

Diet Phase	When and How Long	Additional Tips
<p>Pre Operative Diet A liquid base diet that focuses intake of variety of high protein sources, low in carbohydrates, low in simple sugars, and supporting a balance in hydration status.</p>	<p>Follow for 1-2 weeks prior to surgery, or as recommended by your Registered Dietitian.</p>	<ul style="list-style-type: none"> • Intended to reduce the size of the liver • This allows for easier access to your stomach during surgery
<p>Phase 1 Post-Operative Clear liquids to support hydration after surgery and not including sugar, carbonation, or caffeinated options.</p>	<p>Follow usually 1 day after surgery; however having additional symptoms may require slower progression to the next diet phase.</p>	<ul style="list-style-type: none"> • Begin with 1 ounce every 15 minutes with focus on small sips • No straws • Check your tolerance level and stop drinking when feeling full, this can create unnecessary symptoms
<p>Phase 2 Post-Operative High protein liquid diet introduces more variety to digestion while remaining safe to allow staple lines to heal and minimize side effects.</p>	<p>May begin Day 2 after surgery and to follow for 2 or more weeks to establish tolerance and slowly progress to next diet phase.</p>	<ul style="list-style-type: none"> • Gradually increase fluid intake but continue small sips. • Focus on total daily protein and fluid intake • As progressing tolerance may begin chewable or liquid vitamin and minerals
<p>Phase 3 Post-Operative Blended-Soft-Pureed food choices with focus for high protein options. No simple carbohydrates allowed to better support health and safety.</p>	<p>May begin to progress at minimum 2 weeks after surgery and continue to improve variety for next 2-8 weeks to establish tolerance. *Do not advance too quickly</p>	<ul style="list-style-type: none"> • Slowly add more variety with food choices • Take small bites and chew well (25 times!) • Try new cooking techniques • Quality over Quantity is key
<p>Phase 4 Post-Operative Continuing foods softer in texture eases tolerance and selecting high protein options with addition of vegetables and some fruit establishes healthy nutritional foundation.</p>	<p>Only after Phase 3 is tolerated well, then diet may advance to beginning Phase 4. This may occur as early as 1 month after surgery, or for some may begin at 2 months post-surgery.</p>	<ul style="list-style-type: none"> • Chop foods very small • Continue small sips and bites and chew well (20 times!) • Caution for difficult to digest vegetables or foods • No starchy vegetables
<p>Phase 5 Healthy Diet for Life Balance with choosing low fat, low sugar, and high protein foods continues focus on disease prevention and long-term weight management.</p>	<p>Only after food variety is being tolerated well, and healing well underway, per surgeon, should progression to this phase begin. Some may begin 3 months after surgery, however if other symptoms are present may delay until 6 months post-surgery.</p>	<ul style="list-style-type: none"> • Establish healthy eating behaviors: food order, limiting portions, and timing • No high sugar or high fat foods • Continue supplements • Continue vitamin and minerals