

IntraGastric Balloon – Dietary Guidelines – Fluid Phase



Congratulations in making the decision to finally take control of your health by choosing to work with the gastric balloon which will help reduce your portions and make you feel fuller for longer. In preparation for the procedure you will need to follow the following dietary guidelines:

- In preparation for the procedure: fast from the night before 12pm onwards
- On the day of the procedure consume clear fluids only
- Day 2 to day 6 consume free fluids, based on nausea levels
- Day 7 to day 14 upgrade slowly to a full diet
- Take a multi vitamin daily- your dietitian will recommend one for your



Week 1
Fluids only
Based on nausea



Week 2
Purée to soft to solid food as your
stomach adjusts

Which Fluids?

The main issue you will need to deal with immediately post the insertion of the gastric balloon is nausea, as your stomach gets used to balloon being present. It is for this reason that fluids are recommended for the first 7 days immediately after the procedure.

DAY OF THE PROCEDURE:

On the day of the procedure you will be consuming clear fluids such as any strained fruit or vegetables juice, decaffeinated coffee and tea, broth and water. It is crucial to keep your fluids up close to 2 litres per day in total to avoid dehydration and aim seek clear coloured urine.

DAY 2 – DAY 6, FREE FLUIDS:

So what is considered a liquid? Any food or liquid that has been blended to resemble the consistency of a smoothie or a pumpkin soup that is completely smooth with no “bits or lumps”. If you had a straw the same size as you would find at McDonald’s or Hungry Jack’s, rather than a soft drink straw and if you could suck the fluid prepared through the straw and it has no” bits”, it’s perfect. You are right on the mark. I would consider that a fluid. (Please note: Do not drink all your fluids up the straw. This is unnecessary, but is a good measure of test.)

The day after the insertion of the gastric balloon, you can upgrade to more nourishing fluids -- that is, liquids that provide vitamins, minerals and protein, as long as they can pass through a straw. Also, start taking your daily soluble vitamin and mineral supplement. This will help maintain your energy levels during the fluid phase and provide adequate nutrition for your over all well being.

Here are good nutritional fluid choices:

- **Low-fat milk of any type (cow, soy, etc.)**
 - Prepare smoothies, milkshakes.
 - Flavour with a chocolate powder and make a low-fat hot chocolate (but give the marshmallows a miss!).
 - Make a latté (all milk coffee).
 - Prepare a meal replacement sachet with low-fat milk (not water as usually recommended).
 - There are numerous commercially available pre-flavoured UHT or fresh milk drinks.
 - If you know that you are lactose intolerant, please use lactose-free milk or soy milk to avoid problems with diarrhea.



- **Drinking yoghurt**
 - Drinking yoghurt (available commercially) is a very thin liquid, as the consistency of cow's milk in the carton or bottle. Yoghurt from the tub is not considered a fluid because it is not drinkable through a straw.

- **Fruit or vegetable juice**

- Buy fruit or vegetable juice or prepare your own at home by using a juicer.
- Vary the types of fruits and vegetables used to maximize the nutritional value and avoid becoming bored. (For example, a cocktail of orange, apple, guava and pineapple juice is much better nutritionally for you than just a plain apple or orange juice).
- Many commercial juice bars are available for when you are traveling in the shopping centers. It is best to buy a smoothie-based drink due to the extra protein rather than just fruit juice which has no protein.



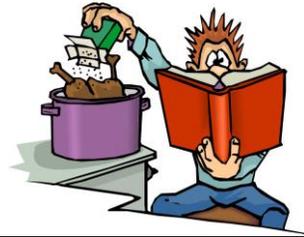
Soups, casseroles, curries

- All fluid types mentioned thus far are of a sweet base only. Soups, casseroles, and curries are the only savoury flavors.
- It is really important to be as creative as possible with this category or you may struggle as you fatigue of the frequency of sweet-based drinks.



Soups, casseroles, and curries can be a welcome change. Most meals which you would prepare for the family, such as soups, casseroles, curries, and risotto, can all be blended into a liquid. Put your portion of the meal in a blender, add extra liquid such as stock, milk or water, and blend. If it thickens up, add more liquid and keep blending until completely smooth. Voilà...there is your liquid! Get creative; you will be surprised!

RECIPE IDEAS :



<p><u>Mango Drink</u> 2 mangoes 2 oranges juice of lime 8 tablespoons apple juice / cranberry juice And blend</p>	<p><u>Tropical Fruit Drink</u> 1 cup tropical fruit juice 200gm low fat fruit yoghurt 1 banana And blend</p>
<p><u>Soup</u> Use any cook book you have at home, choose a soup that looks tasty and blend your portion.</p>	<p><u>Vegetable Juice</u> 4 carrots 1 apple And process through juicer</p>
<p><u>Apricot Yoghurt Drink</u> 200gm low fat natural yoghurt 1 cup unsweetened apricot halves ½ cup low fat milk And blend</p>	<p><u>Banana Smoothie</u> 1 small ripe banana 4 strawberries 1 tablespoon oat bran, barley bran 1 cup low fat milk 200gm low fat yoghurt And blend</p>
<p><u>Vegetable juice</u> 3 carrots 1 apple ½ orange 1 celery stick....And process through juicer</p>	<p><u>Vegetable juice – Your Mix</u> Mix your favourite cocktail of vegetables and fruit and process through the juicer</p>

HOW MANY FLUIDS?

