

General Recommendations after Gastric Bypass

1. Do not drink liquids with meals. Drink fluids before the meal. Then wait one hour after meals before resuming fluids to prevent pouch stretching and vomiting.
2. Eat three tiny, protein-focused meals per day at regular times, sitting at a table. Eat slowly, savoring your food. Do not eat when feeling rushed or stressed as this may cause gastric upset.
3. Stop eating when feeling full or if feeling any discomfort.
4. Always cut food into small pieces and chew food very well to prevent blockage. If food should stick, try a teaspoon of Adolf's Meat Tenderizer in a glass of warm water, sipped slowly.
5. Concentrate on eating protein rich foods such as fish and seafood, cheese, eggs and poultry. At mealtime, eat protein foods first before any other food.
6. Do not snack between meals.
7. Avoid very sweet food, candy, chocolate, and high-sugar beverages to prevent the unpleasant effect of dumping syndrome.
8. Sip liquids slowly, drinking at least $\frac{1}{2}$ cup every hour between meals to total 8, eight ounce cups per day to avoid dehydration.
9. Minimize alcohol intake as it is high in calorie, may cause an ulcer, and the effects may be felt much more quickly.
10. Take a multivitamin supplement, Vitamin B12 and calcium every day.

Foods that may be difficult to tolerate:

- Bread products
- Cow milk products
- Pasta products
- Fatty foods and fried foods
- Candy, chocolate, any sugary foods and beverages
- Bran cereal and other bran products
- Corn, whole beans, and peas
- Dried fruits and skins of fresh fruit
- Coconut