



Klaar voor de start - Voedingsadviezen als voorbereiding op uw bariatrische operatie - Engels

Ready to go - Nutritional recommendations in preparation for bariatric surgery

This leaflet contains tips and advice for how best to prepare for upcoming obesity (bariatric) surgery. This information will help you to prevent or reduce all or most of the complaints that develop after obesity surgery. We advise following the recommendations now to get used to your new eating habits and diet and the associated time investment.

This leaflet contains general recommendations. Take the advice from it that's most relevant for you. The main thing is to assess your current eating habits and make the necessary adjustments so you can get off to a good start after the procedure. We wish you every success after your surgery!

General recommendations

These general recommendations are applicable to all stomach reduction surgeries. They aim to ensure that you don't experience any complaints and contribute to the best outcome after your surgery. You'll need to follow them throughout your life. Here are the general recommendations:

- Eat (protein-rich meals) six times daily
- Do not drink while eating, wait 20-30 minutes
- Take your time when you do eat or drink
- Avoid added sugars, including honey
- Watch what you eat, make the right choices
- Sit upright while eating and drinking
- Eat at the table, put your phone away and turn off the TV and computer
- Exercise at least 30 minutes every day

What to pay attention to while eating

Posture

- Sit **upright** on a chair. Slouching while seated prevents the proper passage of food and can make you feel too full.
- **At the table**, you're more likely to sit with the proper upright posture. It's also easier to cut your food and set down your cutlery between bites.

Concentrate on your food

- We recommend that you **concentrate on your food** and avoid distractions like TV, tablets, laptops, newspapers and magazines.
- It can be distracting at the table. Tell your house-mates that it's important for you to focus while eating.

Eat and drink slowly

Eating too quickly commonly leads to taking one or two bites more than a mini stomach can handle. This will give you a very unpleasant feeling of fullness. Take your time and eat slowly to avoid overeating. To help you slow down you can, for example, cut your sandwich into pieces and empty your mouth completely before taking your next bite. Even when eating a hot meal, it can help to put down your cutlery between bites instead of already preparing the next one.

Drinking too much has the same effect. After a gastric bypass, drinking beverages containing carbohydrates (sugars) too quickly can lead to dumping so be sure to take small sips, not too quickly in succession.

Chew food thoroughly

After surgery, your stomach will be greatly reduced in size. Stomachs that have not been operated on can break down large chunks of food before they reach the small intestine. However, after obesity surgery, stomachs can no longer do this. As a result, excessively large food chunks can cause an unpleasant feeling of fullness (for a long time). It's very important to chew your food thoroughly.

Do not eat and drink at the same time

Drinking while eating is inadvisable because food in the mini stomach is, in essence, 'flushed away'. As a result, you do not feel full and it's easy for you to eat more. Dumping may also occur. Drinking causes food that's in the mini stomach not to come into proper contact

with the stomach acid. Among other things, this acid is important for the digestion of food. In addition, the acid is needed to convert certain nutrients into a digestible form. Even if you do not experience any symptoms when drinking while eating after surgery, it's still not advisable.

The advice is to wait at least 20 to 30 minutes to drink before and after eating. If you're used to drinking with your food, we advise you to stop doing this and to wait before consuming beverages.

Choosing foods

After surgery, you're advised to eat ample foods containing protein. Protein is found in, among other things:

- Meat, fish and chicken.
- Eggs and vegetarian meat substitutes.
- Dairy products, such as milk, buttermilk, yoghurt, cottage cheese and unsweetened dairy drinks (e.g. Optimel).
- Soya-based milk products. Note that the proteins in soya are not as effectively utilised by the body.
- To a lesser extent than those in, for example, bread (products) and vegetables.

If you're not accustomed to consuming dairy products, we recommend adding them to your diet prior to your surgery. After your surgery, we will look at the total amount of protein you consume in a day. This is different for everyone. We'll calculate the amount you need based on your weight at a BMI of 27.5 kg/m².

One protein product per day is insufficient. It's a good idea to eat a protein product with every meal. This way, you'll consume protein at least six times each day. In short, make sure you eat a protein product with every meal after surgery.

We also advise you to be moderate with treats like biscuits and sweets because they're high in carbohydrates (sugars). These can cause dumping in patients who've undergone a gastric bypass.

Soft drinks, fruit juice and alcohol

Soft drinks contain many carbohydrates (sugars). Light fruit juice and squash (fruit-flavoured drink made from concentrate), for example, also contain carbohydrates. These products contribute calories and may cause dumping in patients who've undergone bariatric surgery. Carbon dioxide can also cause an unpleasant (full) feeling, lots of burping or the feeling of not being able to get rid of extra air.

If you still want to drink these beverages, always drink a sugar-free variety and let the bubbles (carbonation) dissipate a little before consuming the beverage. **Drink no more than one to two glasses of fizzy beverages per day.**

We advise against drinking fruit juice, including during the liquid foods phase (10-14 days post surgery). During the liquid foods phase, it's better to have pureed fruit or unsweetened fruit purée. You can then replace these options with a piece of fruit. Combine fruit with a high-protein product, such as a serving of fruit purée in cottage cheese or yoghurt. Alternatively, eat a piece of fruit first and then a dairy product 30 minutes later.

Alcoholic beverages are high in calories. In addition, after a gastric bypass, your stomach no longer has a storage function, meaning that the alcohol will pass directly into the intestine. As a result, the effects of the alcohol will be faster and more powerful. The advice is to avoid, or at least minimise, alcohol consumption.

