DIETARY GUIDELINES FOR GASTRIC BAND PATIENTS

THE DAY AFTER YOUR SURGERY (DAY 1)

The day you come home you should remain on a clear liquid diet. This includes, but is not limited to, water, tea, coffee (without cream), clear juices such as grape or apple juice, clear broth, sugar-free popsicles. You may have diet soda, but the carbonation may cause excessive belching which may make you uncomfortable.

THE FIRST WEEK AFTER YOUR SURGERY (Day 2-8)

In addition to clear liquids, you may now start adding full liquids to your diet. “Full liquids” are liquids you cannot see through. These include skim milk, other types of juices such as orange juice, cream soups (strained), cream of wheat cooked cereal with enough skim milk added to make it “soupy.” You may also have sugar-free pudding and yogurt (without pieces of fruit) at this time.

WEEK 2-3 AFTER YOUR SURGERY

You may start adding more solid foods to your diet. They should be soft or pureed. These include well-cooked vegetables, mashed potatoes, pureed soups, pureed well-cooked (or canned) chicken, pureed canned tuna. If you choose cooked chicken or tuna, make certain it is not too dry. Avoid bread, rice and pasta. Although they may be soft, they will stick in the banded part of your stomach, causing pain and vomiting.

WEEK 4 AND AFTER

You may start adding other foods to your diet. This may be a “trial and error” period for you. You may find that some foods are better tolerated than others. Some general guidelines which may help you in your food choices include:

- **EAT SLOWLY!** You should take approximately 30-40 minutes to eat a meal. If you eat too fast, food will get stuck, resulting in pain and vomiting.
- **CHEW WELL!**
- Avoid red meats at first. They tend to be denser in texture than poultry or fish, therefore, a little more difficult to eat.
- Avoid bread, rice and pasta at first. You may be able to consume these at a later time.

Right after your surgery, you will feel more restriction due to the tissue swelling that occurs. As this swelling goes away, you will find that you are able to eat more. This is normal. Your first adjustment will be done 4-6 weeks after your surgery.