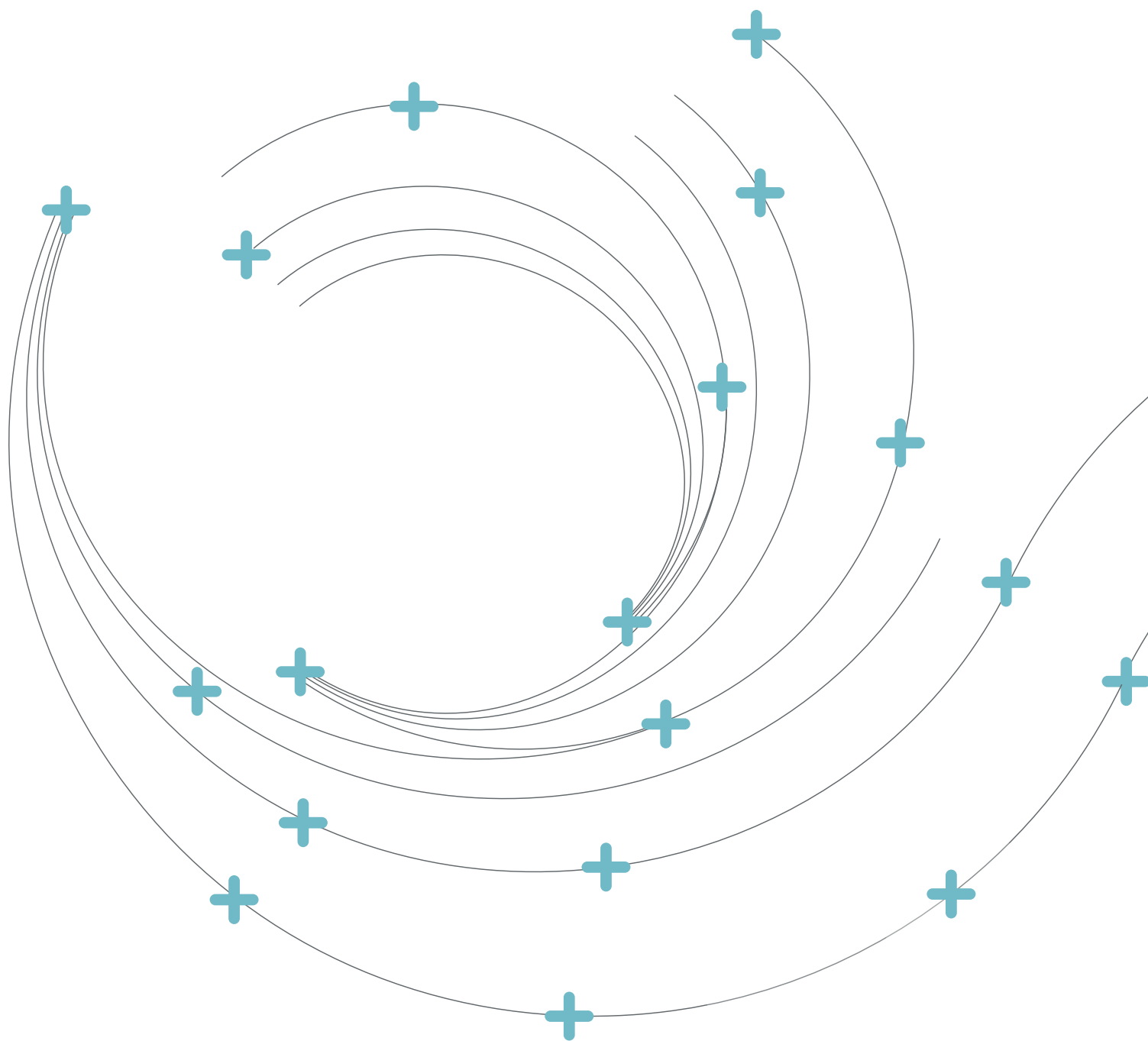




Your guide to bariatric surgery

Disclaimer

This booklet gives you common facts, advice and tips about bariatric surgery. Some of it may not apply to you. Please talk to your doctor, nurse or other health-care team member to see if this information will work for you. They can also answer your questions and concerns.

Contact information

The Ottawa Hospital

Bariatric Centre of Excellence

3rd Floor Grimes Lodge, 1053 Carling Avenue Ottawa, ON K1Y 4E9

Phone: 613-761-5101

Fax: 613-761-4789

Dietitian Voicemail: 613-761-5101 (follow instructions for dietitian option)

Nursing Voicemail: 613-761-5101 (follow instructions for nursing option)

Website: www.ottawahospital.on.ca/en/bariatriccentre/

P1340 (02/2023)

Designed and printed by
The Ottawa Hospital Print Services department

Table of contents

How to use this guide VIII

Section 1:
Understanding obesity 1

Key principles to obesity management.2
These reasons can each affect your weight gain.. . . .5

Section 2:
Understanding bariatric surgery 6

Types of bariatric surgery7
Risks of bariatric surgery8
Where to learn more about bariatric surgery.9

Section 3:
Preparing for bariatric surgery10

Bariatric surgery pathway11
Behaviours to practice.12
Self-assessment13
Guide to goal setting14

Creating balanced meals16

Sample menu – Breakfast17
Sample menu – Lunch.18
Sample menu – Supper19
Snack ideas.20

Section 4:
Optifast 900®21

Optifast 900®22

Tips for managing hunger while on Optifast 900®23

Tips for managing constipation while on Optifast 900®24

Tips for managing diarrhea while on Optifast 900®24

Optifast 900® recipes25

Managing diabetes when on Optifast 900®26

Section 5:

Your hospital stay27

Pre-surgery checklist28

Your hospital stay29

Section 6:

After bariatric surgery31

Overview: The first year32

Caring for yourself after surgery33

Pain control33

Medication33

Surgical wounds33

Exercises after surgery34

Caring for yourself at home35

Section 7:

Vitamins and minerals36

Vitamin and mineral absorption after surgery37

Avoiding vitamin and mineral deficiency after surgery39

Monitoring your vitamin and mineral levels41

Vitamin and mineral supplements for life42

Bariatric supplements available in Canada43

Bariatric supplements from in the US45

Over-the-counter supplements – Guidelines46

Over-the-counter supplements – Examples47

Section 8:

Food stages after surgery48

Stage 1: Clear fluids50

Stage 2: Full fluids51

Choosing a protein supplement53

Protein supplement examples.54

Stage 3: Pureed foods58

Stage 4: Soft foods62

Stage 5: Eating patterns for life65

Sample meal planner – Breakfast68

Breakfast ideas68

Sample meal planner – Lunch69

Lunch ideas.69

Sample meal planner – Supper70

Healthy fats70

Supper ideas70

Section 9:

Problems after surgery.73

Difficult foods.74

Dumping syndrome74

Nausea and vomiting74

Dehydration.75

Constipation75

Diarrhea75

Gas76

Hair loss76

Depression76

Reasons to go to The Ottawa Hospital Civic Campus
Emergency Department78

Section 10:
Behaviour and mental health resources79

Goal setting.80

Managing hunger and emotional eating.81

Coping and stress management.82

Community resources.85

Mental health resources.85

COVID-19 resources88

Addiction resources88

Books about behaviour change89

Body positive resources89

Online workbooks.89

Online courses.90

Wellness resources91

Relaxation activities.92

Section 11:
Nutrition.93

Nutrition behaviours for life – Checklist94

How to increase protein in your diet with food95

Boost your protein: Activity96

Making healthy fat choices97

Fuel up with carbohydrates98

Fuel up with carbohydrates: Activity100

Increase your fibre intake101

Nutrition resources103

General103

Recipes103

Journaling apps103

Menu planning services103

Meal delivery services104

Section 12:

Journals.105

Food and fluid intake journal.106

Hypoglycemia: Food, blood glucose and symptom journal107

Food and mood journal108

Section 13:

Additional resources109

Bariatric surgery110

Information about obesity110

Physical activity resources111

How to use this guide

This guide is intended to help you understand what to expect before, during and after bariatric surgery. It is also meant to provide you with useful resources related to behaviour change, nutrition, vitamin and mineral supplements, and community resources. Your care team may refer to this guide during group or individual meetings.

Although this guide covers many common topics related to bariatric surgery, it does not cover them all. You will receive additional information as you continue on your care path. Please read that information carefully.

The information in this guide is not intended to replace medical advice. If you have specific questions about your health, please contact your care team.



Section 1: Understanding obesity

Key principles to obesity management

1. Obesity is a chronic disease that requires long-term management.

Managing obesity is similar to managing high blood pressure or diabetes. If left unmanaged, obesity gets worse, and when treatments stop, the problem comes back. This is why obesity management strategies have to be realistic and sustainable. Short-term 'quick-fix' solutions are not sustainable, which is why weight usually comes back.

2. Obesity management is more than just reducing numbers on a scale; It is about improving overall health and well-being over the long term.

Many people believe that there is a simple cure for obesity (i.e., lose weight). The problem with this belief is that it does not account for the fact that obesity is a chronic disease. The overall goal of obesity management is to improve your health and well-being. The first step is to prevent further weight gain. In addition, even a modest reduction in body weight can lead to significant improvements in health. It is important to look past the scale and focus on the big picture of why a change is being made.

3. An important part of obesity management is identifying and addressing root causes for weight gain and removing roadblocks.

In the same way that each and every person is different and unique, the reasons behind each individual's weight gain can be different. Managing obesity is even more difficult when you do not understand the root cause of your weight gain and your roadblocks to weight management. Identifying and removing what is holding you back is key to making positive, successful health improvements.

4. Every individual defines success differently.

Understanding the reasons why you decided to address your obesity can help you to assess what is important to you and how you will measure success within your long-term plan.

Success may mean having more energy to be active with your friends and family, improving your self-esteem, preventing further weight gain or improving overall health. Whatever your ideal "success" may be, use it to help guide and motivate you.

5. Work towards your “best” weight.

When setting expectations for a weight management plan, it is important to set realistic and achievable goals that work within a lifestyle that you still enjoy. Try not to stress about setting a timeline for specific weight loss or exercising excessively. Instead, focus on making **healthy** and **enjoyable** behavioural changes that will improve your overall quality of life! Whatever weight you achieve through these changes is considered your “best” weight.

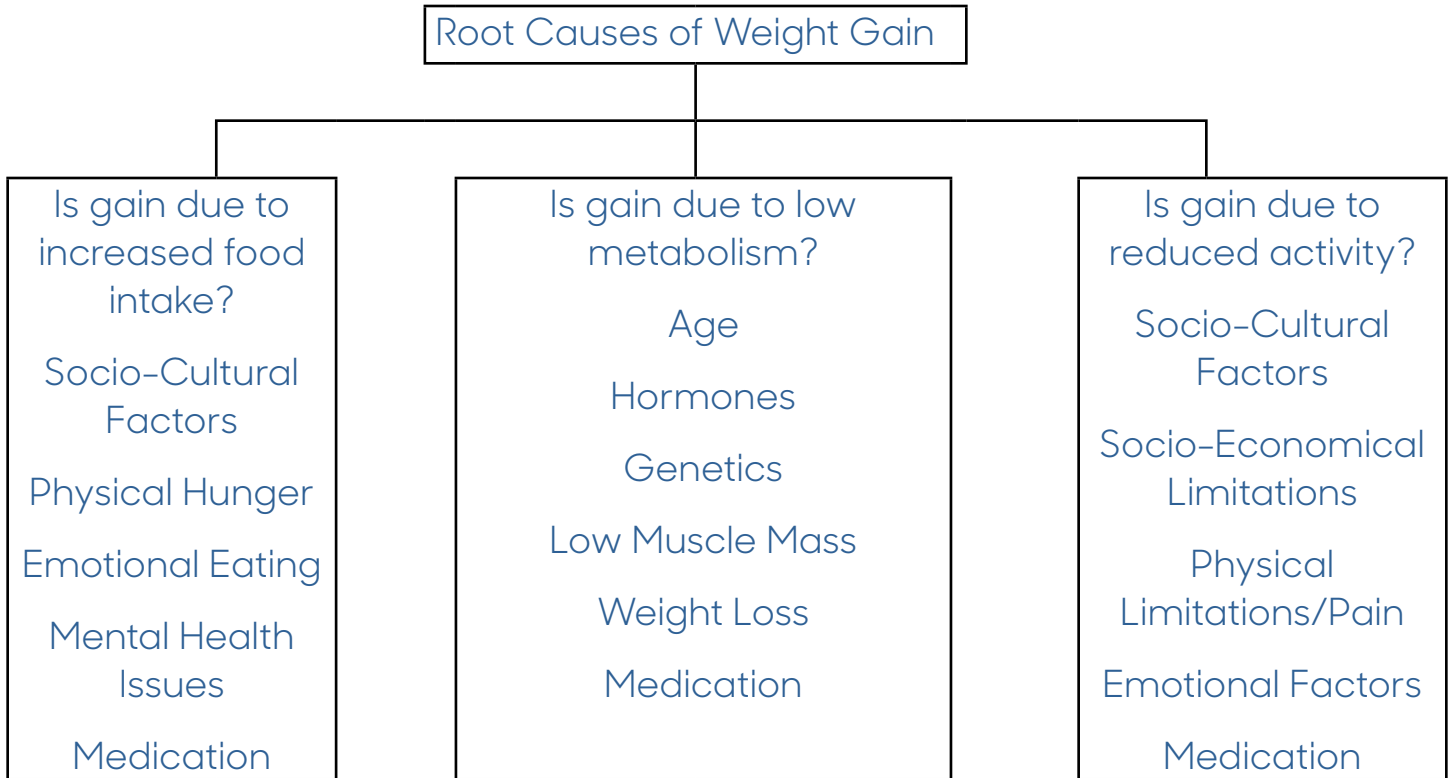
Adapted from Obesity Canada



Many people believe that if we try hard enough, we can be any weight we want. If this were true, why do so many people struggle? There are many reasons why it is hard to lose weight, some we can change and some we cannot.

