

Contact details

Consultant Surgeon

Mr. P Sufi 020 72885226
Mr. D Heath

Nurse Practitioner

Kirsten McDougall 07769926527

Specialist Dietitian

Lucy Jones 02072885989

Other resources available in this series

- Eating after a sleeve gastrectomy
- Eating after a gastric bypass
- Controlling portions and meal planning
- Good sources of low fat protein following weight loss surgery
- Healthy recipes following weight loss surgery

Eating after gastric banding

NLOSS
North London Obesity
Surgery Service

Contents

	Page
What does gastric banding involve?	2
Introduction	3
Weeks 1 and 2	4
Weeks 3 and 4	6
Week 5 onwards	7
Band Fills	8
Foods that may be difficult to introduce back into your diet	10
Important things to remember	11
Constipation advice	13
Follow the rules of healthy eating	14
How much weight will I lose	14

Follow the rules of healthy eating

Your band is only going to work properly and help you lose weight successfully if you follow a healthy diet

- Your diet needs to be **low fat, low calorie** and **portion controlled**
- Although your smaller stomach will limit the amount of food that can be eaten, weight gain can still occur if high calorie foods are eaten frequently.
- Try to use low calorie sweeteners and low fat spreads.
- Limit the amount of sugar and fats eaten.
- Alcohol is best avoided as it is high in calories and stimulates your appetite.

How much weight will I lose?

In the early phase after the band has been put in, when it is more difficult to eat, you will find you lose weight more quickly e.g. 1-2 stone (6-12kg) over the first 3 months

However as the amount you eat increases, the rate of weight loss will slow down to about 2lb (1kg) a week

This is fat loss and the ideal amount to lose

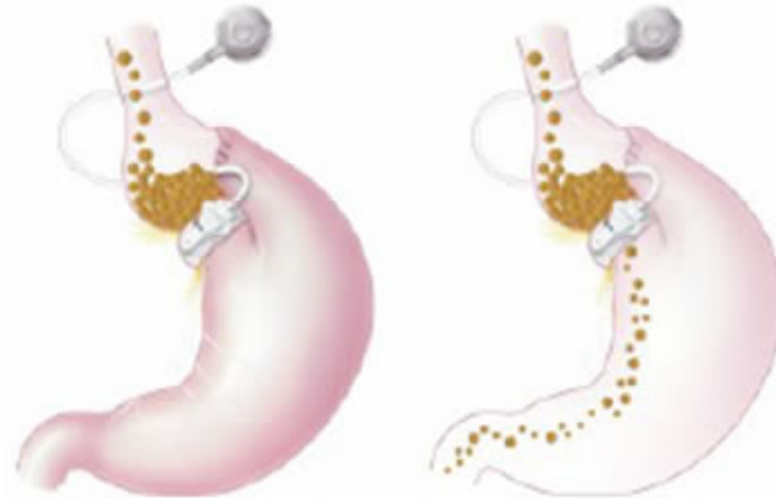
	Per Week	Per Month
First 3 months	1.5-2kg (3-4lb)	6-8kg (1- 1 ½ stone)
3 months onwards	1.1 kg (2lb)	4.5kg (¾ stone)

What does gastric banding involve?

Gastric banding is a restrictive procedure. It reduces the amount of food that you can eat at one time and makes you feel full sooner and for longer. As a result, you eat less and lose weight.

The gastric band is placed around the upper part of the stomach to create a small pouch. A narrow passage between this pouch and the rest of the stomach allows foods and liquids to pass through. The diagram below shows the flow of food through the stomach.

With this procedure the structure of the stomach and intestines are not altered, so digestion and absorption remains normal.



Food enters the new small pouch at the top of your stomach

Food passes slowly through the stoma created by the band into the main part of your stomach

Introduction

Eating after gastric banding

The long-term success of your gastric banding operation is dependent upon you following the dietary recommendations outlined in this booklet.

- **During the four weeks following the operation no solid foods should be taken.**
- **Instead, you must have a liquid diet for two weeks followed by a soft moist diet for another two weeks. You can then start to add solid food.**

Why?

- Solid food can create pressure on your stitches and stretch your new stomach pouch. This may lead to vomiting and discomfort.

Therefore, it is extremely important that you follow our guidelines.

STEP 1	Liquid diet for two weeks
STEP 2	Soft moist diet for two weeks
STEP 3	Start to introduce solid food and aim to follow a protein rich, low calorie healthy diet

Advice on constipation

It is natural to expect some change in the frequency of your bowel habits; this is because the quantity of food you are now eating is considerably smaller than before the operation.

Initially you might find your bowels open less frequently i.e. every two or three days, due to the change in your diet. However, by including some of the foods listed below, your bowel movements should become more regular.