Weight loss before surgery

The treatment team may give you a weight target and/or advise that you be supervised by a dietitian for a period of time.

However, it's important to lose weight responsibly to maintain good nutritional health. Poor nutritional health at the time of surgery can impact your post-surgical recovery. We recommend losing weight responsibly by choosing healthy foods and leaving out all the 'extras'. Do not go on what's known as a crash diet (e.g. meal replacements) or eat an inadequate diet. For support, we recommend registering with a dietitian in your area. You can find this information at: www.nvdietist.nl.

Multivitamins and minerals

Post surgery, you may not be able to consume all the nutrients your body needs, and your body will also absorb various vitamins and minerals less efficiently for the rest of your life. That's why, for the rest of your life, you will have to take a multivitamin and mineral supplement (tablet or capsule) every day. It's important to choose a supplement that contains 100% of the recommended daily allowance (RDA) of vitamins and minerals, unless the doctor has made other arrangements with you regarding this.

Multivitamins and minerals specially designed to be taken after obesity surgery

These multivitamin and mineral supplements are specially designed for people who've had obesity surgery. This supplement contains certain vitamins and minerals in larger quantities than the 100% daily recommended amount (RDA). These are the vitamins and minerals that we know you may not get enough of after undergoing obesity surgery. In this case, the amount may exceed 100%.

Examples of these multivitamins include:

- BariNutrics multi chewable tablet (one tablet a day) or capsule (two capsules a day) available at the Spaarne Gasthuis pharmacy.
- WLS Forte (gastric bypass) or WLS Optimum (gastric sleeve) capsule (one capsule a day) Fit for me, available to order online: www.fitforme.nl
- WLS Forte (gastric bypass) or WLS Optimum (gastric sleeve) chewable vitamin (one tablet a day) with separate iron supplement (one a day).

Other options

You can also choose a multivitamin and mineral tablet that is not specifically designed to be taken after obesity surgery. Sometimes, you may need to take additional vitamins with these tablets. Your dietician or doctor will tell you whether this is necessary. Consult carefully with your dietician or doctor about which tablets you're taking. Be careful not to take too many vitamins and minerals. This can be harmful to your health. Examples of these multivitamin and mineral tablets include:

- Kruidvat A-Z complete (one tablet a day). The chewable tablets and coated tablets are **not** suitable, as they contain insufficient iron, among other things.
- Lucovitaal multivitamin 50+ effervescent tablet (one tablet a day), dissolved in 200 ml of water.

If you are taking another supplement, but are unsure whether it's appropriate, bring the supplement and (if necessary) the package with you to your appointment with the dietitian.

Instructions for use

- Tablets are often pressed. We recommend crushing or finely grinding them first. This ensures that vitamins and minerals can be better absorbed by your body. If you are unable

to take these supplements crushed or finely ground, discuss this at the appointment with your dietitian. In the meantime, make sure you take your supplement or choose one of the capsules or chewable tablets indicated in this leaflet.

- You do not need to crush a chewable or effervescent tablet first. With an effervescent tablet, make sure you don't leave the liquid standing for too long. Exposure to light or sunlight can cause certain vitamins to break down.
- You do not need to crush a capsule first; it will fall apart after a few minutes. Swallow these whole.
- Take the multivitamin and mineral supplement in the evening before bedtime.
- Do not eat or drink dairy products or take a calcium supplement (if you already take one) two hours before or after taking the multivitamin and mineral supplement. If this is not possible, discuss this with the dietitian during the information session or telephone check-up.

Important information

- If your internist or your GP has given you supplementary vitamins, for example, vitamins D or B12, take the multivitamin and mineral supplement as well.
- Do not use any extra vitamins or supplements without your doctor's or dietician's knowledge and approval. Also, do not use hair loss products without prior consultation. When in doubt, you can always bring the product with you for the dietitian to review.
- If you are taking blood thinners, your multivitamin supplement should not contain more than 100 micrograms (μg) of vitamin K per daily dose.

✓ Ready-to-go checklist

- Register with a primary care dietitian
- Lose weight before the surgery, if this has been agreed with you
- Maintain good posture while eating
- Designate a calm, relaxing area for eating
- Eat and drink slowly
- Chew food thoroughly
- Do not eat and drink at the same time (wait 20-30 minutes inbetween)
- At least six (high-protein) meals per day
- If necessary, adjust your choice of beverages
- Choose the right multivitamin

Have everything you need at home for the first 14 days after your surgery

- Hand mixer or blender
- Milk products such as semi-skimmed or skimmed milk, buttermilk, low-fat cottage cheese or yoghurt, unsweetened smooth porridge (Brinta, oatmeal, custard), sugar-free custard or yogurt drinks.
- Optionally, in preparation (to be frozen in portions): home-made pureed hot meals (composition: 40 g of prepared meat, fish, chicken or egg, 50 g of cooked vegetables, 50 g of potato). If lumps remain, you can add some broth, milk or low-fat gravy.
- You can also opt for a smooth pureed soup. That will include the above ingredients with some additional broth.
- Pureed fruit with no added sugar.
- Examples of suitable drinks: Tea, coffee (without sugar, if required with a sweetener and/or semi-skimmed or skimmed (coffee) milk), sugar-free lemonade.

Unsweetened = no extra sugar added, just naturally occurring sugars.

Further (written) information about food and managing your eating habits will be provided after the surgery.

Our locations

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