



Vloeibare glad gemalen voeding - de eerste 14 dagen na een bariatrische operatie - Engels

Liquid, smooth and blended foods - first 14 days after bariatric surgery

This leaflet provides information about food for the first 10 to 14 days after surgery. Both before and after hospitalisation, you'll continue to be treated by a dietitian from the Spaarne Gasthuis Dietetics Department.

Important information

The recommended amount of food per serving is approximately 150 ml or 150 grams. For the first few days after your surgery, you'll probably only be able to eat a small portion of this amount.

Take small bites and stop as soon as you feel full. This may happen after taking only a few bites. You may not switch to solid foods until 14 days after your surgery. If you do this earlier, the risk of a complication is greater.

- Be sure to eat and drink slowly.

- Take your time while eating. Try to find a quiet place where you're not distracted by things like telephones, TV or conversations, preferably at the dining room table.
- Each meal should contain protein. This equates to eating protein at least six times per day.
- Do not drink with your meals.
- Allow 20 to 30 minutes between eating and drinking.
- Do not skip meals, even if you're not hungry.

Fluid intake

To avoid dehydration, you need to drink at least 1.5 litres of fluid per day. Sugar-free custard, yoghurt, soup and other liquid dairy products all count toward your daily fluid intake.

Constipation complaints

It's normal for bowel movements to take time getting back to normal during the first two weeks. If you have persistent (severe) constipation symptoms, contact your doctor two weeks after your surgery. Your doctor may prescribe a sugar-free fibre supplement, such as Movicolon®.

We strongly advise against using over-the-counter products containing Senna leaf or Senna pods (e.g. Wapiti Bowel Function Complex) or other laxatives from the chemist's, health food store or pharmacy. These products can damage the intestines.

Multivitamins

Since shortly after surgery, you will usually be unable to eat full meals and it will still be difficult for your body to absorb various vitamins and minerals, a daily multivitamin is advised. It's important to choose a supplement that contains 100% of the recommended daily allowance (RDA) of vitamins and minerals. You'll take the daily multivitamin for the rest of your life, unless otherwise advised.

The following first-choice supplements contain more than 100% of the RDA for several vitamins and minerals. They do not contain vitamins and minerals that can be harmful when consumed in quantities above 100% of the recommended daily allowance. The following supplements are specifically designed to be taken after obesity surgery:

- 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 at: 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).

Examples of second-choice multivitamins include:

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

You may begin taking the multivitamins during the liquid foods phase. However, this is not necessary. You can also begin the multivitamin two weeks after your surgery.

If the internist or GP has given you supplementary vitamins, for example, vitamins D or B12, take them in addition to the multivitamins.

Please note: if you choose a multivitamin specially designed to be taken after obesity surgery, it will contain sufficient B12. Always check with your doctor or dietitian about this.

Do not take extra vitamins or supplements on your own initiative, such as hair-loss products. When in doubt, you can always bring the product with you for the dietitian to review.

Sample daily menu with liquid, smooth and blended foods

Breakfast

One dish of low-fat cottage cheese or yoghurt or sugar-free custard (150 ml)
OR Brinta porridge made with 150 ml of semi-skimmed milk
tea, coffee (if required, with semi-skimmed evaporated milk and/or a sweetener) or water

During the morning

A half portion of pureed fruit or unsweetened fruit puree (50 g)
One dish of low-fat cottage cheese or yoghurt or sugar-free custard
tea, coffee (if required, with semi-skimmed evaporated milk and/or a sweetener) or water

Lunch

Note: everything must be blended

40 g of lean meat, fish, chicken or meat substitute (weighed raw)

75 g of vegetables for making soup
broth as needed

OR

A half portion of pureed fruit or unsweetened fruit puree (50 g)

One dish of low-fat cottage cheese or yoghurt or sugar-free custard

During the afternoon

One dish of low-fat cottage cheese or yoghurt or sugar-free custard
tea, coffee (if required, with semi-skimmed evaporated milk and/or a sweetener) or water

Hot meal:

Note: everything must be blended

40 g of lean meat, fish, chicken or meat substitute or scrambled eggs prepared with two eggs and a dash of semi-skimmed milk
cooked in ½ tablespoon of liquid dietary cooking fat or oil

One serving spoon of cooked vegetables (75 g)

One-and-a-half boiled potatoes (75 g)

During the evening

One portion of dairy (e.g. Optimel, low-fat cottage cheese or sugar-free custard)
tea, coffee (if required, with semi-skimmed evaporated milk and/or a sweetener) or water

- Take a multivitamin daily (see the 'Multivitamins' section).
- You can add sweetener to the low-fat yoghurt, if you like. Alternatively, you can have dairy products already sweetened with Optimel or similar products.
- The order of the food indicated above may be changed, but the content may not.

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