death, further surgery, or prolonged hospital stays.
- Bleeding, inside the bowel or abdominal cavity (this may require transfusion of blood or blood products).
- Surgical site infections, either superficial or deep. This includes port sites for laparoscopic access. This could lead to wound breakdowns and hernia formation.
- Perforation (leak) of the stomach or intestine causing peritonitis, subphrenic abscess, or enterocutaneous or enterocutaneous fistulas.
- Sepsis, Systemic Inflammatory Response Syndrome (SIRS).
- Adult Respiratory Distress Syndrome (ARDS).
- Myocardial infarction (heart attack).
- Cardiac rhythm disturbances.
- Congestive heart failure.
- Atelectasis, pneumonia.
- Pulmonary edema (fluid in the lungs).
- Pleural effusions (fluid around the lungs).
- Injury to adjacent structures including the spleen, liver, diaphragm, pancreas, and colon. This may require repair or removal of the injured organ
- Stroke.
- Kidney failure.
- Pressure sores, rhabdomyolysis.
- Deep vein thrombosis (blood clots in the legs or arms).
- Pulmonary embolism (clots migrating to the heart and lungs).
- Staple line disruptions.

- Ulcer formation (marginal ulcer or in the distal stomach).
- Gastric outlet or small bowel obstruction.
- Internal or Incisional hernias.
- Dehiscence or evisceration.
- Inadequate or excessive weight loss.
- Kidney stones.
- Gout.
- Encephalopathy.
- Stoma stenosis.
- Urinary tract infections.
- Esophageal, pouch, or small bowel motility disorders.
- Death

**NUTRITIONAL COMPLICATIONS:**

- Protein malnutrition, which could lead to a second surgery to lengthen the common channel
- Vitamin deficiencies including B12, B1, B6, Folate, and fat soluble vitamins A, D, E, K
- Mineral deficiencies including calcium, magnesium, iron, zinc, and copper and other trace minerals.
- Uncorrected deficiencies could lead to anemia, neuro-psychiatric disorders and neuropathy.

**PSYCHIATRIC:**

- Depression, or need for counseling
- Bulimia / Anorexia
- Dysfunctional social problems or worsening of preexisting problems.

**OTHER COMPLICATIONS:**

- Smoking may contribute to adverse outcomes
- Constipation, diarrhea, bloating, cramping
- Development of gallstones or gallbladder disease
- Intolerance of refined or simple sugars, dumping, with nausea, sweating, and weakness
- Low blood sugar, especially with improper eating habits
- Vomiting, inability to eat certain foods, especially with improper eating habits or poor dentition.
- Loose skin, Intertriginous dermatitis due to loose skin.
- Diarrhea or malodorous gas, especially with improper food habits.
- Hair loss (alopecia).
- Esophagitis or acid reflux
- Anemia.
- Bone disease.
- Stretching of the pouch or stoma.
- Cold intolerance.

- Fatty liver disease or non-alcoholic fatty liver disease (NAFL), progression of the preexisting NAFL or cirrhosis.
- Vitamin deficiencies may already exist before surgery.
- Diminished alcohol tolerance.

Pregnancy should be deferred for 12-18 months after surgery or until the weight loss has stabilized. Vitamin supplementation during the pregnancy should be continued. Extra folic acid should be taken if pregnancy is planned. Obese mothers have children with a higher incidence of neural tube defects and congenital heart defects. Pregnancy should be discussed with obstetrician. Special nutrition needs may be indicated or necessary. Secure forms of birth control should be used in the first year after surgery. Fertility may improve with weight loss.

#### I. Summary

You are being offered this procedure because your surgeon believes it is a medically reasonable option in your case. Your part of the decision to undergo surgery is more complex and more important. Before choosing to undergo bariatric surgery, you must:

1. Believe that your weight is a medically significant problem.
2. Believe that you have exhausted all non-surgical options for weight loss.
3. Understand the expected outcomes and the risks of the surgery.
4. Believe that the tradeoffs and risks associated with surgery are worth the risks for you.
5. Pledge to comply with recommended follow up visits with your surgeon, or to work with your surgeon to make other arrangements if you move.
6. Pledge to keep Saint Luke's Center for Surgical Weight Loss informed of your address/phone

**If all of the above are true, please sign below:**

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Patient Signature

Date

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Physician's Signature

Date

---

Witness Signature

Date



 **Saint Luke's**™

*the intersection of*  
**INNOVATION • HOPE**