

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Residence: \_\_\_\_\_

Phone: \_\_\_\_\_

Sex: \_\_\_\_\_

Age: \_\_\_\_\_ D.O.B.: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

BMI: \_\_\_\_\_

Hypertension: \_\_\_\_\_ On Meds: \_\_\_\_\_ Controlled: \_\_\_\_\_

Previous Bariatric Surgery: \_\_\_\_\_

Peripheral Vascular Disease: \_\_\_\_\_

Family History of Deep Vein Thrombosis or Pulmonary Embolus: \_\_\_\_\_

Family History of Heart Disease: \_\_\_\_\_

Ever had Cardiac Catheterization or Intervention: \_\_\_\_\_

Last General Anesthesia: \_\_\_\_\_

Severe Shortness of Breathe: \_\_\_\_\_

Smoke: \_\_\_\_\_

Sleep Apnea: \_\_\_\_\_

Steroids: \_\_\_\_\_

**Score:**

- Male 1
- Age > 45 1
  
- BMI > 50 1
- HX PE 1
- Hypertension 1
  
- A 0-1
- B 2-3
- C 2-5

Appointment: \_\_\_\_\_

Surgery: \_\_\_\_\_

List of Medications:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## OUTPATIENT PHYSICIAN REQUISITION FORM

Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Date: \_\_\_\_\_

### Service Requested:

Clearance for Surgery

CBC

CMP

H Pylori

EPA and Lateral Chest

EKG

Diagnosis:

Physician Signature: \_\_\_\_\_

- Eat Slowly and chew thoroughly- at least 25 times!
- Avoid concentrated sugars, especially those in liquid form (see page 6). They are filled with non-nutrient calories and slow down weight loss.
- Limit fats and fried foods; they are a concentrated source of calories.
- Remember the stomach can only hold 4-6 ounces after surgery. You will probably feel satisfied after 2-3 tablespoons of food. Do not overeat! Over time your stomach will stretch. It takes 6-9 months (possibly longer) for your new stomach size to stabilize and allow you to determine your normal meal amount.
- Stop eating when you feel comfortably satisfied- if ignored, vomiting will follow and you can stretch the size of the stomach. If you are unable to keep anything down and are having extreme difficulty staying hydrated, sip on Gatorade which also has electrolytes necessary for normal cell function. Once you feel better, return to non-calorie beverages such as water and diet drinks.
- Drink at least 6-8 cups (8oz.) of fluid per day to prevent dehydration. (Monitor for following signs: headache, dizziness, nausea, lethargy, a white-ish coating on the tongue and dark urine.)
- Stop drinking liquids 15 minutes before meals and resume 30-45 minutes after meals.
- Eat 3 small nutrient dense meals +1 high protein snack a day.
- Meals should include: protein first, then fruits and vegetables, and then whole grains.
- Set up a schedule for supplements (vitamins, minerals and protein shakes; refer to supplement page) and medications; remember to take Calcium with meals and separate from iron supplements.
- Introduce new foods one at a time in order to rule out an intolerance. If a food is not tolerated, reintroduce it in one week.
- If you cannot tolerate dairy, substitute Lactaid for milk. You may need to take Lactase pills with dairy to help digest the lactose. You can also try soy milk fortified with calcium and vitamin D.
- Exercise! This is the key to long-term weight loss and maintenance. Walking should be the main exercise for the first 6 weeks. Between 6-8 weeks, more strenuous exercises can be added.

These are general guidelines regarding when to introduce various foods. Everyone is different and may not progress at the same rate.

**Day 1 Post-Op:** Nothing by mouth.

**Week 1:** Bariatric surgery clear liquids. No concentrated sweets. No carbonated beverages. Try to consume 3-4 ounces of fluid every hour that you are awake (not during meal time). **NO SOLID FOODS.**

**Week 2:** Thickened liquids, protein shakes, chewable vitamins. **NO SOLID FOODS.**

**Week 3:** Home soft diet (high protein foods). You should be consuming 4-6 ounces of fluids every hour. You should be consuming approximately 500-700 calories and 50-70 grams of protein.

**Weeks 4-5:** All foods tolerated, tofu, fish, and seafood, thinly sliced deli turkey or ham and other lunch meats, slices of low fat cheese, unsweetened canned or cooked fruit, potatoes, squash, unsweetened cereal with skim milk, boiled chicken in broth (cut into small pieces), crisp toast, crackers, beans, and peas, and lean moist turkey and beef.

