

## 1st Foods—After Surgery

### FIRST STAGE

- Chicken broth
- Cottage Cheese - fat free or dry curd
- Source or Silhouette yogurt - (low fat, no sugar)
- Sugar free custard
- Egg Drop soup
- Skim milk
- V8 or unsweetened vegetable cocktail
- Tofu
- Pureed soups (remember rule of 5) no pasta, rice or potato – add tofu for protein
- Apple Sauce - no sugar type (mix in some vanilla protein powder)
- Sugar free frozen pops
- Sugar free jello.
- Scrambled eggs/whites
- Pureed fresh fruit or canned fruit - no sugar
- Baby food - no sugar
- Protein drinks - ( do not use meal replacements like "Ensure")

## PREOP ASSESSMENT and TESTS



Respirologist referral when overnight oximetry test completed. Endocrinology/Internal Medicine referral. (and use your hormonal quote) Dietician Appointment Gastroscopy Preop. (only for gastric bypass patients) Upper GI Series (Barium Swallow) for lap gastric band patients.

Preop Anaesthetic Consult--To be done within 12 weeks of surgery date.

Vancouver Island Patients will see physicians in Victoria.

Off Island Patients can have their family physician refer them to a local respirologist, dietician, endocrinologist/internal medicine physician.

The Off-Island patients can also have preop gastroscopy and upper GI Series done in their local community. Arrangements to be made through their family physician.

Other tests and appointments may be added if deemed medically necessary.



### 5/5 & 2 Rule

All foods should have less than 5 grams of sugar and less than 5 grams of fat per serving, contain at least 5 grams of protein (15-25 would be better) and should contain more than 2 grams of fibre.

Apply this rule NOW!

Created by: WLS Support  
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## WLS

Weight Loss Surgery  
Questions & Answers



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# Weight Loss Starts with YOU!

## 7 HABITS OF A HEALTHY LIFESTYLE

Use this as a personal checklist. Each of these will play a roll in your successful weight loss so it's



a good idea to check in with yourself every so often.

- 1) Diet - what to eat and what not to eat and how to prepare food
- 2) Dietary supplements - vitamins
- 3) Stress management and relaxation
- 4) Exercise and physical activity
- 5) Connectedness - living in isolation promotes illness
- 6) Play - What do you do for fun and enjoyment? Do you gain satisfaction from your work?
- 7) Rest

## Some Of The Questions Every Pre-Op Should Ask

These are some very important questions that every pre-op should know the answers to before considering themselves ready for weight loss surgery:

- What are the "pouch rules" and why are they important?
- What is the "rule of five"?
- What does the surgeon actually change inside our bodies?
- Can you gain weight when you have gastric bypass?
- Why do I need to exercise if I'm not eating very much?
- If my stomach is so tiny then it shouldn't matter what I eat, right?
- What is "head hunger"?
- Why shouldn't I eat whatever I want now? What is "dumping" and why does it happen?
- What are some of the complications of gastric bypass?
- Why do so many people have gall bladder problems post-op?
- What other specialists and tests do I need before I will be approved for surgery? Do I need to make the appointments myself?
- Why should I deal with my food issues or see a counselor before surgery? The surgery will stop me from making bad choices anyway, right?
- What's wrong with carbonated beverages even if they are sugar-free?
- What vitamins do we take, why and for how long after surgery?
- What blood tests are needed after surgery and how often?
- Does everyone need plastic surgery to remove excess skin? I'm still young, so it will shrink back, won't it?

- Does everyone experience hair loss after surgery? How can I prevent it?
- I eat to deal with my emotions. How will I deal with my emotions when I can't binge like I used to?
- Am I ready, willing, and able to make a commitment to daily exercise and healthy eating for the rest of my life?

## Why are there no answers provided for these questions?

The answers are available from many sources. Support groups, face-to-face and on-line, will be your most valuable resource. You will learn far more than simple answers to the questions on this list when you talk with others on the same path. Individual experiences vary but all are valuable on the life-long journey through weight loss surgery.

## Only A Tool!

Weight loss surgery is only a tool and it is how well we use that tool that determines how successful we will be. This is not a simple tool, like a hammer or screwdriver. Your pouch is a complicated tool, more like a computer or a car that requires knowledge, training, and constant fine-tuning to work properly.

## Making Choices

Surgical weight loss is by no means "the easy way out" and it is not a simple solution to a complicated problem. No matter what our relationship with food might be it is still all about the choices we make and the more work we can do prior to surgery the more successful we are likely to be afterwards.