Metabolic	Mechanical	Mental	Monetary
Diabetes	Sleep apnea	Cognition	Education
Hypertension	Osteoarthritis	Depression	Employment
Dyslipidemia	Chronic pain	Attention deficit	Income
Fatty liver	Reflux disease	Eating disorder	Disability
Gall stones	Incontinence	Addiction	insurance benefits
Gout	Thrombosis	Psychosis	Weight-loss program
Polycystic ovary syndrome	Plantar fasciitis	Trauma	
Cancer	Intertrigo	Insomnia	Bariatric supplies

These reasons can each affect your weight gain.

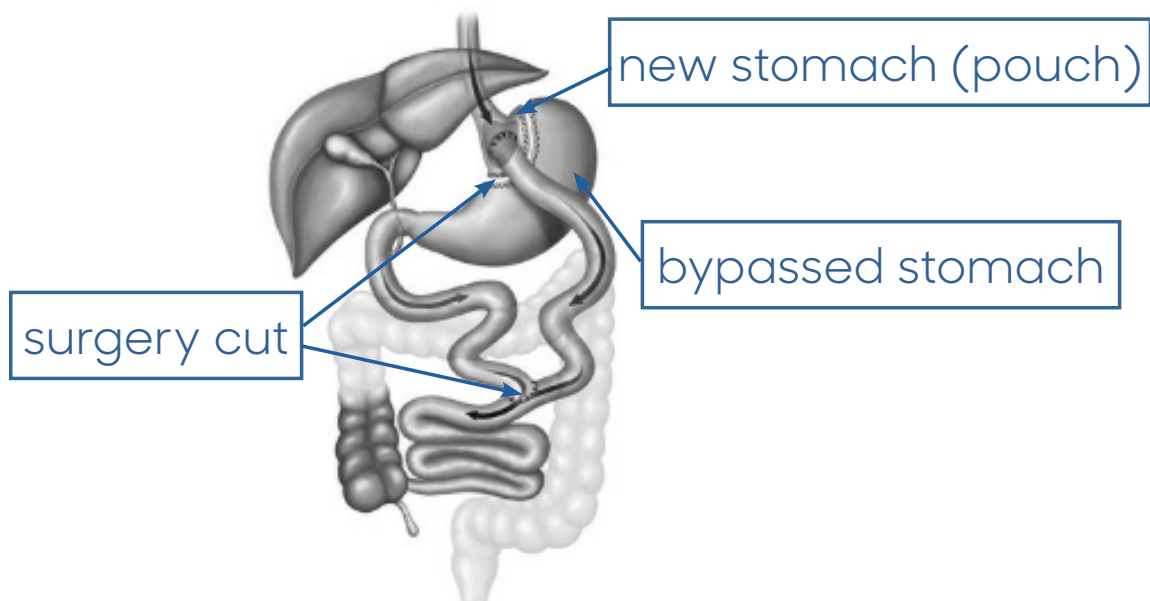


You can't change your age, genetics, having a chronic disease, or your past. You can manage chronic diseases, ask about weight neutral medications, try non-food strategies to manage emotions, learn ways to build movement into your day and so much more.

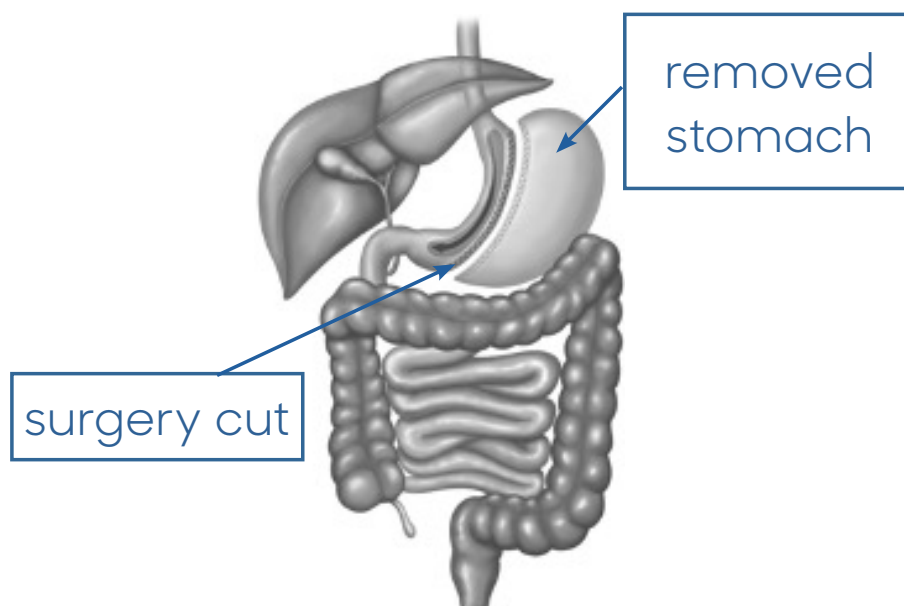
Section 2: Understanding bariatric surgery

Types of bariatric surgery

Roux-en-Y gastric bypass (RYGB)



Vertical sleeve gastrectomy (VSG)



Risks of bariatric surgery

Below is a list of possible complications of bariatric surgery. We will talk about them during your clinic visits and education classes.

• Death	• Low blood sugar
• Gastrointestinal leak leading to infection	• Low blood pressure
• Blood clots (pulmonary embolism)	• Dumping syndrome
• Heart attack or stroke	• Nausea and vomiting
• Fluid in the lungs	• Inflammation of the esophagus, heartburn
• Internal bleeding or upper gastrointestinal bleeding (possibly requiring blood transfusion)	• Stomach ulcers
• Injury to your spleen, liver or other organs	• Constipation
• Kidney failure	• Diarrhea
• Liver failure	• Gallstones or gallbladder disease
• Narrowing of pouch outlet (stricture)	• Vitamin and mineral deficiencies
• Blockage in pouch outlet or bowel	• Temporary hair loss
• Wound infection (minor or serious)	• Eating disorders
• Internal hernia	• Alcohol or substance abuse
• Twisted bowel	• Depression
• Allergic responses to medications	• Suicidal thoughts
• Low sodium or low potassium	

Bariatric surgery can make it easier for some people to become pregnant. **You should not get pregnant in the first 12 to 18 months after surgery.** See your family doctor to discuss birth control options if needed.

Where to learn more about bariatric surgery

The Ottawa Hospital Bariatric Centre of Excellence

- Learn more about bariatric surgery and other programs and services at the clinic.



Ontario Bariatric Network

- Learn more about the types of bariatric surgeries, surgical programs, eligibility for surgery and answers to frequently asked questions.



Realize gastric bypass surgery procedure animation

- Watch a detailed animation of a gastric bypass surgery.



Realize sleeve gastrectomy procedure animation

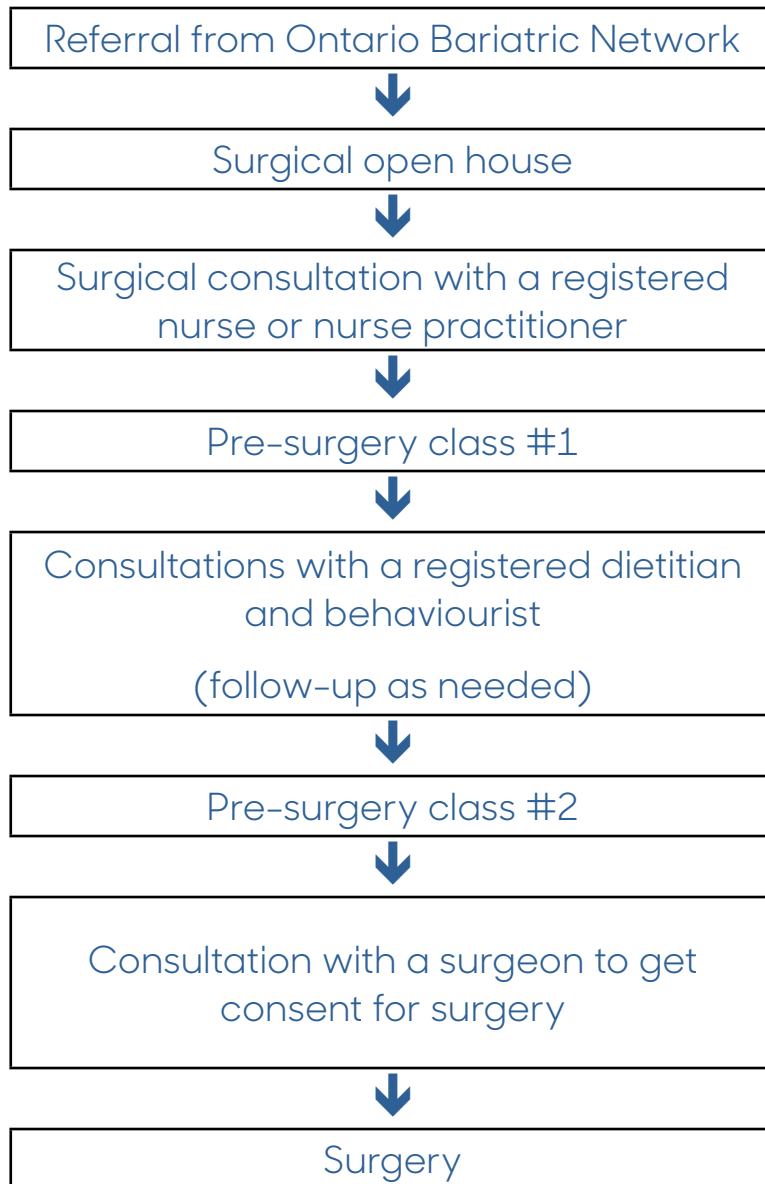
- Watch a detailed animation of a sleeve gastrectomy surgery.



Section 3:
Preparing for bariatric surgery

Bariatric surgery pathway

Everyone moves along the bariatric surgery pathway differently. How long you spend at each stage depends on your needs.



You may also need:

- health tests
- support and education from professionals in the community

You may also talk to:

- a social worker
- a psychologist
- a psychiatrist

Behaviours to practice

Practicing the following behaviours before and after bariatric surgery helps promote good health. These behaviours need to be in place to progress on the bariatric surgery pathway.

Food behaviours to practice:

- ✓ Eat within 1 to 1.5 hours of waking up
- ✓ Eat every 4 to 5 hours; do not skip meals
- ✓ Eat well balanced meals that include:
 - Protein + starch/grain + fruit/vegetable + healthy fat
- ✓ Limit high sugar, high fat foods
- ✓ Eat enough protein; talk to your dietitian about how much protein is right for you
 - Most patients need 60 to 100 grams protein per day
- ✓ Eat slowly; take 15 to 20 minutes to eat each meal

Fluid behaviours to practice:

- ✓ Drink 6 to 8 cups (1.5 to 2 litres) of total fluids per day
- ✓ Make water your drink of choice
- ✓ Stop drinking alcohol for life
- ✓ Stop drinking all caffeinated beverages (coffee, tea and others) in preparation for surgery
- ✓ Stop drinking all carbonated beverages in preparation for surgery
- ✓ Separate liquids and solid foods; wait 30 minutes after solids to resume liquids

Other behaviours to practice:

- ✓ Take your vitamin and mineral supplements
- ✓ Become more physically active, as you are able
- ✓ For Roux-en-Y gastric bypass, stop taking anti-inflammatory medications such as Aspirin, Ibuprofen, Motrin, Advil, Naproxen and Aleve

Self-assessment

Use the questions below to help set goals in preparation for bariatric surgery.

Behaviour and lifestyle questions	LOW	HIGH
How would you rate your knowledge of bariatric surgery?	1 2 3 4 5 6 7 8 9 10	
How would you rate your readiness to stop consuming alcohol, caffeine and carbonation?	1 2 3 4 5 6 7 8 9 10	
How would you rate your mood?	1 2 3 4 5 6 7 8 9 10	
How would you rate your emotional eating?	1 2 3 4 5 6 7 8 9 10	
How would you rate your stress level	1 2 3 4 5 6 7 8 9 10	

Nutrition questions	YES	NO	SOMETIMES
Are you taking your vitamin and mineral supplements?			
Do you eat three meals per day?			
Do you eat balanced meals that include protein, carbohydrates and healthy fats?			
Do you drink at least 6 to 8 cups (1.5 to 2 litres) of fluids per day?			
Do you eat out or order in (fast food, restaurants and coffee shops) more than twice per week?			

Activity questions	YES	NO	SOMETIMES
Do you sit for long periods of time? (more than an hour)			
Are you physically active daily?			

Guide to goal setting

1. Choose a goal that will help you improve readiness for bariatric surgery.

What do you want to do?

- Your goal should answer these questions:
 - What? Be as specific as you can and outline details.
 - How much or how often? Be realistic and start small.
 - When? What time and days of the week work best?
 - With whom? Does your goal need someone to be involved? If so, say who.

2. **Make sure your goal is achievable.**

This is key for success. Are you confident that you can meet this goal?

3. **Plan a goal.**

What actions will you take to help you achieve your goal?

Think 'SMART' goals

Specific

Measurable

Action-oriented

Realistic

Time-defined

Write a goal for yourself that you are sure you can meet this month.

My goal: _____

What action(s) will you take to help you achieve your goal?

My action(s): _____

What barriers could get in your way? _____

Can you think of ways to get over these barriers? If not, you may need to change your goal. _____

Building a solid foundation includes daily behaviors such as getting regular sleep, managing stress, adopting healthy eating patterns and having physical activity routines. Use the instructions for setting SMART goals found on the previous page to help with goal setting in the areas below.

Daily behaviours

Example: "I want to get better at managing my stress by listening to a guided relaxation podcast for 20 minutes every morning after my shower."

☐

☐

Eating patterns

Example: "I want to make it easier to have healthy meal options by planning my meals for the next week, every Saturday for 15 minutes before I shop for groceries."

☐

☐

Physical activity

Example: "I want to increase movement by going for a 20-minute walk, twice per week, on Mondays and Thursdays after work."

