

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.