**Weeks 6-8:** Diced poultry (no skin), vegetable burgers, soft cooked vegetables, soft fruits (watermelons, honeydew, peaches, plums), well-cooked pasta.

**3 Months Post-Op:** Rice, untoasted bread, lean and moist meat and poultry.

**4 Months Post-Op:** Veal, crunchy fruits and vegetables including salads.

**6 Months Post-Op:** Beef and pork (choose poultry and fish more often in view of lower fat content).

The diet should always be high in protein and low in refined carbohydrates (white flour). Preferably, choose protein first, and then fruits and vegetables, and then whole grains.

### **Bariatric Surgery Clears**

- You will be drinking water, tea, broth, sugar free Jell-O, and Gatorade.
- Try to sip fluids at the rate of 1/2 to 1 ounce per 20 minutes (=1 1/2 to 3 ounces per hour).
- Sipping fluids out of bottles or straws may cause gas. Gas is already a problem after surgery so you will not want to make it worse.

\*Gatorade can be used in the hospital and should be discontinued when you return home. If you experience diarrhea or vomiting, Gatorade can be used during that time to help re-hydrate.

### **Bariatric Surgery Pureed-**

- You will be given foods like pureed poultry and meat, mashed potatoes and unsweetened apple sauce.
- You will only be able to eat a few tablespoons of food.
- It is up to you to control how much you eat.

### **Bariatric Surgery Home Soft Diet-**

- Blenderized meat and poultry, soft poached eggs.
- Low fat cottage cheese, sugar free puddings.
- Unsweetened applesauce, pureed canned peaches (not in syrup), mashed ripe bananas.
- Blended soft cooked vegetables, or overcooked and mashed with a fork.
- Oatmeal, grits, farina.

**Bariatric Surgery Solids-** If you can tolerate the items in the soft diet after 3-4 weeks, you will gradually advance to solids. This is a modified diet which emphasizes lean protein, fruits/vegetables, and whole grains and de-emphasizes fat and sugar.

- This diet is very individualized. It is normal to experience food intolerances. Try to reintroduce that food a week later while focusing on eating slowly, chewing thoroughly, and not overeating.
- You will eventually be able to tolerate a variety of food from each of the food groups.

**Food Suggestions for Home Soft Diet**

FOOD GROUP	FOOD CHOICES
Bread, Cereal, Pasta, and Rice 1-2 Serving/d 1=1/2 cup	Hot cereal (with skim milk)- unsweetened oatmeal, cream of wheat, and grits
Fruit 1-2 Serving/d 1=1/2 cup	Unsweetened apple sauce, pureed canned/jarred peaches and pears in their own juice (not syrup), any fruit pureed without the skin, mashed ripe bananas.
Vegetable 1-2 Serving/d 1=1/2 cup	Any vegetable (except corn) cooked soft and blended or mashed with the back of a fork. Make sure broccoli and cauliflower are cooked very well.
Meat, Poultry, Fish, Nuts, Beans and Eggs 2-3 Serving/d 1=1/2	Chopped up soft poached eggs or scrambled eggs. Egg salad with low fat mayo. Blenderized meat and poultry and flaked fish (fillet) cooked very soft and moist (mix with lemon, light dressing, a pinch of oil). Blenderized tuna salad without vegetables. Very soft/moist meatloaf (after one week), gefilte fish, and silken tofu.
Milk, Cheese, and Yogurt 3-4 Serving/d 1=1/2 cup	Skim milk or Skim Plus. Low fat or non-fat cottage cheese or ricotta cheese, sugar free custards and puddings, non-fat unsweetened/low sugar yogurt (Dannon Light and Fit <sup>®</sup> , Columbo Light <sup>®</sup> ), sugar free frozen yogurt, and sugar free fat free ice cream.
Fats and Oils	LIMIT ALL
Miscellaneous 2-3 Serving/d 1=1/2 cup	Canned soups, handmade soups (vegetable, meat, poultry contents should be overcooked or blended)- limit cream soups- Healthy Choice <sup>®</sup> , Progresso Lite <sup>®</sup> , and Healthy Request <sup>®</sup> , egg drop soup and miso soup. Sugar free Jell-O, sugar free popsicles (Dole <sup>®</sup> , Starburst <sup>®</sup> ), Pedialyte <sup>®</sup> popsicles, sugar free/fat free ice cream. Artificial sweeteners which are acceptable: NutraSweet/Equal <sup>®</sup> , Sweet n' Low <sup>®</sup> / Saccharine and Splenda <sup>®</sup> /sucralose.
Liquids (sip throughout the day but not during meals. Try to drink at least 6-8 8 ounce cups of fluid per day)	Flat diet soda, Skim milk or Skim Plus, Crystal Light <sup>®</sup> , decaf coffee and tea, all broths, any sugar free beverages (sugar free Kool Aid <sup>®</sup> and sugar free Tang <sup>®</sup> ), and water! Gatorade <sup>®*</sup>

\*Gatorade can be used in the hospital and should be discontinued when you return home. If you experience diarrhea or vomiting, Gatorade can be used during that time to help re-hydrate.