☐

☐

Creating balanced meals

Canada's Food Guide is an eating plan created by Health Canada to help people make health food choices. The balanced plate below shows types of food to include to make up a meal. You can modify the meals to reflect culture, to meet dietary restrictions, to lower cost or to meet your family's needs. For more information, see [Canada's Food Guide](#).



**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**



**Choose
whole grain
foods**

Sample menu – Breakfast

Choose **one to two** foods from each food group to create a balanced meal.

Protein	Fruit/vegetable	Grain/starch
2 poached eggs 2 scrambled eggs ½ cup cottage cheese 2 tbsp peanut or other nut butter 2 oz lean ham ½ cup yogurt (regular, Greek or Icelandic-style) 2 tbsp labneh	½ cup vegetables (frozen or fresh) 1 medium fruit (apple, pear, peach or orange) 2 cups strawberries, blackberries or raspberries 15 grapes ½ cup canned or diced fruit, lychees or guava	1 slice of whole wheat bread 1 whole wheat English muffin 1 small bran muffin 3-4 whole wheat crackers ¾ cup high fibre cereal 2-3 tbsp Bran Buds ¾ cup oatmeal, cream of wheat
Healthy fats		
1 tsp margarine, soft non-hydrogenated 7 nuts	2 tbsp ground flaxseeds 4 halves walnuts	
1 tsp = 5 mL	1 tbsp = 15 mL	1 cup = 250 mL 1 oz = 30 g

Try these breakfast ideas

Peanut butter pipe

6-inch whole wheat flour tortilla

1-2 tbsp peanut butter

½ banana or thinly sliced apple with cinnamon

Assemble ingredients in the wrap and roll. Eat with ½ cup of Greek or Icelandic-style yogurt or cottage cheese.

Homemade egg muffin

Whole wheat English muffin

1-2 tsp Dijon mustard

1-2 tomato slice(s)

1 slice lean ham

1-2 scrambled or boiled eggs

Make a sandwich with the above ingredients.

Sample menu – Lunch

Choose **one to two** foods from each food group to create a balanced meal.

Protein	Fruit/vegetable	Grain/starch
2–3 oz canned tuna	1 cup salad	5–8 whole wheat crackers
½ cup cottage cheese	½ cup vegetables (frozen or fresh)	2–3 slices of baguette
Egg salad (2 eggs)	1 medium fruit (apple, pear, peach or orange)	1 slice of whole wheat bread
½ cup of beans	2 cups strawberries, blackberries or raspberries	6-inch whole wheat tortilla
2–3 oz diced chicken	15 grapes	½ cup rice, pasta, rice noodles
2.5 oz tofu	½ cup canned or diced fruit, lychees or guava	6-inch whole wheat pita
2–4 slices lean deli meat		
Healthy fats		
2–3 slices of avocado (1/6 of an avocado)	1 tbsp salad vinaigrette	
1 tbsp of nuts or seeds	7 nuts	
1 tsp = 5 mL	1 tbsp = 15 mL	1 cup = 250 mL
		1 oz = 30 g

Try these lunch ideas

Black bean fajita

6-inch whole wheat tortilla
 ½ cup black beans
 2 tbsp salsa
 1 tbsp sour cream
 Sprinkle of cheese
 Diced lettuce and tomato
 Assemble ingredients in the wrap and roll.

Pita pizza

6-inch whole wheat pita
 2–3 tbsp tomato or pizza sauce
 2–3 oz diced chicken or ham
 2 oz shredded cheese
 Vegetables (peppers, onion, mushroom)
 Place ingredients on pita and bake in oven until cheese is melted.

Sample menu – Supper

Choose **one to two** foods from each food group to create a balanced meal.

Protein	Fruit/vegetable	Grain/starch
½ cup chili with beans or ground beef/chicken 3 oz chicken 3 oz fish 3 oz pork 3 oz lean beef ½ -1 cup lentils 3 oz veggie burger	1 cup salad ½ cup vegetables (frozen or fresh) 1 medium fruit (apple, pear, peach or orange) 2 cups strawberries, blackberries or raspberries 15 grapes ½ cup canned or diced fruit, lychees or guava	½ cup of baked, mashed potatoes or sweet potatoes 2-3 slices of baguette 1 slice of toast (whole grain) 6-inch whole wheat tortilla ½ cup rice, pasta, grains 6-inch whole wheat pita
Healthy fats		
2-3 slices of avocado (1/6 of an avocado) 1 tbsp of nuts or seeds	1 tbsp salad vinaigrette 7 nuts	
1 tsp = 5 mL	1 tbsp = 15 mL	1 cup = 250 mL
		1 oz = 30 g

Try these supper ideas

Fish and “chips”

3 oz fish

1 cup of steamed vegetables

½ cup of baked sweet potato wedges

Make it: Cut sweet potato into wedges and bake until crispy on the outside.

Serve with 3 oz baked fish and steamed vegetables.

Veggie burger

1 whole wheat bun

1 veggie burger

Vegetable toppings
(lettuce, tomato, etc.)

1 oz cheese

Serve with: 1 cup of salad and

1 tbsp salad vinaigrette

Snack ideas

Snacks can boost your nutrition and control hunger throughout the day. A snack should include carbohydrate to help fuel your body and protein to keep you full for longer. Choose one carbohydrate food and one protein food from the list below.

Carbohydrate food (choose 1) + Protein food (choose 1)			
• 1 cup fresh or frozen berries • ½ cup canned or diced fruit, lychees or guava • 1 medium piece of fruit • 2 tbsp dried fruit (apricots, raisins, dates, figs or dried cranberries) • 2–4 high fibre crackers • ½ whole wheat pita or 1 small whole wheat tortilla • 1 small homemade muffin • 1 slice whole grain bread • ½ cup high fibre cereal Tip: Add vegetables for variety and fibre		• 1 hard-boiled egg • ½ cup chickpeas, kidney beans, navy beans, black beans, baked beans split peas or lentils • 1 cup plain or artificially sweetened yogurt (regular, Greek or Icelandic-style) • ½ cup cottage cheese • 10–12 dry roasted almonds • ⅓ cup pistachios (with shells) • 2 tbsp dry roasted sunflower or pumpkin seeds (shelled) • 1 oz cheese • ⅓ cup hummus • 2 tbsp peanut or other nut butter • 1 cup milk or unsweetened soy milk	
1 tsp = 5 mL	1 tbsp = 15 mL	1 cup = 250 mL	1 oz = 30 g

A decorative graphic consisting of several concentric, slightly irregular arcs. Along these arcs are approximately 15 grey plus signs (+) of varying sizes, arranged in a circular pattern around the central text.

Section 4: Optifast 900®

Optifast 900®

Optifast 900®

The Optifast 900® liquid supplement is a total meal replacement. It comes in two flavours: vanilla and chocolate. Your surgeon will give you a prescription for Optifast 900®, which you can buy at the clinic. Most people take Optifast 900® for three weeks before surgery. Your surgeon will tell you how long you should take it.

How do I prepare Optifast 900®?

1. Add 1 to 2 cups (250 to 500 mL) of water to a shaker or a blender.
2. Pour the contents of one Optifast 900® packet on top.
3. Shake or blend. Add ice cubes if you prefer it cold.

How many Optifast 900® packets do I drink per day?

You will drink four prepared packets per day. Drink your first packet within one hour of waking up. Try to drink a packet about every four hours throughout the day.

What else can I drink while on Optifast 900®?

Drink a total of 12 cups (3 L) of fluids daily. Choose drinks that are

- sugar-free
- calorie-free
- caffeine-free and
- non-carbonated

For example:

- Water (you can add some fresh lemon or lime)
- Decaffeinated coffee or tea (limit added milk to ¼ cup (60 ml) per day)
- Sugar-free water flavourings such as Mio®, Crystal Light® or Great Value®
- Gatorade Zero
- Chicken, beef or vegetable bouillon or broth ½ to 1 cup (175 to 250 mL) per day
- Sugar-free Jell-O®; limit to one serving per day
- Sugar-free popsicles; limit to one serving per day

Other key things to know while on Optifast 900®

1. Stop taking your multivitamin and any other vitamin C supplements

- Optifast 900® supplies 100 percent of vitamins and minerals. Too much Vitamin C can increase your chance of getting kidney stones.
- Continue all other vitamin and mineral supplements (example: Vitamin D, Vitamin B12, iron).

2. Drink Optifast 900® once mixed

- Drink Optifast 900® after mixing it. When left to sit, it may form clumps. If you do choose to save it for later, put it in the fridge for up to 24 hours.

3. Do not heat Optifast 900®

- Do not heat or add hot liquids to the powder. Keep packages in a cool, dry place.

The day before surgery

- Stop drinking Optifast 900® by **midnight** the evening before your surgery.
- Do not eat any solid food after **midnight** the evening before surgery.
- You may drink 2 cups (500 mL) of water up to three hours before your hospital arrival time.

Tips for managing hunger while on Optifast 900®

- Drink the prescribed number of packets of Optifast 900® supplement per day.
- Establish regular times for drinking Optifast 900®, about four hours apart.
- Try to drink more water. Ice chips can be helpful.
- Add fibre, for example Metamucil®, Benefibre®, inulin or powdered psyllium. Start with 1 to 2 tsp (5 to 10 mL) of the fibre supplement per day and increase as needed. This soluble fibre supplement is a bulk-forming agent which can help lower hunger.
- Avoid food cues, such as other people eating, food smells, etc.
- Use journaling, positive self-talk or deep breathing to keep you on track.

- If needed, you can add up to two cups of crunchy vegetables to your diet. For example, you could eat one to two pickles, a few slices of celery, cucumber, green vegetables or cauliflower.

Tips for managing constipation while on Optifast 900®

Your bowel movements may happen less often while you are on Optifast 900®. For example, instead of daily bowel movements, you may have a bowel movement every two to four days. If your bowel movements need forcing or are painful, you may be constipated. Try the following:

- Make sure you are drinking enough fluids (12 cups (3 L) daily).
- You may need extra fibre, for example Metamucil®, Benefibre®, inulin or powdered psyllium. Start with 1 to 2 tsp (5 to 10 mL) of the fibre supplement per day and increase as needed.
- Allow three to four days for the extra fluid and fibre to help promote a bowel movement.

If the above is not working well, use Milk of Magnesia, 2 tbsp (30 mL) once or twice a day for two days in a row.

If the above is not working either, use Gentle Ex-Lax pills, Dulcolax or glycerin suppositories according to package directions.

If you are still constipated after this, call the clinic and follow the directions for the nursing line.

Tips for managing diarrhea while on Optifast 900®

If you are experiencing diarrhea, please:

- Make sure you are drinking enough fluids (12 cups (3 L) daily).
- Add extra fibre, for example Metamucil®, Benefibre®, inulin or powdered psyllium. Start with 1 to 2 tsp (5 to 10 mL) of the fibre supplement per day and increase as needed.
- Allow three to four days for the extra fluid and fibre to help control bowel movements.
- If diarrhea does not get better, call the clinic and follow the directions for the nursing line.

Optifast 900® recipes

To change the flavour:

- You may add calorie-free, sugar-free flavouring such as Mio®, Crystal Light® or Great Value®.
- You may also add a few drops of sugar-free flavouring extracts such as peppermint or orange.

Cinnamon apple

¾ to 1 cup (175 to 250 mL) sugar-free Apple Kool-Aid®

1 vanilla Optifast 900®

¼ tsp (1 mL) of cinnamon

Chocolate orange

1½ cups (375 mL) water

Crushed ice

1 chocolate Optifast 900®

1 to 2 drops orange extract

Raspberry dream

1½ cups (375 mL) water

Crushed ice

1 vanilla Optifast 900®

Raspberry Crystal Light®

Mint chocolate

1½ cups (375 mL) water

1 chocolate Optifast 900®

¼ tsp (1 mL) mint extract

Artificial sweetener as needed

Managing diabetes when on Optifast 900®

If you have diabetes, please call the clinic at 613-761-5101 **before** starting Optifast 900®. Follow the directions for the nursing line and leave a detailed message.

Also,

1. Start Optifast 900® during normal clinic hours. Please do not start on a Friday.
2. If you think your blood sugar level is low, check your blood sugar immediately. If your blood sugar is low (under 4.0 mmol/L), eat or drink 15 grams of fast-acting sugar:
 - 15 grams of sugar in the form of sugar tablets
 - 1 tbsp (15 mL) of sugar dissolved in water
 - ¾ cup (175 mL) of juice
 - 6 Life Savers (1 Life Saver equals 2.5 grams of carbohydrate)
 - 1 tbsp (15 mL) of honey
3. Wait ten to 15 minutes and then check your blood sugar level again.
4. If your blood sugar level is still below 4.0 mmol/L, repeat step 2.
5. If the time to drink your next Optifast 900® packet is more than one hour away, eat a snack (for example: ½ sandwich or cheese and crackers).

IMPORTANT:

Think about why your blood sugar level went low and make changes to avoid low blood sugar again.

Wait 45 to 60 minutes before driving.

Section 5:
Your hospital stay

Pre-surgery checklist

- ☐ Buy Optifast 900® from the clinic
- ☐ Buy protein supplements for after surgery
- ☐ Buy vitamin and mineral supplements for after surgery
- ☐ Gather basic kitchen equipment:
 - ☐ Blender or food processor
 - ☐ Small plates, bowls and cups
 - ☐ Measuring cups and spoons
- ☐ Keep these items on hand for at least the first month after surgery:
 - ☐ Juices (100% orange, apple, cranberry) – mix ½ water, ½ juice
 - ☐ Chicken, beef or vegetable broth or bouillon
 - ☐ Milk (cow's milk or unsweetened milk alternatives)
 - ☐ Canned fruit
 - ☐ Frozen fruit
 - ☐ Applesauce
 - ☐ Yogurt (regular, Greek or Icelandic-style)
 - ☐ Cottage cheese, ricotta cheese
 - ☐ Eggs
 - ☐ Beans and lentils
 - ☐ Potatoes and sweet potatoes
 - ☐ Canned tuna, salmon, chicken or turkey
 - ☐ Pureed soups
 - ☐ Protein bars
- ☐ Keep an up-to-date medication list with you for clinic visits and hospital stay
- ☐ Arrange to have someone drive you home from the hospital before your surgery
- ☐ Arrange to have someone with you at home to help you after surgery
- ☐ Plan to take the first four weeks after surgery off work or school

Your hospital stay

Preparing for your hospital stay

- Do not eat solid food, drink liquids, chew gum or suck on candy after midnight the evening before surgery. You may drink 2 cups (500 mL) of water up to three hours before your arrival time at the hospital.
- If you have a CPAP or BiPAP machine, bring it with you to the hospital.