High fibre foods

- Whole-wheat breakfast cereals e.g. All Bran, Shredded Wheat, Weetabix, Bran Flakes, porridge oats
- Pulses e.g. baked beans, kidney beans, lentils, chick peas
- Whole-wheat crackers e.g. Ryvita, wholemeal crispbreads, Jacob's multigrain
- Fruit and vegetables e.g. cauliflower, broccoli, carrots, salad, green beans, peeled fruit, tinned fruit in juice

**It is also important to drink plenty of fluids between meals.
Aim for eight to ten cups a day.**

If constipation persists, try taking liquid senna or lactulose, both available from your local pharmacy. If this does not help, talk to your GP or a member of the obesity team.

Pay attention to your body's signals of fullness.

- As soon as you feel full or you feel pressure in the centre of your abdomen stop eating or drinking.
- If you feel nauseous stop eating. One extra mouthful of food after these early signals could lead to pain, discomfort and vomiting.

If you do experience problems try to think back and identify the cause.

- a) Have you eaten too fast or not chewed the food well enough?
 - b) Have you eaten too much, taken fluids with the meal or taken fluids too soon before or after the meal?
 - c) Have you eaten foods that are difficult to digest?
- Identifying the cause of your discomfort will help you make the necessary changes the next time you eat.
 - Keeping a food diary may help.
 - If you experience regular vomiting seek advice from a member of the obesity team or your GP.

Step 1

Weeks 1 and 2 – A liquid diet

To ensure an adequate intake of protein, calcium and other nutrients, the liquid diet must be based on **milk**. Ideally low fat milk should be chosen, e.g. semi-skimmed or skimmed. **Aim for at least two pints (1.2L) of milk or a milk alternative a day.** Milk can be flavoured with Nesquik or low calorie hot chocolate.

Other fluids allowed

- Slimming drinks e.g. Slimfast or chemist/supermarket own brand
- Complan or Build-up shakes or soups
- Yogurt drinks and smoothies
- Still mineral water
- Still low-sugar squashes
- Clear low-calorie soups
- Smooth soups e.g. cream of tomato or chicken; or oxtail
- Tea and coffee without sugar
- Unsweetened pure fruit juice
- Marmite or Bovril drinks

Take things slowly over the first few days until you establish the amount of liquid that can be tolerated.

Suggested meal plan

Breakfast	1 glass of Build up/Complan/Slimfast shake
Mid am	1 glass of milk
Lunch	1 cup of soup (as above) 1 glass of liquid yogurt drink
Mid pm	1 glass of milk
Evening	1 glass of Build up/Complan/Slimfast soup 1 glass of Build up/Complan/Slimfast shake
Late snack	1 glass of milk

Take the milky drinks first to ensure you are getting enough nutrients, and then have other fluids after that as required.

Tips

- Start with a couple of sips of fluid and slowly build up the quantity until a sensation of fullness occurs.
- It is important to stop drinking as soon as you feel full.
- If stomach pain or nausea is experienced while drinking, stop until the feeling passes.
- If the quantity of fluid taken is too large the stomach will overfill and vomiting will occur.
- DO NOT drink fizzy drinks at any time after gastric banding as the gases cause bloating and will increase your stomach size.

Although milk can provide most of the nourishment required, it does not supply all the vitamins and minerals your body needs. Therefore, it is essential that you take a daily multivitamin and mineral supplement, which includes iron, whilst you are not eating a normal diet

Ideally this should be in a liquid or chewable form or a solid tablet can be crushed or broken down into small pieces before being taken.

You will need to continue crushing or taking a liquid version of these tablets for life.

Recommended multi vitamin:

- ***Sanatogen Gold*** or ***Centrum*** (needs to be crushed)
- Or chewable versions
- ***Bassett's Adult Chewable multivitamins with prebiotics & minerals***
- ***Wellkid Smart***
- ***Haliborange Chewable multivitamins***
- ***Sanatogen A-Z Chewable***

Eat three meals a day

- It is really important to establish regular meal patterns
- This means eating, breakfast, lunch and an evening meal and 2-3 small snacks a day.
- These are eaten not fewer than 3 hours apart and not more than 5 hours apart
- Don't be tempted to miss a meal. Missing meals, leads to snacking on crisps, biscuits and chocolates
- If done regularly the body doesn't get the good nutrition it needs
- Also the weight loss will stop because of the high calories eaten
- Although eating set meals and snacks may feel unusual to you, it is very important and gradually over time it will become more automatic and natural.

Do not drink and eat at the same time

- Drinking fluids with meals may overfill your small stomach, which will lead to vomiting.
- It can also stretch the stomach and "wash" food through too quickly. As a result you will not sense the early signs of fullness and may over eat.
- Avoid drinking at least 30 minutes before and after each meal.
- You will need to drink 6-8 drinks a day in between meals

Chew food well and eat foods slowly.

