

After Bariatric Surgery

Reviewing what you have learned

You will find the correct answers to these review questions in your Bariatric Notebook. Your dietitian will go over this handout with you while you are in the hospital.

1. To keep from getting dehydrated after surgery, I need to take small sips of at least 64 ounces of hydrating liquids that do not contain protein or caffeine each day.

True False

2. I must slowly sip on ½ cup (4 oz.) over ½ hour (30 minutes) of either hydrating liquids or protein liquids.

True False



3. I need to give my new stomach or pouch a 30-minute break between sipping hydrating liquids and sipping protein liquids.

True False



4. I start the Bariatric Liquid Protein diet:

- 1 week after surgery.
- 2 weeks after surgery. I stay on this diet until I can easily eat a soft diet.
- 1 to 2 days after surgery. I stay on this diet until my first clinic visit.

5. When I come home from the hospital, I will be on this type of diet texture only:

- Smooth-blended high-protein liquid foods (protein shakes, thin blended soft foods and soups, plain Greek yogurt, silken tofu)
- Clear liquids only (water, juice, Jell-O, broth)
- Soft foods (eggs, bread, rice, lunch meat, hamburger)
- Regular (salad, steak, pizza, fresh fruit and vegetables)

6. For the next few weeks, I need at least:

- 40 grams of protein a day
- 60 grams of protein a day
- 100 to 120 grams of protein a day
- 150 grams of protein a day

7. I can also sip these high-protein liquids during the first few weeks after surgery (choose all that apply):

- Jell-O
- Plain Greek yogurt or blended cottage cheese
- Applesauce
- Silken tofu blended with some plain almond milk

8. I will be taking liquid or chewable vitamins starting the day after surgery.

- True False

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Weight Loss Management
Center: 206.598.2274

9. It is NOT safe to change my diet texture to soft foods before I return for my follow-up visit after surgery.

- True False

Name: _____