The day of surgery

- You will check in at the Same Day Admissions Unit (SDA) about three hours before your surgery. You may bring a support person with you.
- You will have a small intravenous (IV) tube put into a vein in your arm. It will give you fluids and medications before and after surgery. Before surgery you may get an antibiotic medication in your IV to help prevent infection.

The operating room

- When it is time for your surgery, you will be taken to the operating room. This room is bright and cool. You will walk from a wheelchair onto the operating table.
- The team will come in and start your anesthetic to put you to sleep.
- Surgery takes about three hours.
- After surgery you will go to the Post Anesthetic Care Unit (PACU). Nurses will monitor you and give you medications as needed. You will stay here until you are awake. Then you will be moved to a room in an inpatient unit.

The inpatient unit

- You should plan to stay in the hospital for one night.
- You may have some pain from your incisions and from air that is in your stomach from surgery.
- Some people have nausea after surgery. Let your nurse know if you have nausea so that they can give you medication to help.
- The IV will give you fluids and medication after surgery. A nurse will remove it once you can drink safely.

Going home

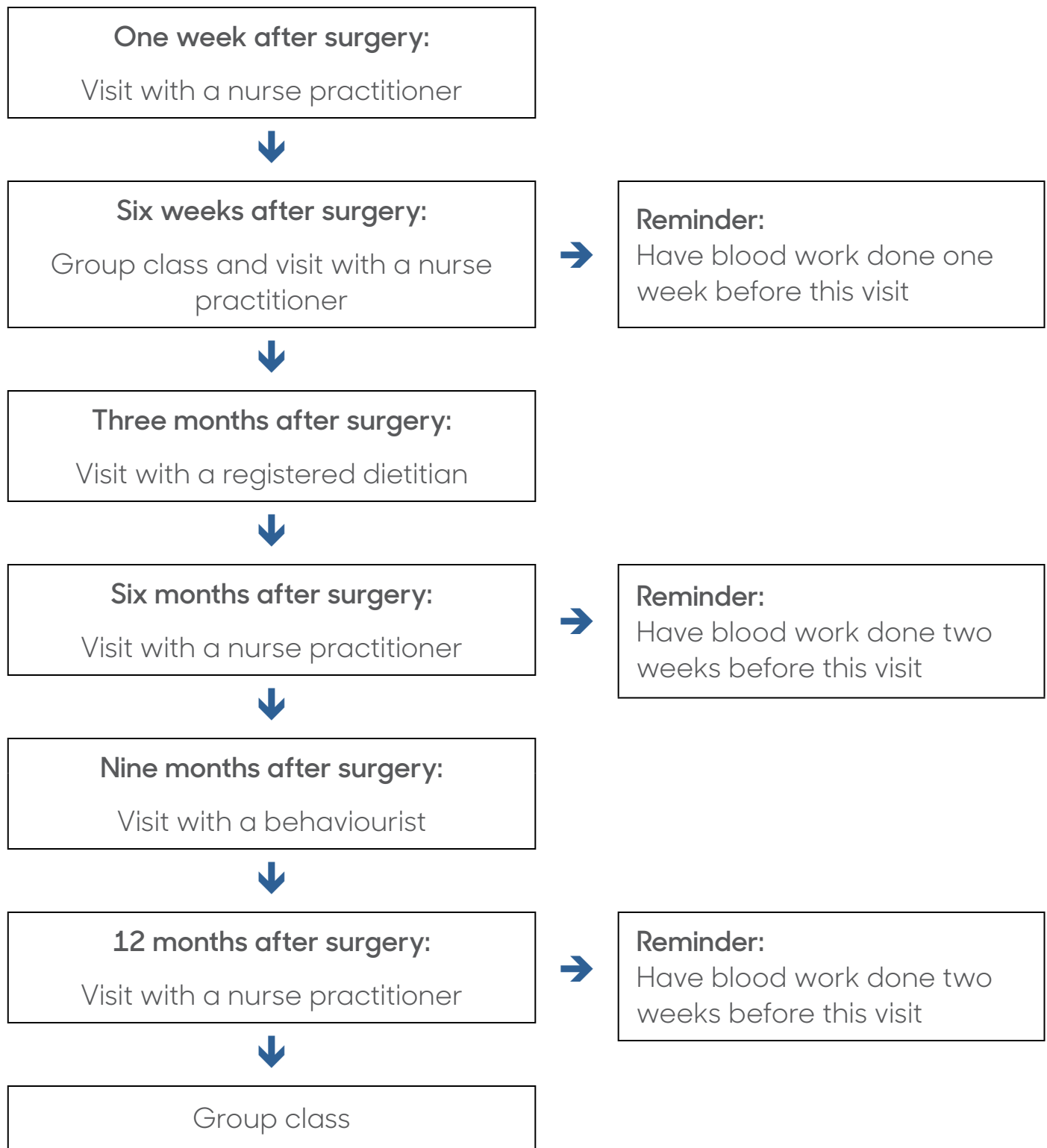
- When you are discharged from the hospital, it is important that you have someone to support you at home. You should arrange this before your surgery.
- You will be given a follow-up appointment date and time at the clinic and a prescription for medication.
- Have someone drive you home from hospital, you should arrange this before your surgery.

A decorative graphic consisting of several concentric, hand-drawn style circles. Scattered around these circles are approximately 15 grey plus signs (+). The circles and plus signs are arranged in a way that suggests a circular path or a series of steps.

Section 6: After bariatric surgery

After bariatric surgery

Overview: The first year



Caring for yourself after surgery

Pain control

- We encourage most patients to take acetaminophen 650 to 1000mg four times a day for the first few days after coming home from the hospital.
- Your doctor may also give you a prescription for Dilaudid (Hydromorphone) to take at home.
 - **You do not need to take Dilaudid (Hydromorphone)**, but you should if you have pain that is stopping you from moving, taking deep breaths or sleeping, even after taking acetaminophen.

Medication

- Your care team may change or stop some of your medications while you are in hospital.
- A nurse will talk to you about your prescriptions before you leave the hospital.

Surgical wounds

- Transparent dressings can come off after three days.
- Steri-strips can come off after seven days.
- Clear, watery liquid coming from the wound is normal.
- Signs of a wound infection:
 - Red, hot, painful swelling around the wound
 - Liquid from the wound is creamy and may have a bad smell
 - Fever

IMPORTANT:

If you have a fever, severe swelling, bruising or redness around the surgical wound that is spreading, contact the clinic and follow the directions for the nursing line.

Exercises after surgery

Do these exercises in the hospital and for the first week of recovery at home.

- **Deep breathing and coughing** will help keep your lungs healthy by getting rid of extra fluid. Do these exercises every hour for the first day after surgery, then every four hours for the next one to two days.
 - Sit up in a chair or on the side of the bed.
 - Take a slow, deep breath in through your nose, then blow out slowly through your mouth. Repeat this exercise five to 10 times. On the fifth breath, gently cough two to three times.
- **Calf pumping and ankle exercises** will help to avoid blood clots by increasing blood flow in your legs while you are moving less. Do these exercises four to five times a day. Keep on doing these exercises even when you start walking.
 1. With your legs flat on the bed, point your toes towards your head, then towards the foot of the bed five to ten times.
 2. Make your feet go around in circles five to ten times.
 3. Bend and straighten one leg and then the other five to ten times each.
- **Getting out of bed** (ask your nurse to help you the first time you get up)
 1. Roll onto your side and bring your knees up towards your stomach.
 2. Place your upper hand on the bed below your elbow.
 3. Raise your upper body off the bed by pushing down on the bed with your hand.
 4. Swing your feet and legs over the end of the bed and bring your body to a sitting position.
 5. Once in a sitting position, take a few breaths to ensure your balance is good before trying to stand.
 6. Stand up while keeping your back as straight as possible.
 7. When getting back into bed, reverse these steps.

Caring for yourself at home

Physical activity and lifting

- Start your normal activities when you return home. Moving and walking will help you heal. Start with short walks a few times a day.
- Do not push, pull, lift or carry anything over four kilograms (ten pounds) for the first four weeks after surgery. This includes things like a suitcase, laundry basket, vacuum cleaner, pet or child.
- Do not do any difficult physical activity for the first four weeks after surgery.

Return to work or school

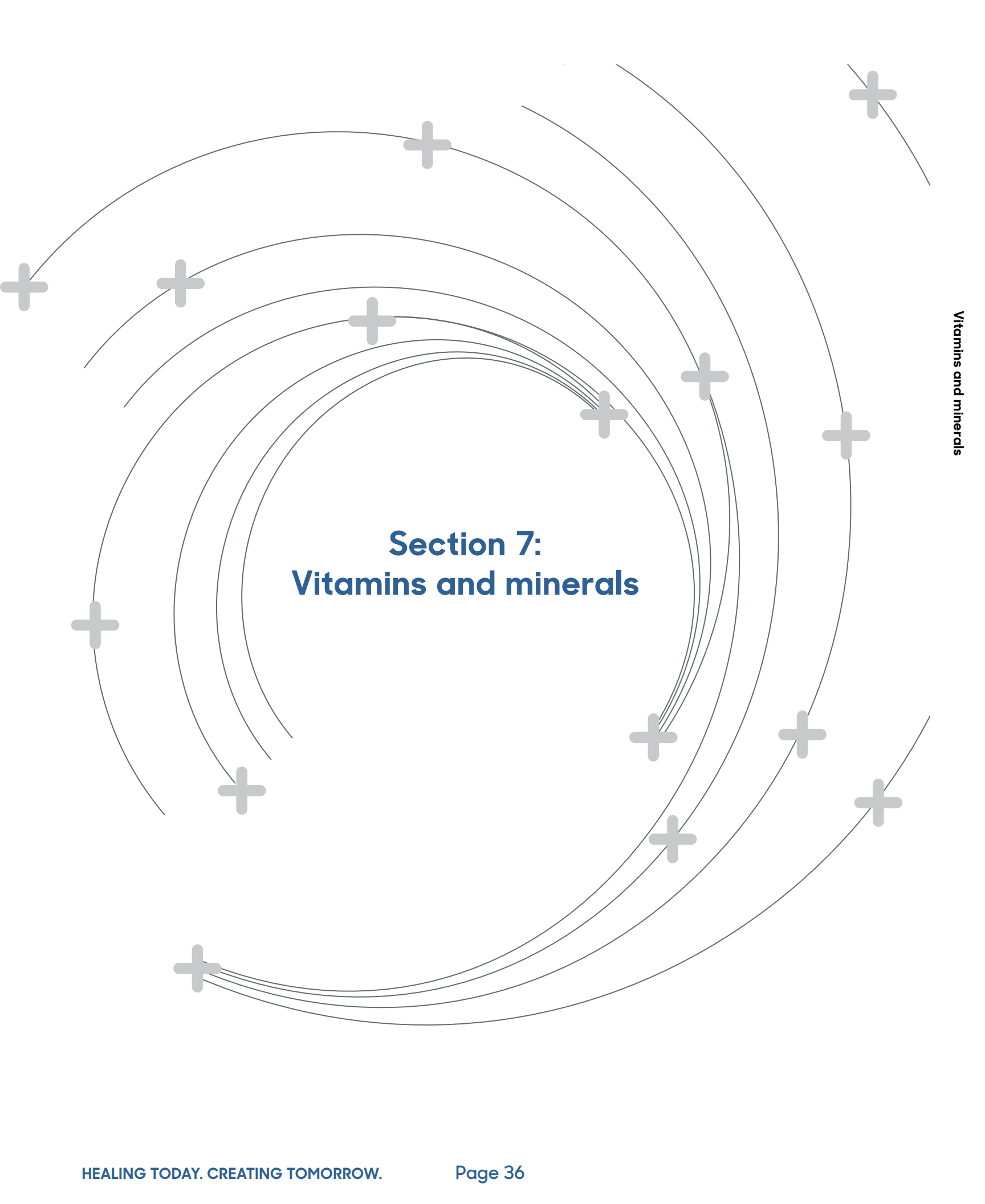
- Plan to take the first four weeks after surgery off work or school.

Sexual activity

- You can resume sexual activity when you feel able.
- Bariatric surgery can make it easier for some people to become pregnant. **You should not get pregnant in the first 12 to 18 months after surgery.** See your family doctor to discuss birth control options if needed.

Bathing and caring for your wound

- You may shower after surgery, unless told not to. Do not take a bath or swim until your wounds have healed.
- Keep the Steri-strips on your wounds clean and dry for one week. After one week you can take them off. If the Steri-strips fall off, leave them off.
- It is normal to have some swelling around the wound. Swelling usually goes down within the first few weeks. If you have severe swelling, bruising or redness that is spreading, contact the clinic and follow the directions for the nursing line.
- You may have numbness in the wound area. This is normal as some nerve endings were cut during surgery. This numbness may improve over two to three months.