\*Can I use baby food? For people who do not want to do any preparing, canned and jarred baby foods are acceptable. Choose the ones low in sugar and higher in protein (meat and chicken).

\*Most foods can be eaten (low in sugar and fat) as long as they are put into a blender and the final consistency is puree.

### Concentrated Sweets

Most of the foods and beverages that contain concentrated sweets are filled with “empty” calories in the form of sugar. These products provide mainly calories with limited nutritional value, which means they often do not contain a good amount of vitamins, minerals, protein and fiber. The nutrients are essential after weight loss surgery to help you recover and receive the nutrition that you need. After surgery, every bite counts. Filling up on these “concentrated sweets” can prevent weight loss and can replace healthier foods in your diet with high calorie, high sugary foods. Take a look at the concentrated foods/beverages below and make a mental note of a healthier option for you.

Note: Artificial sweeteners such as NutraSweet/Equal<sup>®</sup>, saccharine/Sweet n’ Low<sup>®</sup>, and sucralose/Splenda<sup>®</sup> are OK to use.

Ice Cream	Regular soft drinks
Chocolate milk	Lemonade
Pudding	Kool Aid
Sweetened, fruited or frozen yogurt	Sugared ice tea
Dried fruits	Snapple or fruit drinks
Canned or frozen fruits in syrup	Table sugar
Fruit juice	Honey
Sugar coated cereal	Candy
Doughnut	Regular Jell-O
Popsicles	Sugar Gum
Cakes	Molasses
Pies	Syrups
Cookies	Sherbet/Sorbet
Jellies	Jams

### Supplement Rx

\*You will require vitamin and mineral supplements for the rest of your life in order to prevent deficiencies. Remember, you are eating much less food and it will be harder to get the proper nutrition each day.

The first 3 weeks after surgery:

- Chewable Multi-Vitamins: Flinstones Complete, Centrum Jr. with iron, or adult chewables (Children's: chew 1 in the AM and 1 in the PM. Adult's: chew 1 daily)
- Chewable Calcium: Tums (any strength), Viactiv (Chew 1 in the AM and 1 in the PM- best if taken with food). Remember, you are only on this type of calcium for 3 weeks.
- Vitamin D: As prescribed by MD/RD, only if your preoperative levels are low.
- Protein Shakes: These must be high in protein (15 to 25 grams/serving) AND low sugar (less than 6 grams/serving). You must read product labels to determine the nutritional value. There are 2 types of protein shakes: Pre-mixed and Powders mixed with milk.

Pre-Mixed (ready to drink)	Powders (mixed with milk*)
Atkins, Myoplex Low Carb, Perfect Zero Carb, Isopure, Slimfast Low Carb	Designer Protein, GNC Challenge 95, Whey Supreme, No Added sugar Carnation Instant Breakfast, Revival Soy, Lindora

\* Directions for powders: Add protein powder by the scoop/tablespoon to 8 ounces Skim Plus Milk, Skim Milk, or Fat Free Lactaid daily. You may choose to drink your shake in 2-4 ounce servings.

After surgery you will need between 50-70 grams of protein a day. In order to meet your protein needs, protein shakes such as the ones listed above, will supplement your meal plans. Once you are able to get enough protein from your food, you will not need to continue using protein shakes on a daily basis.



