Impact of Lap-Band on Nutrition

**Very small pouch** – (1/2 cup or less)
- Food storage is reduced
- The band controls the size of the opening.
- Keeps you full longer
- Decreases appetite
- Slow digestion
- Limits intake.
- \( \downarrow \) nutrient intake

**Mandatory - Supplements**
- **Multivitamin**
  - 2 sugar free children’s chewable or
  - 1 multivitamin or
  - 1 prenatal vitamin (women of reproductive age)
- **Vitamin B12** – possible
- **Folate** - possible
- **Calcium** 1500 mg
- **Iron** – possible - 325 mg ferrous sulfate – menstruating women

**Possible nutritional complications**
- Binge eating – stretch esophagus
- Nausea / vomiting – malnutrition or anemia
- Vomiting – band slippage or stretching pouch
- Obstruction – not chewing enough or fibrous foods
- Not feeling full or not losing weight – eating and drinking at the same time, high calorie liquids or liquid only diet

**Diet and Behavioral Changes**

**AVOID VOMITING**
- **CHEW WELL** 15 - 20 x per bite
- **STOP EATING AS SOON AS YOU FEEL FULL**
  - Eat and drink slowly – so you don’t overeat
  - 10 – 15 minutes to eat 1 oz.
  - 10 – 15 minutes to drink ½ cup
- Less than ½ cup
- Eating too much – nausea, vomiting, stretching pouch

**DIET AND STRATEGIES**
- Drink only low calorie beverages (liquids quickly leave your stomach – won’t feel full)
- Do not eat and drink at the same time (won’t feel full)
- Wait 1 – 2 hours after eating to drink (keeps you full)
- Eat only 3 small meals per day
- Post Op Day 0 – Clear Liquids
- Post Op Day 1-7 Full Liquids – less than ½ cup / feeding
- Week 2-3 – Soft/Pureed - ½ cup / feeding
- Week 4 + - Low fat, “no added sugar”, modified consistency (no doughy bread / thick meats) ½ cup or less / feeding
- No sugar
- Low fat
- Nutrient dense
- 60 – 80 grams of protein / day
- Adequate fluid – 8 cups /day

ALLOW YOUR STOMACH TO HEAL

From A Surgical Aid in the Treatment of Morbid Obesity. Lap-Band Adjustable Gastric Banding System Information for Patients