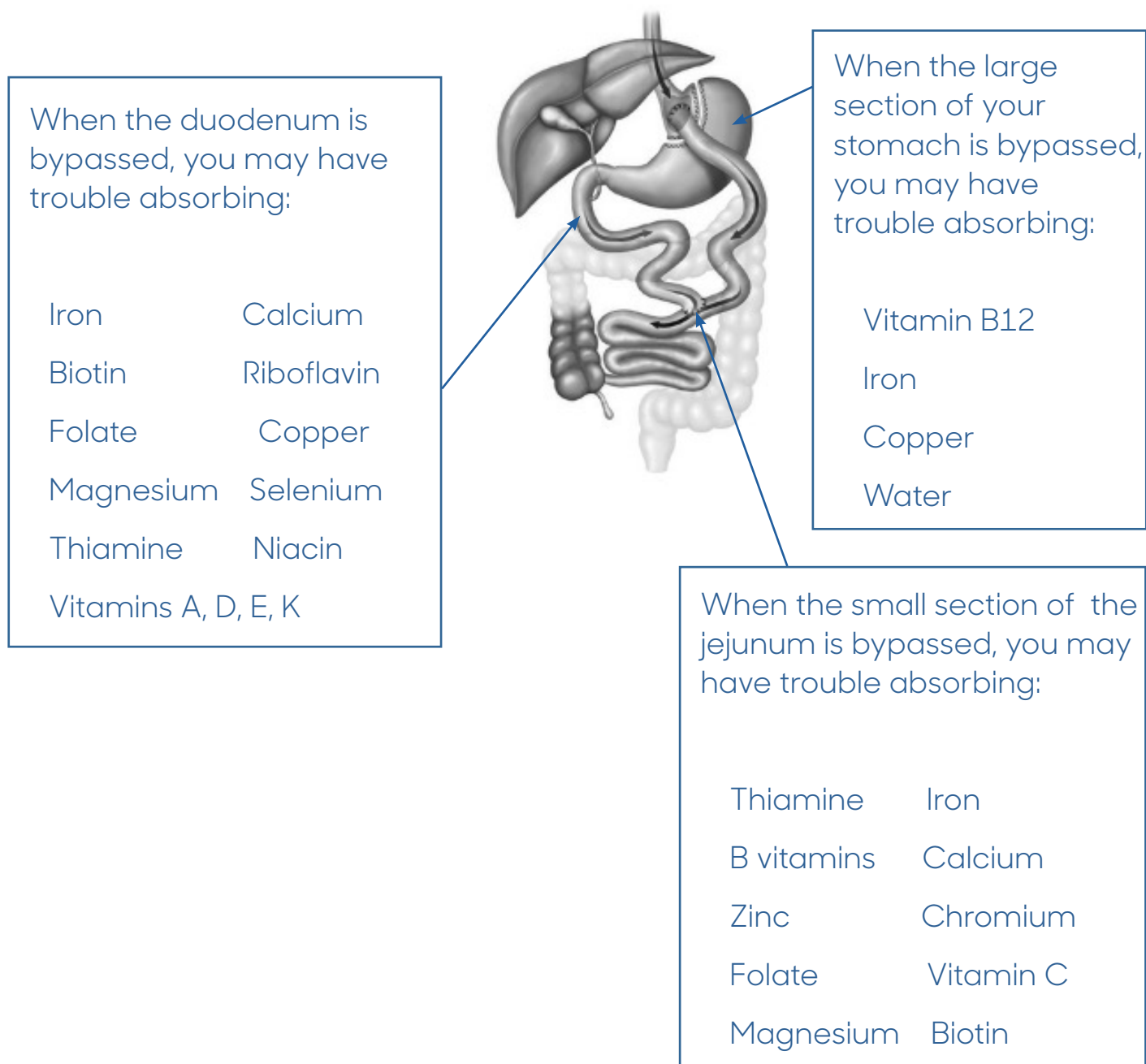
A decorative graphic consisting of several concentric, slightly irregular circles. Scattered around these circles are approximately 15 grey plus signs (+). The circles and plus signs are arranged in a way that suggests a spiral or a series of orbits, creating a dynamic and organic feel.

Section 7: Vitamins and minerals

Vitamin and mineral absorption after surgery

After surgery, your body will not absorb certain vitamins and minerals as well as it did before. Bypassing different parts of your digestive system will affect how your body absorbs different things.

Roux-en-Y gastric bypass surgery

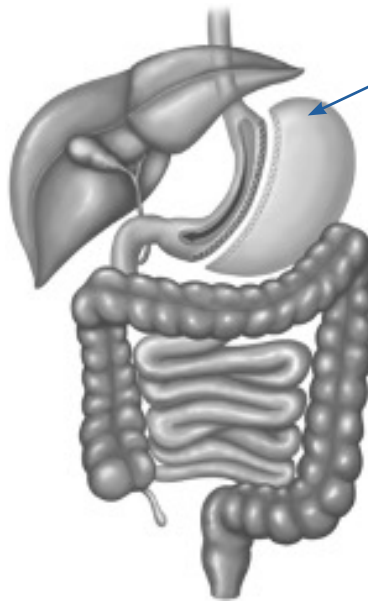


You will need to take vitamin and mineral supplements every day for life.

Vertical sleeve gastrectomy surgery

You will have an overall lower absorption of:

- Calcium
- Vitamin D
- Vitamin B12
- Iron
- Copper



When a large section of stomach is removed, you may have trouble absorbing:

- Vitamin B12
- Iron
- Copper
- Water

You will need to take vitamin and mineral supplements every day for life.

Avoiding vitamin and mineral deficiency after surgery

After surgery, there is a greater chance for vitamin and mineral deficiencies. You can avoid these deficiencies by taking supplements.

Multivitamin and minerals

If you do not take your multivitamin and mineral supplements you may have trouble with:

- Moving around well
- Seeing
- Tasting
- Memory
- Speaking
- Mood
- Physical energy
- Bone strength
- Heart health
- Muscle strength

Vitamin B12

If your body does not have enough Vitamin B12 you may have:

- Muscle weakness
- Stiff or rigid muscles
- Tingling feeling in hands, arms, feet and legs
- Trouble controlling urine and bowel movements
- Low blood pressure
- Trouble seeing
- Trouble thinking
- Poor mood

Calcium and vitamin D

If your body does not have enough Calcium and Vitamin D you may have:

- Brittle and weak bones
- Pain in joints
- Muscle cramps

Iron

Some people may need to take extra iron after surgery. If your body does not have enough iron, you may have:

- Hair loss
- Low energy
- Poor concentration
- Memory loss
- Weaker immune system
- Poor mood

Monitoring your vitamin and mineral levels

We will test your vitamin and mineral levels after surgery. Deficiencies may be life threatening and could cause permanent damage. **It is very important that you take vitamin and mineral supplements every day for the rest of your life.**

Vitamin and mineral monitoring plan

X = test completed

	Six weeks after surgery	Six months after surgery	Every year
Iron status (Ferritin + CBC)	X	X	X
Vitamin D (25-OH and PTH)	X	X	X
Vitamin B12	X	X	X
Calcium		X	X
Vitamin A		X	X
Zinc		X	X
Other	Your health-care team may ask you to take more tests if you need them.		

Vitamin and mineral supplements for life

You need to take vitamin and mineral supplements daily for life because your body can not absorb vitamin and minerals as well after bariatric surgery.

This section provides guidelines for choosing vitamin and mineral supplements for after bariatric surgery. Choices include bariatric supplements and over-the-counter supplements. They come in chewable, capsule, tablet and liquid forms.

Getting started

- Choose vitamin and mineral options from Bariatric supplements available in Canada (page 43) OR Bariatric supplements from in the US (page 45) OR Over-the-counter supplements (starting on page 46).
- Please note vitamin and mineral supplements are not available at the Weight Management Clinic.
- Start taking your vitamin and mineral supplements when you come home from hospital.
- Taking your vitamin and mineral supplements with food can help reduce discomfort and help with absorption.
- Multivitamin gummies and patches are not recommended because they do not meet after-surgery needs.
- For the first four to eight weeks after surgery, you may feel more comfortable choosing chewable or liquid vitamin and mineral supplements.

REMINDER:

Your care team will check your blood work after surgery and adjust your supplements as needed. If you have any questions about supplements, call the clinic.

How many to take

- The average numbers of vitamin and mineral tablets per day is four to 12.
- Bariatric vitamin and mineral options: four to seven tablets per day.
- Over-the-counter vitamin and mineral options: nine to 12 tablets per day.

How much they cost

- Vitamin and mineral supplements can cost \$55 to \$75 monthly.

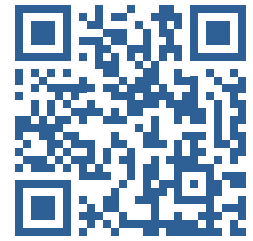
Bariatric supplements available in Canada

Choose one option from the following

Bariatric Advantage® Vitamins →

Company Name: Bariatric Advantage Canada

Where to buy: online



Ultra Multi Capsules + Calcium Citrate 500 mg (chewable or chewy bites)

- Take three multivitamin capsules and two to three calcium citrate chews per day.
- Multivitamin capsules can be taken together or separately.
- Calcium citrate chews need to be separated by at least two hours.

OR

Chewable Advanced Multi EA + Calcium Citrate 500 mg (chewable or chewy bites)

- Take three multivitamin tablets and two to three calcium citrate chews per day.
- Multivitamin chewable tablets can be taken together or separately.
- Calcium citrate chews need to be separated by at least two hours.

Celebrate® Vitamins →

Where to buy: online or in person at The Ottawa Hospital Civic Campus, Medical Pharmacy (613-761-4157)



Multivitamin Capsule and Calcium Citrate Soft Chews

- Take three multivitamin capsules and two to three Calcium Citrate Chews per day.
- Multivitamin capsules can be taken together or separately.
- Calcium citrate chews need to be separated by at least two hours.

OR

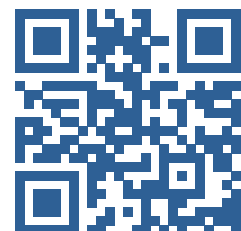
Essential Multi 2-in-1 Chewable

- Take four chewable tablets per day. Take 1 or 2 at a time, separated by at least two hours.

Paravita® Vitamins →

Company Name: Paravita® Canada

Where to buy: online



Paravita Refresh Bariatric Vitamins and Vitamin D

- Take three multivitamin tablets and three Vitamin D 1000IU tablets per day.
- Multivitamin tablets need to be separated by at least two hours.

Bariatric supplements from in the US

Please talk to your health-care team about what product and dose best meets your needs.

Bariatric Advantage® Vitamins

Company Name: Bariatric Advantage United States

Where to buy: online _____→



Bariatric Fusion

Company Name: Bariatric Fusion United States

Where to buy: online _____→



Bariatric Pal® Vitamins

Company Name: Bariatric Pal® United States

Where to buy: online _____→



Celebrate® Vitamins

Company Name: Celebrate® Vitamins United States

Where to buy: online _____→



Opurity® Vitamins

Company Name: Unjury® United States

Where to buy: online _____→



ProCare Health® Vitamins

Company Name: ProCare Health® United States

Where to buy: online _____→



Over-the-counter supplements – Guidelines

This chart is a general guideline. Talk to your health-care provider for specific information about your needs.

Supplement	Amount	Notes
Multivitamin/mineral	2 tablets per day	Dosing depends on product. Look for: Vitamin A 5000–10000 IU Vitamin B1 (Thiamine) 12 mg Folate 400–1000 mcg Vitamin E 15 mg Vitamin K 90–120 mcg Zinc 8–22 mg Copper 1–2 mg Selenium 55 mcg
Vitamin B12	500–1000 mcg per day	Under the tongue (sublingual) or dissolvable preferred
Calcium Citrate	1200–1500 mg per day	Take 400–600 mg at a time, at least two hours apart Do not take within two hours of iron or multivitamins containing iron
Vitamin D	3000–4000 IU per day (from all supplement sources)	Check your multivitamin and calcium supplements to see how much vitamin D they contain. You may need to add extra Vitamin D.
Iron*	45–60 mg per day	Ferrous Gluconate 300 mg Take with 250–500 mg vitamin C for better absorption. Do not take within two hours of calcium in calcium supplement, a multivitamin containing calcium or food sources containing calcium (e.g. milk, cheese, yogurt).

*You may not need an iron supplement. Please talk to your nurse practitioner.

Over-the-counter supplements – Examples

Multivitamin/mineral (choose 1)	
Centrum Performance (contains 9 mg Vit B1/Thiamine per 2 tablets)	2 tablets per day
Equate Senior Women's Tablet (contains 15mg Vit B1/Thiamine per tablet)	2 tablets per day
Kirkland Signature® Women 50+ Tablet (contains 15mg Vit B1/Thiamine per tablet)	2 tablets per day
Webber Naturals® Women's Most Complete Multi Tablet (contains 10mg Vit B1/Thiamine per 2 tablets)	2 tablets per day
Vitamin D (choose 1)	
Ddrops® Vitamin D 1000 IU Liquid	1–2 drops per day
Jamieson® D3 1000 IU chewable, tablet or sublingual	1–2 tablets per day
Jamieson D3 1000 IU Spray	1–2 sprays per day
Kirkland D3 1000 IU Tablet	1–2 tablets per day
Webber Naturals® D3 1000 IU Tablet	1–2 tablets per day
Calcium Citrate (choose 1)	
Bariatric Advantage Calcium Citrate 500 mg Chewable	1 chew, 3 times per day
Celebrate® Calcium Citrate 500 mg Soft Chew	1 chew, 3 times per day
Equate Calcium + D Liquid	1 tbsp, 3 times per day
Jamp Calcium Liquid	1 tbsp, 3 times per day
Life Brand Calcium Citrate 300 mg Tablet	2 tablets, 2 times per day
Webber Naturals® Calcium and Vitamin D Liquid	1 tbsp, 3 times per day
Webber Naturals® Calcium Citrate 300 mg Tablet	2 tablets, 2 times per day
Vitamin B12 (choose 1)	
Jamieson® B12 500 mcg or 1000 mcg Tablet	1 tablet per day
Jamieson® Fast Dissolving B12 1000 mcg Strip	1 strip per day or every other day
Jamieson B12 500 mcg Spray	1 spray per day
Kirkland Signature Sublingual B12 1200 mcg Tablet	1 tablet per day or every other day
Webber Naturals® B12 500 mcg Tablet	1 tablet per day
Iron and others	
Your health-care team may suggest iron or other vitamin and mineral supplements to you based on blood work after surgery.	