## **FOUR RULES OF SUCCESS!**

<b>#1 PROTEIN</b>	<b>#2 NO GRAZING</b>
<p>Eat protein first at any meal. Protein will help rebuild cells and is a natural appetite suppressant. Strive for 60 grams per day. Carbohydrates will stimulate your appetite.</p>	<p>It is possible to “out eat” this surgery by eating very small amounts all day long. We are still the product of calories in versus calories used. You can consume a lot of calories by constantly grazing.</p>
<b>#3 DRINK WATER</b>	<b>#4 EXERCISE</b>
<p>Water will allow your internal organs to work more efficiently so that they can burn the maximum of fat. Strive for 64 ounces per day.</p>	<p>Exercise is the key to maximum success and is the most important of the 4 rules. Exercise will help you to reach your goal weight and maintain your weight loss long term. Strive for a vigorous workout at least 3 to 4 times per week.</p>

For more tips go to my website- <http://www.wlscenter.com>

### Do you need a diet higher in protein?

You may need more protein if you are:

1. On a weight-loss diet
2. Weight-loss surgery patient
3. Over 50 years old
4. Physically active, weather an athlete or just beginning an exercise program

### Why do you need protein?

1. To maintain muscle mass. Physical activity and aging cause muscle breakdown, and the body rebuilds muscles from protein in the diet.
2. To support metabolism. Muscle mass drives the body's calorie use. The more muscle mass, the more calories you need to maintain your muscle.
3. To account for increased needs and less efficient absorption of protein. Weight-loss surgery changes the way your body can accept food by decreasing the absorptive surface area, which means that small, frequent meals with protein will better meet your nutritional needs.

### How much protein do you need each day?

To calculate your protein needs if you have higher requirements, multiply your body weight in pounds by 0.5 (moderate) to 1.0 (high) to get the number of grams of protein per day. For example: If you weigh 250 in pounds, multiply 250 by 0.5=120 grams of protein per day for moderate intake or multiply 250 by 1.0=250 grams for higher intake. People not needing these higher amounts can multiply their body weight by 0.5 to 0.8 to get their recommended grams of protein per day.

### What is the best way to eat enough protein?

Divide your protein intake for the day for better absorption. Take the total amount of protein calculated above and eat servings from an excellent source three to six times daily. So, if you need 125 grams of protein each day, you can start with six small meals, each containing 21 grams of protein. Use the chart below to calculate grams of protein from excellent protein sources.\*

<b>FOOD</b>	<b>SERVING SIZE</b>	<b>GRAMS OF PROTEIN/SERVING</b>
<b>Lean Meat</b> (beef, pork, chicken, turkey, lamb)	3 ounces	15-18
<b>Fish</b> (omega-3-fatty-acid-rich salmon, tuna, mackerel, sardines, or other fish, or shrimp, crab, lobster)	3 ounces	18-21
<b>Eggs, Egg Substitute or Egg Whites</b>	2 medium or 3 whites	11
<b>Legumes</b> (pintos, black beans, garbanzos, kidney, red beans, and others)	1 cup	12-15
<b>Soy</b> (tofu- 1 cup, soy milk- 12 ounces, soy nuts- 1/2 cup, cooked soybeans- 1/2 cup, soy protein powder- 1 ounce)	N/A	11-16
<b>Whey Protein Powder</b>	1 ounce	23

\*Data from [www.usda.gov](http://www.usda.gov)



**FEES FOR LAPAROSCOPIC SLEEVE GASTRECTOMY ARE TO BE PAID IN  
4 INDIVIDUAL PAYMENTS 10 DAYS PRIOR TO SURGERY DATE**

1. New Iberia Surgery Center \_\_\_\_\_ \$5,000  
(Debit or credit card or cashier's check)
2. Young Professional Services \_\_\_\_\_ \$600  
(Cashier's Check Only)

Payments 1&2 are to be mailed to-  
New Iberia Surgery Center  
2309 East Main Street, Suite 300  
New Iberia, Louisiana 70560  
(in same envelope)

Phone: (337)560-9622

- 
3. Michael Tarantino, M.D. \_\_\_\_\_ \$1000  
(Cashier's Check Only)
  4. Thomas Borland, M.D. \_\_\_\_\_ Surgery fee--\$3000  
(Cashier's Check Only)  
Consultation Fee--\$200  
(Personal Check or Cash Only)

Payments 3&4 are to be mailed to-  
2312 East Main Street, Suite D  
New Iberia, Louisiana 70560  
(in same envelope)

## **Bariatric Colon Prep**

### **Day Before and One Week After Surgery**

Clear Liquids ONLY (No Solid Foods!)