- Take your time over your meal; it is likely that it will take about 30minutes.
- It takes this long to ensure you are chewing properly.
- If the food isn't chewed well you may block the outlet of your stomach, which will cause pain, discomfort, nausea and vomiting.
- Explain to others why you must eat slowly so they don't rush you.

Foods that may be difficult to introduce back into your diet

There are likely to be some foods that you may now have problems introducing back into your diet. The ability to tolerate various foods depends on how well you chew and how you cook and prepare the food. Try a food by eating a very small amount of it, if you can't tolerate it wait a month and then try it again.

Foods	Alternatives
Fresh Bread	Toast or crackers
Pasta	Serve in a generous sauce Use small shapes
Rice	Risotto
Certain meats e.g. steak, dry chicken, fried or roast meat, BBQ's	Small pieces/minced meat Marinade/slow cook/stew or casserole
Fibrous vegetables e.g. sweetcorn, celery, raw vegetables, courgette, aubergine	Peel off skins Cook for a long time Cauliflower, broccoli, skinned tomato, beetroot
Fruit e.g. oranges, grapefruit	Peel fruit Puree or stew Tinned fruit in juice e.g. peaches, pears

Weeks 3 and 4 – A soft moist diet

After 2 weeks, gradually start introducing foods with a soft moist texture. Foods should be broken into pieces or mashed with a fork. Some people prefer to blend or puree their foods. This is really up to you but not essential. To start with you can only manage a few mouthfuls at each meal but this will increase. To start with try things such as weetabix with milk or mashed potato with gravy. Remember to stick to small portions and it helps to eat from a side plate.

Below are suitable foods, to take in small amounts.

	Food suggestions
Cereals	1 weetabix or 1 sachet of instant oats/Ready Brek with low fat milk
Main courses	Fish in white sauce Minced meat or chicken in tomato sauce Tender meat casseroles or stews Soft pulses with stock/sauce e.g. dhal Soft omelette/scrambled egg Macaroni cheese/cauliflower cheese Fish pie Cottage pie Lasagne/cannelloni Cottage cheese
Vegetables/ Potatoes	Mashed potato/jacket potato without the skin Sweet potato Carrot, broccoli, cauliflower, courgette, swede mashed with a fork
Fruit	Stewed fruit Tinned fruit without syrup (not pineapple) Mashed banana
Puddings	Low calorie yoghurt Low calorie mousse Low calorie fromage frais Low calorie custard

Step 3

Week 5 onwards – A protein rich, low calorie diet

It is now safe to gradually start experimenting with different textured solid foods. Although food may not need to be blended, it will still need to be tender and chewed well. You will need to chew each mouthful at least 20 times; until the food feels like a puree in your mouth. See suitable options in the table above.

It is really important to eat 3 meals a day, with suitable small snacks in between, even if you don't feel hungry. Take your time over your meal; it is likely that it will take about 30minutes.

Your portion sizes are now restricted, so your protein intake can fall. It is very important to make sure that you have enough protein in your diet every day. If you do not eat enough, your body will start breaking down your muscles for protein, leaving you feeling very weak. Protein foods are also very good at filling you up for longer. Listed below are good protein sources.

Examples of good sources of protein

Aim for 2 to 3 portions a day from a variety of foods.

Dairy	Skimmed or semi skimmed milk Add skimmed milk powder to milk & sauces Low calorie/diet yogurts, yogurt drinks Low sugar/low fat custard and milky puddings Low fat cheese & cottage cheese
Eggs	Scrambled, omelette, poached
Pulses	Lentils, beans (add them to stews & casseroles)
Meat	Minced meat in gravy or sauce Casserole meats
Fish	Canned oily fish e.g. tuna, sardines, pilchards Soft white fish – try it in sauce
Protein shakes	Build Up soup, Build Up/Complan shakes Slim fast shakes/smoothies/soups

Band Fills

- When the band is put in at the operation it does not contain any fluid. It is usually adjusted at approximately 5-6 weeks
- Before this appointment you may find that you are able to take bigger portions than you imagined. Don't panic, you will get restriction after the first band adjustment.
- You will find that when the band has been adjusted, you will get satisfied after smaller amounts of food
- We suggest you stay on liquids only for the day of the band adjustment and that it maybe helpful to return to the soft moist diet again for one day afterwards, until you are used to the restriction.
- To start with you may require an adjustment every 4 weeks until you reach the green zone.
- It is very normal for it to take at least 2-6 band adjustments before successful weight loss is seen.
- This is why it will take at least 2 years for you to reach your goal weight