Available at local stores. Products may vary.

Your health-care team may adjust your supplements as needed.

Section 8:
Food stages after surgery

Food stages after surgery

After surgery, there are five food stages

Stage 1 – Clear fluids (in hospital)

Stage 2 – Full fluids plus protein supplement (one week)

Stage 3 – Pureed foods plus protein supplement (one week)

Stage 4 – Soft foods (one week)

Stage 5 – Eating patterns for life (solids)

Each stage is covered in more detail below.

Some people may need more time in each stage. This is normal.
Please contact the clinic if you are having problems progressing through the diet stages.

Stage 1: Clear fluids

Clear fluids will help you stay hydrated for the one to two days you are in hospital. When you start drinking fluids, start with one to two small medicine cups worth (30-60 mL) every 30 minutes. Then drink three to four small medicine cups worth of fluids (90-120 ml) per hour. Keep increasing as you are able to handle more. Medicine cups come with your fluids in hospital.

General guidelines:

- Sip slowly.
- Drink often.
- Add water to all juices.
- Try adding Boost JustProtein® to your fluids while in hospital to increase your protein intake. Mix well so that no clumps form. Boost JustProtein® is provided on your tray.

Clear fluid guide

Food group	Food examples
Fluids	Water and flavoured water
	Sugar-free drinks
	Fruit juice mixed with water
	Decaffeinated tea and coffee
	Chicken, beef and vegetable broths

Aim for 6 to 8 cups (1.5 to 2 litres) of fluids per day.

Stage 2: Full fluids

Start this stage one to two days after surgery. This stage will last about one week. Remember to keep the portions small and progress to the next stage as you are able.

General guidelines:

- Sip on fluids throughout the day. Aim for 6 to 8 cups (1.5 to 2 litres) of fluids every day. This includes the liquid protein supplements.
- Aim for half of your liquids to be from protein supplements.

Full fluids guide

Food group	Food examples
Fluids	The same as in the clear fluid examples
Protein supplement	Whey protein isolate, soy protein isolate, whey protein concentrate, plant-based proteins
Protein foods	Milk Soy milk (unsweetened) Yogurt (regular, Greek and Icelandic-style)
Fruits and vegetables	You can start to include fruit in your protein shakes and smoothies Unsweetened applesauce Blenderized soup

Full fluids: Sample menu

Breakfast

- Protein shake or smoothie*
-

Mid-morning

- Yogurt
-

Lunch

- Protein shake or smoothie* or blenderized soup
-

Mid-afternoon

- Vegetable broth or yogurt
-

Supper

- Protein shake or smoothie* or blenderized soup
-

Evening

- Protein shake or smoothie*
-

*Refer to sample smoothie ideas page 57 in this booklet

Fluids: Aim for 6 to 8 cups (1.5 to 2 litres) per day (includes fluid from protein shakes and smoothies)

Protein: Aim to meet daily protein needs that you talked about with your dietitian.

REMINDER:

Start your daily vitamin and mineral supplements.

You do not need to separate liquids and solids during this stage. Keep drinking fluids and protein supplements throughout the day.

Choosing a protein supplement

Once home after surgery, you will need to start a protein supplement and continue this protein supplement for four to eight weeks after surgery.

Protein helps:

- Support the healing process after surgery
- Maintain muscle mass
- Keep you healthy (hair, skin, nails and organs)

Signs of not eating enough protein include:

- Fatigue or weakness
- Muscle loss
- Hair loss
- Weight loss stops
- Hunger

What to look for in a protein supplement:

1. A protein powder or liquid made from whey protein isolate, soy protein isolate, whey protein concentrate, or plant-based proteins that
 - a. Provides 20 to 30 grams of protein per serving
 - b. Is lower in sugar, (5 grams or less per serving) and low in fat (3 grams or less per serving)
 - c. Does not contain caffeine
2. If you have lactose intolerance, whey isolate is a better choice than whey concentrate. Much of the lactose and sugars are removed from whey isolate during processing.
If you have a dairy allergy, avoid whey and whey isolate proteins. Choose soy protein isolate or plant-based protein instead.

REMINDER:

Follow your dietitian's recommendations for your own protein needs. A general guideline is to consume 60 to 100 grams of protein each day.

Protein supplement examples

Protein supplement name	Protein source	Amount of protein grams (g) per serving	Examples of where to find it
Powders			
AllMax Nutrition Isoflex Pure or AllMax Isonatural	whey protein isolate	27 g	Fit Shop, Nutrition House, Popeye's, Walmart
Kaizen Naturals Whey Isolate	whey protein isolate	25 g (30 g scoop) 35 g (42 g scoop)	Walmart Costco
Kaizen Naturals Vegan Protein	plant protein blend: pea, pumpkin seed, sprouted whole grain brown rice, chia seed, sprouted quinoa	25 g	Fitshop
LeanFit Naturals Whey Protein	whey protein concentrate, whey protein isolate	25 g	Costco
LeanFit Organic Plant-based Protein	plant protein blend: pea, rice, chia seed, flax seed, hemp	21 g	Costco
President's Choice Whey Protein Isolate	whey protein isolate	25 g	Loblaws, Shoppers Drug Mart
Vega Sport Protein	plant protein blend: pea, pumpkin seed, sunflower seeds, alfalfa protein	30 g	GNC, Loblaws, Popeyes, Fitshop
Vega Protein & Greens	plant protein blend: pea protein, brown rice protein	20 g	Costco, GNC, Loblaws, Walmart

Powders that mix clear		– mix into liquids such as water, diluted juice, decaffeinated tea and coffee	
		– mix into soft foods such as oatmeal, pureed fruits and vegetables	
BeneProtein unflavoured and flavoured	whey protein isolate	6 g (3 scoops = 21 g)	Walmart, Available in most pharmacies
Boost Just Protein unflavoured	whey protein isolate	6 g (3 scoops = 21 g)	Walmart, Shoppers Drug Mart, Available in most pharmacies
Revolution Nutrition Isolate Splash flavoured	whey protein isolate	24 g	Costco, www.revolution-nutrition.com
Liquids			
Fairlife Core Power lactose free	ultrafiltered milk	26 g	Available in most grocery stores
Fairlife Nutrition Plan Protein lactose free	ultrafiltered milk	30 g	Costco
Premier Protein	milk and whey protein concentrate	30 g	Costco, Walmart
Protein2o (clear beverage)	whey protein isolate	15–20 g	Bulk Barn

Meal supplements and others			
Boost Diabetic	milk protein and soy protein isolate	16 g	Walmart, Available in most grocery stores and pharmacies
Boost Protein Shake 27 g	milk protein and soy protein isolate	27 g	Loblaws, Shoppers Drug Mart
Ensure Protein Max	soy protein, milk and whey protein concentrate	30 g	Walmart, Available in most grocery stores and pharmacies
Fairlife Milk lactose free	ultrafiltered milk	14 g	Available in most grocery stores
Natrel Plus lactose free	ultrafiltered milk	18 g	Walmart, Available in most grocery stores
Skim Milk Powder 1/4 cup (60 ml)	milk protein	9 g	Available in most grocery stores

Products may vary.

Your health-care team may adjust your supplements as needed.

Sample smoothie ideas

Use these guidelines to create your own smoothies. Add more liquid base for a thinner texture or less if you like a thicker smoothie.

Liquid base ½ to 1 cup (125 to 250 mL) per serving	Fruit ½ cup (125 mL) fresh or frozen per serving	Protein powder (1 scoop or serving)
• Milk • Soy milk • Water • Fruit juice • Almond milk	• Strawberries • Blueberries • Peach • Melon • Mango • Banana	• Try different flavors (vanilla, chocolate, unflavored)
Protein boost		
Add yogurt (regular, Greek or Icelandic-style) or cottage cheese to taste		
Flavour boost		
• Cinnamon • Nutmeg • Ginger • Vanilla	• Almond extract • Orange zest • Flavourings (Mio® or Crystal Light®) • Decaffeinated coffee	
Serve over ice or mix in blender with ice. Try freezing leftover smoothies in ice cube trays or popsicle containers.		

Stage 3: Pureed foods

This stage will last about one week or up to two weeks if you had a vertical sleeve gastrectomy. It includes blended or pureed solids.

Remember to keep the portions small and progress to the next stage when you are ready.

General guidelines

- Start with very small amounts of foods. Use a small spoon or fork to help take tiny bites. Increase your amounts up to ½ cup (125 mL) total.
- Introduce one new food at a time.
- Eat slowly and chew food well. Take at least 15 to 20 minutes to eat a meal. Stop eating when you feel full.
- Sip fluids and protein shakes between meals. Aim for 6 to 8 cups (1.5 to 2 litres) of fluids each day.
- If you are consuming liquid-type foods, you don't need to separate fluids at meals.

How to puree foods

- Cook food until tender using a microwave, stove or oven.
- Place cooked food into a blender or food processor.
- Add liquids such as water, milk or broth.
- Thicken food with 1 tbsp (15 mL) potato flakes, skim milk powder or unflavoured protein supplement.
- Cover and blend until food is smooth.
- Refrigerate or freeze extra servings in closed containers. An ice cube tray is great for freezing small portions.

Ready-made pureed foods

- Heart to Home Meals
 - Order online or by phone 1-866-933-1516
 - Delivery zones within Ontario are based off of specific postal codes

- TrePuree
 - Available at The Ottawa Hospital. Preorder through Nutrition Services
 - Civic Campus 613-798-5555 ext. 14744 or
 - General Campus 613-737-8899 ext. 78050

Tips for boosting protein

- Drink a liquid protein supplement between meals.
- Add a protein powder supplement, Greek or Icelandic-style yogurt or skim milk powder to foods.
- Puree white navy beans, white kidney beans or other beans and lentils into foods.

Pureed foods guide

Food group	Food examples
Fluids	The same as in clear fluid examples
Protein supplement	Whey protein isolate, soy protein isolate, whey protein concentrate, plant-based proteins
Protein foods	Milk Soy milk (unsweetened) Yogurt (regular, Greek and Icelandic-style) Cottage and ricotta cheese Soft cheese Pureed meats Scrambled eggs Pureed beans and lentils Silken tofu Pureed soups
Fruits and vegetables	Cooked and pureed vegetables Pureed fruit Unsweetened applesauce
Grains and starches	Oatmeal Cream of wheat Mashed potatoes and sweet potatoes

Pureed foods sample menu

Breakfast	✓	Protein	• 1-2 tbsp (15-30 mL) yogurt
	✓	Fruit/veg	• ½ cup (125 mL) milk or soy milk
	✓	Grain/ starch	• 1-2 tbsp (15-30 mL) applesauce
			• 1-2 tbsp (15-30 mL) oatmeal
Mid-morning	✓	Protein	• Protein shake
Lunch	✓	Protein	• ¼ cup (60 mL) pureed squash soup with added protein
	✓	Fruit/veg	
	✓	Grain/ starch	• 1-2 tbsp (15-30 mL) pureed fruit
Mid-afternoon	✓	Protein	• Protein shake
Supper	✓	Protein	• 1-2 oz (30-60 g) pureed turkey
	✓	Fruit/veg	• 2 tbsp (30 mL) mashed potatoes with added protein
	✓	Grain/ starch	• 1-2 tbsp (15-30 mL) pureed carrots
Evening	✓	Protein	• Protein shake

Fluids: Aim for 6 to 8 cups (1.5 to 2 litres) per day (includes fluid from protein shakes and smoothies).

Protein: Aim to meet daily protein needs as discussed with your dietitian.

Stage 4: Soft foods

This stage is all about soft foods that are easier to chew and digest. Introduce them slowly and in small amounts to make sure that you can handle them.

General guidelines

- Eat three small meals and two to three snacks each day. Do not nibble or graze throughout the day.
- The amount that you eat at each meal and snack should increase to ½ cup to 1 cup (125 to 250 mL) of food.
- Include healthy fats, such as nuts and seeds and their butters, avocado, 2 to 3 tbsp (30 to 45 ml) vegetables oils daily.
- Eat slowly and chew food well. Take at least 15 to 20 minutes to eat a meal. Stop eating when you feel full.
- Introduce one new food at a time. When you introduce new foods, take only a very small amount, 1 to 2 tbsp (15 to 30 mL). If you have trouble with a food, try it again when you are comfortable.
- Sip on fluids throughout the day. Aim for 6 to 8 cups (1.5 to 2 litres) of fluids each day. **Wait 30 minutes after eating before drinking anything.**

Tips for boosting protein

- Add a protein powder supplement, Greek or Icelandic-style yogurt or skim milk powder to foods.
- Drink a protein supplement if you are unable to meet your protein needs with food alone.

REMINDER:

Wait 30 minutes after eating before you drink anything.

Soft foods guide

Food group	Food examples
Fluids	The same as in clear fluid examples
Protein supplement	Whey protein isolate, soy protein isolate, whey protein concentrate, plant-based proteins
Protein foods	Milk Soy milk (unsweetened) Yogurt (regular, Greek and Icelandic-style) Cottage and ricotta cheese Soft and hard cheese Eggs Beans and lentils Tofu Meat and poultry: ground, minced or chopped with added gravy, sauce or liquid to moisten Canned tuna, salmon and chicken Fish Lower fat deli meat Peanut butter and other nut butters
Fruits and vegetables	Soft-cooked vegetables Fruit
Grains and starches	Oatmeal Cream of wheat Potatoes and sweet potatoes Toasted whole wheat and whole grain breads High fibre crackers Quinoa, couscous and rice Whole wheat pasta

Soft foods – Sample menu

Breakfast	✓	Protein	• 1 egg
	✓	Fruit/veg	• 2 tbsp (30 mL) canned or diced fruit
	✓	Grain/ starch	• ¼ slice toast
Mid-morning	✓	Protein	• ¼ cup (60 mL) yogurt
Lunch	✓	Protein	• 2 oz (60 g) canned tuna or chicken breast
	✓	Fruit/veg	• 1-2 tbsp (15-30 mL) green beans or carrots
	✓	Grain/ starch	• 1-2 crackers
Mid-afternoon	✓	Protein	• ¼ cup (60 mL) cottage cheese
	✓	Fruit/veg or Grain/ starch	• 2 tbsp (30 mL) canned or diced fruit
Supper	✓	Protein	• 2 oz (60 g) baked fish
	✓	Fruit/veg	• 1-2 tbsp (15-30 mL) steamed asparagus
	✓	Grain/ starch	• 1-2 tbsp (15-30 mL) mashed potatoes
Evening	✓	Protein	• ¼ cup (60 mL) yogurt with 1-2 tbsp (15-30 mL) blueberries
	✓	Fruit/veg	

Fluids: Aim for 6 to 8 cups (1.5 to 2 litres) per day.