After the placement of the Gastric Balloon, your stomach has a limited capacity, so it is important to get optimal nutrition from small quantities.

As a starting point, use this as a guide:

- You need to consume a minimum of six nourishing drinks per day.
- Each drink equates to 250 ml volume.
- Of the six drinks, try and aim for two to three dairy-based drinks per day.
- Include one low-calorie meal replacement milkshake sachet per day.

The “six nourishing drinks per day” is just a starting point. You need to drink as much as necessary to satisfy your thirst and hunger. There is no maximum; just a minimum of six drinks plus your daily soluble multi-vitamin and mineral supplement to get your nutrition in.

Here are two sample meal plans to give you a good idea of how to plan your food intake:

- **Sample Meal Plan 1:**
 - **(BF)** Fruit smoothie (with meal replacement sachet)
 - **(MT)** Fruit juice/vegetable juice
 - **(L)** Soup/casserole (Savoury, vitamized choice)
 - **(AT)** All milk-based coffee
 - **(D)** Soup/casserole (Savoury, vitamized choice)
 - **(S)** Low-fat hot chocolate

- **Sample Meal Plan 2:**

- **(BF)** A tall low-fat cappuccino
- **(MT)** Fruit juice/vegetable juice
- **(L)** Soup/casserole (Savoury, vitamized choice)
- **(AT)** Fruit smoothie (with meal replacement sachet)
- **(D)** Soup/casserole (Savory, vitamized choice)
- **(S)** Low-fat hot chocolate

I highly recommend that you have your savoury fluids at both lunch and dinner, as it will make you feel as though you have had a “real” meal and not another sweet drink.

You can have other fluids such as water, coffee and tea, but please do not replace any of your nourishing drinks with these. Have them in addition to your minimum of six nourishing drinks every day.

Speed Of Drinking

Drink slowly, taking small sips. How slow to sip? Think of it this way: When you have a piping hot cup of tea or coffee, you have no choice but to sip slowly and very delicately. This is how slowly I would like you to drink your fluids during the fluid phase.



Do not drink more than 100ml at the one sitting. Wait 10 minutes between each drink. Remember aim for a total of 2 litres of fluid per day. To achieve this you will be grazing all day long.

Managing Nausea

You may find that the FREE nourishing drinks may the nausea worse. Offending fluids may be very salty soups (these tend to be the packet or tinned sorts), strong tea or coffee, acidic fruit juices such as orange or pineapple juice, and very hot or cold drinks.

Until the nausea settles it is best to dilute your fluids with water and keep to room temperature drinks. Also, consider sipping on water containing fresh ginger and avoid the strong smells of the kitchen.

Suck on ice cubes or icy poles to support energy and hydration levels.



Managing Constipation

There are a number of reasons why you may get constipated. These include:

- (1) Lack of fibre during the fluid phase
- (2) Dehydration (not getting enough fluids)

Of these possible causes, I find that dehydration is the most common reason. Why? The nausea can be quite significant and your fluid intake will be compromised. As a result, you drink less, and thus get dehydrated.

It is very important to stay well hydrated. Graze as often and as much as you need to get the job done. Aim for a total of two litres of fluid every day, including the six nourishing drinks. This means that you may need another two to three drinks in addition to those six nourishing drinks to hit the mark.



One of the best guides to your level of hydration is the color of your urine. As you are taking a multi-vitamin supplement, you want to have very pale, yellow-colored urine.

To increase fibre in your diet, consider adding fibre to your fluids such as:

- Oat bran or barley bran into your smoothies and soups
- Add lots of dried pulses to savoury fluids
- Consider a fibre supplement which will not jell into a solid mass. Ask your pharmacist for an appropriate supplement.

I also have a trick of my own to help prevent and manage constipation which I find works very well. Drink one nip of either pear or prune juice followed by a mug of plain boiling water two to three times a day.

If all the above have failed you, go down to your local pharmacy and request a liquid-based laxative to get your bowels moving. Avoid delays as you may begin to feel quite uncomfortable.

Survival Tips

When preparing soups or casseroles prior to your procedure, plan ahead and freeze single serving sizes for yourself in small containers or plastic bags. This will help limit your time required around the kitchen if you are not feeling well.

Cook your portion of what the family is eating (such as a risotto, roast dinner, curry, casserole, cottage pie) a little further in advance and blend your portion into a soup by adding an appropriate liquid such as water, stock, gravy, or milk.

You can avoid cooking all together and buy a meal from the local shopping centre food court or restaurant such as a curry and vitimize this into a liquid at home. How easy!

If you still need to prepare meals for the family, plan ahead by cooking some in advance and freezing. Also, consider asking other family members to prepare some of the meals. You may be surprised how helpful and supportive your family will be if you tell them what you need.

Contact Helen Bauzon on 0413 265 296 if you have concerns around your dietary intake.