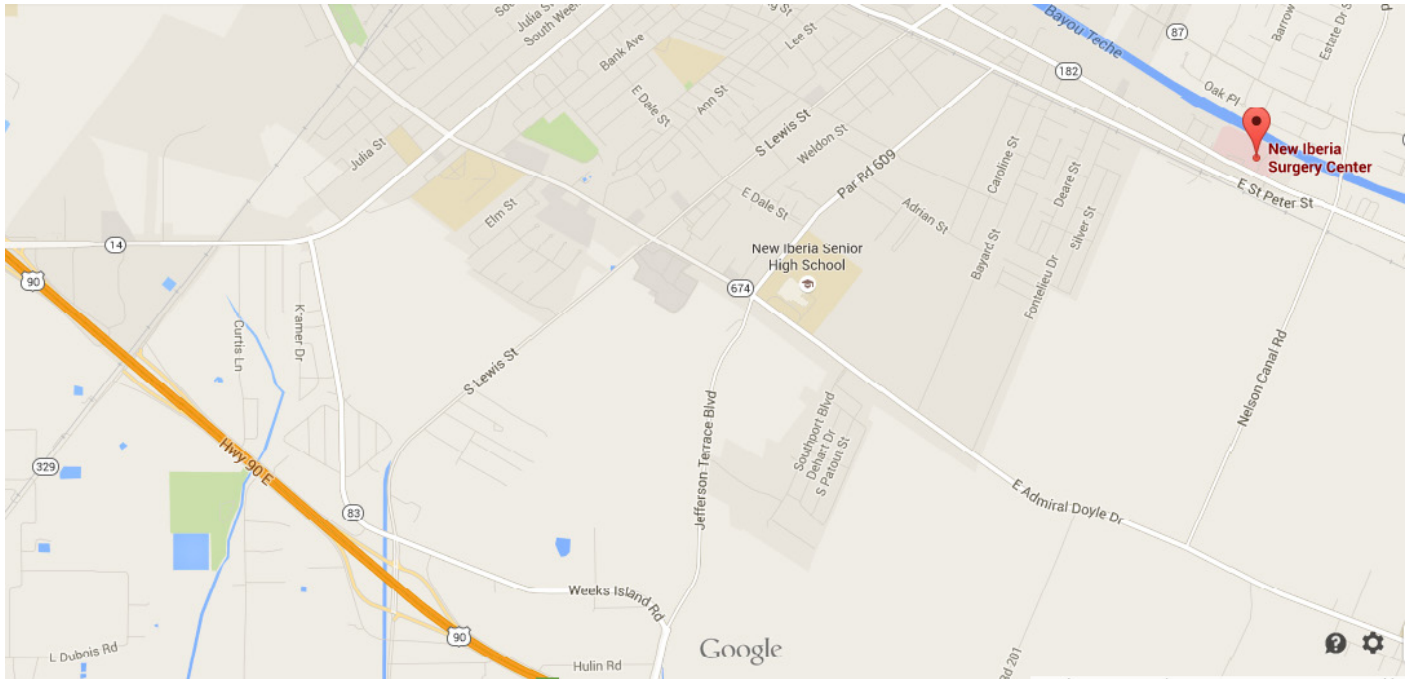
Clear chicken and beef broth, strained clear soups, sports drinks, fruit-juices (no pulp), apple juice, white grape juice, white cranberry juice, water, tea, coffee (no cream or milk), Kool-Aids, tang, popsicles, Jell-O (no fruit or toppings added), ice chips.

### **Day Before**

4:00 PM 10-ounce bottle magnesium citrate

6:00 PM 10-ounce bottle magnesium citrate

**You may continue on clear liquids until midnight.  
Do not eat or drink after midnight!**



**\*\*From I-10 take Exit 103A into Lafayette/Hwy 90 East (I-49 Corridor)  
Hwy 182 Exit, Exit 128A, or Exit 130 into New Iberia**

**\*\*From New Orleans, take Hwy 90 West, take Exit 130, Merge right into New Iberia**

**Candlewood Suites**  
2600 Hwy 14 E  
New Iberia, LA 70560  
(337) 256-8113

**Comfort Suites**  
2817 Hwy 14 E  
New Iberia, LA  
(337) 367-0855

**Days Inn**  
611 Queen City Dr  
New Iberia, LA 70560  
(337) 560-9500

**La Quinta Inn**  
611A Queen City Dr  
New Iberia, LA 70560  
(337) 321-6000

**Hampton Inn & Suites**  
400 Spanish Town Blvd  
New Iberia, LA 70560  
(337) 321-6700

**Ramada Inn**  
2915 Hwy 14 E  
New Iberia, LA 70560  
(337) 367-1201

**Holiday Inn Express**  
318 W. Hwy 90 Frontage Road  
New Iberia, LA 70560  
(337) 408-2700

**Super 8**  
2714 Hwy 14 E  
New Iberia, LA 70560  
(337) 364-3030