Protein: Aim to meet daily protein needs that you talked about with your dietitian.

Fibre: Eat high fibre foods at each meal and snack such as fruits, vegetables and grains or starches.

REMINDER:

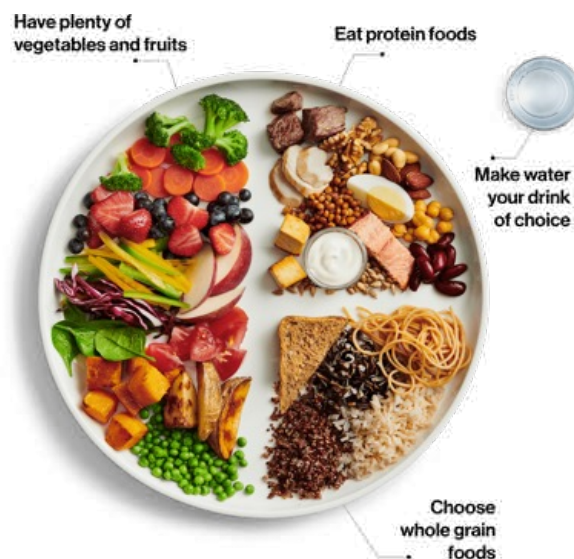
Stop protein supplements once you can meet your daily protein needs from food.

Stage 5: Eating patterns for life

This stage is made up of a variety of solid foods that outline eating patterns for life. Prepare balanced meals and snacks based on Canada's Food Guide. Adjust them according to your needs. You can easily modify balanced meals to reflect culture, to meet dietary restrictions, to lower cost or to meet your family's needs. For more information, see Canada's Food Guide.

General guidelines

- Eat three small meals and snacks as needed each day. Do not nibble and graze throughout the day.
- The amount that you eat at each meal and snack should increase to at least 1 cup (250 mL) of food.
- Include healthy fats, such as nuts and seeds and their butters, avocado, 2 to 3 tbsp (30 to 45ml) vegetable oils daily.
- Eat slowly and chew food well. Take at least 15 to 20 minutes to eat a meal. Stop eating when you feel full.
- Introduce one new food at a time. When you introduce new foods, take only a very small amount, 1 to 2 tbsp (15 to 30 mL). Slowly increase the amount of the new food that you eat. If you have trouble with a food, try it again when you are comfortable.
- Sip on fluids throughout the day. Aim for 6 to 8 cups (1.5 to 2 Litres) of fluids each day. Wait 30 minutes after eating before you drink anything.



Eating patterns for life guide

Food group	Food examples
Fluids	The same as in clear fluids examples You can start drinking caffeinated and carbonated drinks. Talk about it with your nurse practitioner or dietitian.
Protein supplement	Whey protein isolate, soy protein isolate, whey protein concentrate, plant-based proteins
Protein foods	Milk Soy milk (unsweetened) Yogurt (regular, Greek and Icelandic-style) Cottage and ricotta cheese Soft and hard cheese Eggs Beans and lentils Tofu Meat and poultry Canned tuna, salmon and chicken Fish Lower fat deli meat Peanut butter and other nut butters
Fruits and vegetables	All vegetables All fruit Dried fruit
Grains and starches	Oatmeal, Cream of wheat Potatoes and sweet potatoes Whole wheat and whole grain breads High fibre crackers Quinoa, couscous and rice Whole wheat pasta Dry cereals

Eating patterns for life – Sample menu

Breakfast	✓ Protein	• 1 poached egg
	✓ Fruit/veg	• ½ slice toast with peanut butter
	✓ Grain/starch	• 2 tbsp (30 mL) mixed berries • 2 tbsp (30 mL) yogurt
Mid-morning	✓ Protein	• ¼ cup (60 mL) yogurt
Lunch	✓ Protein	• Sandwich wrap: 2 oz (60 g) tuna, salmon, chicken or lean meat, ½ small tortilla or wrap, lettuce, tomato and mayonnaise
	✓ Fruit/veg	
	✓ Grain/starch	• ¼ cup (60 mL) cottage cheese • 1 clementine orange
Mid-afternoon	✓ Protein	• 1-2 crackers with hummus
	✓ Fruit/veg or Grain/starch	• 1 oz (30 g) cheese
Supper	✓ Protein	• ½ cup (125 mL) chili
	✓ Fruit/veg	• ¼ cup (60 mL) steamed vegetables
	✓ Grain/starch	• 3-4 crackers
Evening	✓ Protein	• ¼ cup (60 mL) yogurt with 1-2 tbsp (15-30 mL) berries
	✓ Fruit/veg	

Fluids: Aim for 6 to 8 cups (1.5 to 2 litres) per day.

Protein: Aim to meet daily protein needs that you talked about with your dietitian.

Fibre: Eat high fibre foods at each meal and snack such as fruits, vegetables and grains or starches.

Sample meal planner – Breakfast

Choose one to two foods from each group to make a balanced meal.

Protein	Fruit/vegetable	Grain/starch
1 egg (poached or scrambled)	1 tomato slice	¼ – ½ slice whole grain toast
¼ cup cottage cheese	¼ cucumber, sliced	¼ – ½ whole grain English muffin
¼ cup ricotta cheese	¼ cup chopped mixed vegetables (peppers, onion, tomatoes)	1–2 whole grain crackers
1 oz lean ham	¼ small pear or banana	⅓ cup high fibre cereal
½ cup plain or Greek yogurt	2–3 strawberries	2 tbsp All Bran Buds®
1 oz cheese	¼ cup blueberries	⅓ cup plain oatmeal
½ to 1 scoop protein powder	¼ cup raspberries	½ 6" whole grain tortilla
	¼ cup diced melon	2 tbsp granola cereal
	¼ cup spinach or kale	
Healthy fats		
1 tsp margarine, soft non-hydrogenated	2 tbsp ground flaxseeds	
7 nuts	4 halves walnuts	
1 tsp = 5 mL	1 tbsp = 15 mL	1 cup = 250 mL
		1 oz = 30 g

Breakfast ideas

Savory start

¼ cup cottage cheese + 1 tomato slice + 1–2 whole grain crackers

Make it: Top crackers with cottage cheese and tomato. Sprinkle with pepper to taste.

Sweet start

¼ cup ricotta cheese + ¼ small banana + ½ 6" whole grain tortilla

Make it: Mash banana and mix with ricotta cheese. Spread on tortilla, sprinkle with cinnamon and roll up. Sprinkle with chia seeds or flaxseeds for an extra fibre boost.

Sample meal planner – Lunch

Choose **one to two** foods from each group to make a balanced meal.

Protein	Fruit/vegetable	Grain/starch
2 oz canned tuna	1–2 tbsp tomato salsa	¼ – ½ slice whole grain toast
2 oz canned salmon	¼ chopped cucumber	3 Triscuits™
¼ cup cottage cheese	½ cup garden salad	1–2 whole grain flatbread crackers
¼ cup egg salad	½ cup spinach	½ 6" whole grain pita
¼ cup legumes (kidney beans, chickpeas, black beans)	¼ cup steamed vegetables	½ 6" whole grain tortilla
2 oz diced chicken	½ small apple	¼ cup quinoa
½ cup chili	⅛ avocado	1–2 slices toasted whole grain baguette
½ cup split pea soup	¼ cup grapes	
Healthy fats		
1 tsp margarine, soft non-hydrogenated	2 tbsp ground flaxseeds	
7 nuts	4 halves walnuts	
1 tsp = 5 mL	1 tbsp = 15 mL	1 cup = 250 mL
		1 oz = 30 g

Lunch ideas

Egg salad crunchers

¼ cup egg salad + ½ cup garden salad (with 2 tsp vinaigrette and 2 tsp chopped almonds) + 1 to 2 whole grain flatbread crackers

Make it: Top crackers with egg salad. Sprinkle with curry powder or dill for extra flavor. Enjoy salad and dressing.

Super split pea soup

½ cup split pea soup + ¼ cup steamed vegetables + ¼ cup quinoa

Make it: Heat split pea soup, steamed vegetables and quinoa. Blend and enjoy!

Sample meal planner – Supper

Choose one to two foods from each group to make a balanced meal.

Protein	Fruit/vegetable	Grain/starch
½ cup chili (with beans or lean ground meat) ¼ cup ground chicken 2 oz grilled or baked chicken breast 2 oz grilled or baked salmon (or other fish) 2 oz pork tenderloin ¼ cup legumes (lentils) 2 oz tofu ¼ cup veggie ground round (TVP)	¼ cup mixed frozen vegetables ¼ cup steamed carrots 2–3 small spears broccoli ¼ cup salad ¼ cup sautéed mushrooms and zucchini ¼ cup green beans ¼ cup diced green and red peppers ½ cup salad or spinach ½ cup steamed swiss chard or kale	¼ baked sweet potato ¼ cornmeal biscuit ¼ cup quinoa 1 small baby potato ¼ cup couscous ¼ cup brown rice 1–2 whole wheat crackers ¼ cup spaghetti noodles 1–2 slices whole grain baguette 2–3 tbsp mashed sweet potato with squash or carrots 2–3 baked sweet potato 'fries'
Healthy fats		
slices of avocado (1/6 of an avocado) 1 tbsp of nuts or seeds	1 tbsp salad vinaigrette 7 nuts	
1 oz = 30 g	1 tbsp = 15 mL	1 cup = 250 mL
		1 oz = 30 g

Supper ideas

Baked fish and sweet potato strips

2 oz fish (with lemon zest, pepper, garlic) + ½ cup salad (with 1 to 2 tsp vinaigrette) + 2–3 baked sweet potato fries.

Veggie delight

½ – 1 veggie burger (made with veggie ground round) + ¼ cup sautéed mushrooms and zucchini + 1–2 slices whole grain baguette.

Sample snack ideas

Snacks can boost your nutrition and control hunger throughout the day. A snack should include a carbohydrate to help fuel your body and protein to keep you full for longer. Choose one carbohydrate food choice and one protein food choice from the list below.

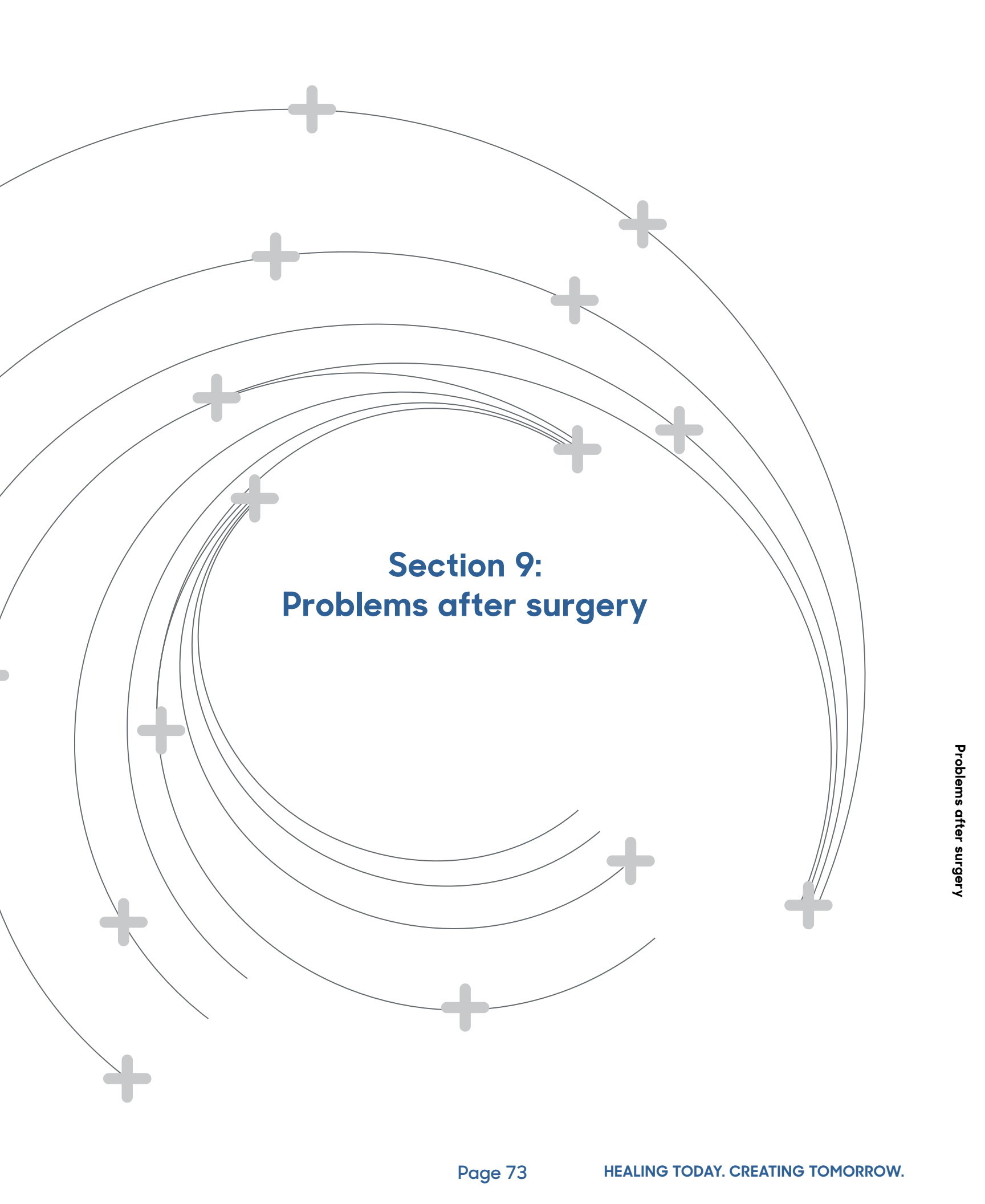
Carbohydrate food (choose 1) + Protein food (choose 1)	
• ½ – 1 cup fresh or frozen berries • ½ cup canned or diced fruit, lychees or guava • ½ – 1 medium piece of fruit • 2 tbsp dried fruit (apricots, raisins, dates, figs or dried cranberries) • 2–4 high fibre crackers • ½ whole wheat pita or 1 small whole wheat tortilla • ½ – 1 small homemade muffin • ½ – 1 slice whole grain bread • ¼ – ½ cup high fibre cereal • ½–1 granola bar (e.g. Kashi Bar, Nature Valley Bar) • Tip: Add vegetables for variety and fibre	• 1 hard-boiled egg • ¼ – ½ cup chickpeas, kidney beans, navy beans, black beans, baked beans split peas or lentils • ¼ – ½ cup plain or artificially sweetened yogurt (regular, Greek or Icelandic-style) • ¼ – ½ cup cottage cheese • 10–12 dry roasted almonds • ⅓ cup pistachios (with shells) • 2 tbsp dry roasted sunflower or pumpkin seeds (shelled) or nuts • 1 oz cheese • ¼ – ⅓ cup hummus • 2 tbsp peanut butter or other nut butter • 1 cup milk or unsweetened soy milk
1 tsp = 5 mL 1 tbsp = 15 mL	1 cup = 250 mL 1 oz = 30 g

