

# WEIGHT LOSS SURGERY DIETARY

## TRANSITIONAL PHASES

The purpose of this document is to provide a summary of the timing that you need to stay on each dietary phase pre and post your weight loss surgery. For additional details, please refer to the dietary handouts provided by your dietitian.

The sample meal plans in the lapbase app, are to provide a guide only. There is an option where you can exchange some food options. For example swapping berries to strawberries etc. Your dietitian will set you up for the lapbase app.

### PRE SURGERY – 2 weeks

- Everyone completes 2 weeks on the Very Low Calorie Diet (VLCD), unless your surgeon requests a different time
- You will be provided a range of Optifast products which you can supplement yourself with.
- For details please refer to the VLCD document

### POST SURGERY - Gastric Sleeve and Bypass surgeries

1. 2 weeks full fluids (stage 1)
2. 2 weeks pureed food (stage 2)
3. 1 week soft solid (stage 3)
4. Full diet as tolerated (stage 4)

The above time frames are suggested time frames to remain in each stage. You must stay a minimum of 2 weeks on full fluids and pureed food as a minimum. The progression onto ultimately a full diet may take longer, based on your individual tolerance level. Your dietitian will discuss this further with you

The weight loss surgery specific multi vitamins are commended during the liquid phase.

### POST SURGERY - Gastric band

1. 1 week free fluids (stage 1)
2. 1 week pureed food (stage 2)
3. 1 week soft solid (stage 3)
4. Full diet as tolerated

Please contact your dietitian for further tailored advice