Other snack ideas

Protein bar: Built Bar, Chef Robert Irvines, Clif Whey Protein Bar, Daryl's Performance Bar, Iron Vegan Sprouted Protein, Kirkland Protein Bar, One Protein Bar, Protein Bar Pure Protein Bar, Quest Protein Bar, Simply Protein Bar, Smart for Life, Think Protein Bar, Tru Bar Protein Bar.

Granola bars with protein: Nature Valley Protein Bar, Nature Valley XL Protein Bar, President's Choice Protein Granola Bar, Vector Protein Bar.

What to look for in a protein or granola bar: less than 3 g saturated fat, less than 10 g sugar, contains fibre.

A decorative graphic consisting of several concentric, overlapping arcs of varying radii. Scattered along these arcs are approximately 15 grey plus signs (+). The arcs are centered around the text 'Section 9: Problems after surgery'.

Section 9: Problems after surgery

Problems after surgery

Difficult foods

The most common foods that may cause trouble are:

- Very dry or tough meat and poultry
- Doughy breads
- High sugar foods
- High fat foods
- Pasta, noodles
- Rice

Tips for difficult foods: Cut food into small bites. Chew well. Add gravy or sauce and choose moist cooking methods such as slow cooking, stewing or pressure cooking.

Dumping syndrome

Dumping syndrome happens when food passes too quickly through the body. Your body does not have enough time to digest food or absorb nutrients properly. When this happens, water from your body may go into the small bowel and cause:

- Cramping
- Bloating
- Nausea
- Diarrhea
- Feeling faint
- Increased heart rate

Dumping syndrome can happen ten to 90 minutes after eating and can last up to three hours.

Tips to avoid dumping syndrome: Do not eat high sugar or high fat foods. Separate liquids from solid foods. Do not drink very hot or very cold liquids. Keep food portions to ½ to 1 cup (125 to 250 mL).

Nausea and vomiting

Nausea and throwing up can be caused by:

- Pain medication
- Eating too much food
- Eating too fast
- Not chewing food well
- Skipping meals
- Moving through the food stages too quickly

Tips to manage nausea and vomiting: Take Gravol (dimenhydrinate) 25 to 50 mg every six hours as needed.

Dehydration

Signs of dehydration:

- Dark urine
- Nausea
- Feeling tired
- Lower back pain
- Making less urine
- Dry mouth and tongue
- Feeling dizzy
- Feeling irritable

Tips to avoid dehydration: Sip on fluids throughout the day. Try ice chips and/or sugar-free popsicles. Try fluids with different temperatures and flavours. Try sipping liquids with a straw.

Constipation

If it has been three or more days since your last bowel movement:

- Use Milk of Magnesia 2 tbsp (30 mL) one or two times per day, for two days in a row **OR** RestoraLAX 17 g daily for two days (other similar brands are Lax-a-day or Clear-lax)
- Use Glycerin suppositories daily with any of the above medications

Tips to help avoid constipation: Make sure you are drinking enough fluids. Include fibre-rich foods in all meals and snacks. (See the list of high fibre foods on page 101 of this booklet).

Diarrhea

Diarrhea can be caused by:

- Drinking liquids at the same time as solid foods
- Drinking liquids that have caffeine (e.g. coffee, tea, cola and energy drinks)
- Eating foods containing high amounts of sugar
- Eating high fat foods
- Consuming large amounts of sugar alcohols (e.g. sorbitol, mannitol, xylitol)

Tips to help avoid diarrhea: Separate liquids from solid foods. Limit foods that are higher fat and higher sugar.

Gas

Gas may be caused by:

- Eating too fast
- Not chewing food well enough
- Using straws
- Chewing gum
- Carbonated drinks

Tips for avoiding gas: Eat slowly. Chew food well.

Hair loss

It is normal to lose hair in the first six months after surgery. To help grow new hair, eat well balanced meals and snacks along with the suggested supplements. Note that biotin supplements will not stop hair loss.

Depression

Talk to your family doctor if you experience any of these signs of depression on most days for two weeks or more:

- A lasting sad, low or depressed mood; Irritability is more common in men
- A lasting loss of interest in activities you typically enjoy
- A change in your appetite (increase or decrease)*
- A change in sleep patterns (increase or decrease)
- More fatigue and/or low energy*
- Slowed speech or movement
- More restlessness or agitation
- Feelings of worthlessness or guilt
- Difficulty concentrating and/or making decisions
- Frequent thoughts of death and/or suicide

*These symptoms are common as a result of bariatric surgery.

If you feel your symptoms are more serious, go to the nearest emergency department.

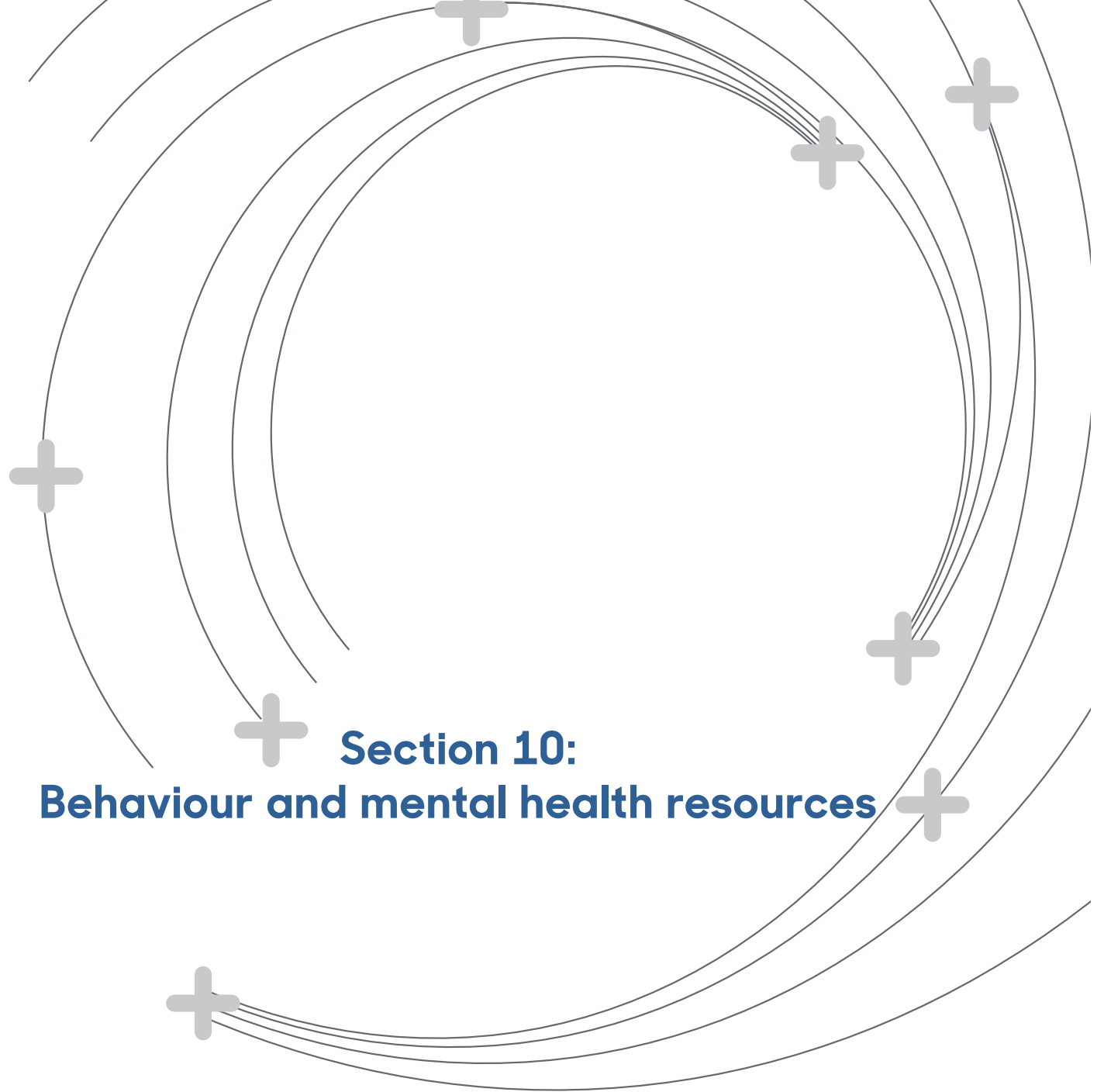
IMPORTANT:

If you are having ongoing problems that do not improve, contact the clinic and follow the directions for the nursing line or dietitian line.

Reasons to go to The Ottawa Hospital Civic Campus Emergency Department

If you live in Ottawa, go to the Emergency Department of the Civic Campus. If you live elsewhere, go to the closest emergency department.

- Fever, chills or flu-like symptoms (can mean you have an infection)
- Sudden shortness of breath and/or chest pain that is new and that does not go away with rest
- Bloody bowel movements or multiple black, tarry bowel movements
- New, severe pain that doesn't go away with medication
- Wound infections
- Throwing up that does not get better



Section 10: Behaviour and mental health resources

Goal setting

1. **Choose a goal that is your idea and is important to you.**
What do you want to do?

- Your goal should answer these questions:
 - What? Be as specific as you can and outline details.
 - How much or how often? Be realistic and start small.
 - When? What time and days of the week work best?
 - With whom? Does your goal need someone to be involved? If so, say who.

Think 'SMART' goals

Specific

Measurable

Action-oriented

Realistic

Time-defined

2. **Make sure your goal is achievable.**

This is key for success. Are you confident that you can meet this goal?

3. **Plan a goal.**

What actions will you take to help you achieve your goal?

Write a goal for yourself that you are sure you can meet this month.

My goal: _____

What action(s) will you take to help you achieve your goal?

My action(s): _____

What barriers could get in your way? _____

Can you think of ways to get over these barriers? If not, you may need to change your goal.

Managing hunger and emotional eating

Types of hunger

- **Stomach hunger** – Physical hunger, eating for health.
- **Mouth hunger** – Cravings for particular foods or textures.
- **Heart hunger** – Emotional response to an event or feeling.

Hunger scale

Use the hunger scale to help you get in touch with your hunger. Work with your body by eating when you are hungry (level 3) and stopping when you are full (level 6).



Emotional eating strategies

If you have identified heart hunger as one of your main types of hunger, try one of these strategies or talk to your dietitian or behaviourist.

- Use distraction techniques. Try going for a walk or doing another activity.
- Practice self-care. Read your favourite book or listen to music.
- Use the HALT method. Ask yourself "Am I Hungry, Angry, Lonely, Tired, Thirsty?" before eating.
- Change your environment. Go to a different place.
- Practice mindful eating. Slow down how fast you eat and tune into hunger cues.

Adapted from Craving Change

Coping and stress management

Too much stress or living with stress for too long can cause harm to our body, mind and overall health. Try to identify stressors in your life and find strategies to cope with them.

Signs of long-lasting stress

In your mind:

- Memory problems (forgetting)
- Unable to concentrate
- Poor judgement
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying

In your feelings:

- Depression/general unhappiness
- Anxiety and agitation
- Moodiness, irritability or anger
- Feeling overwhelmed
- Loneliness and isolation
- Other emotional health problems

In your body:

- Aches and pains
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart rate
- Loss of sex drive
- Colds or flu

In your actions:

- Eating more or less
- Sleeping too much or too little
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes or drugs

Adapted from Stress Management Guide, Thearapist Aid

Stress management tips

1. **Exercise regularly.** Exercising at least three to five times a week helps to relax and condition your body and mind.
2. **Breathe deeply.** Take a few deep breaths. Notice how it changes how you feel.
3. **Be aware of quick fixes.** Avoid drinking more alcohol and taking non-prescribed drugs in stressful times.
4. **Notice your thoughts.** Think about how you see what's causing you stress. A trusted person or a counsellor can help you see things in a new way.
5. **Relax the muscles in your body.** Stress can make your body tense. Try to relax the areas where you carry the most stress.
6. **Recognize what you can't control.** Think about things you can control and let go of things you cannot.
7. **Take a break.** Give yourself permission to nap, listen to music, read, meditate or just have some quiet time.
8. **Make time for things you enjoy.** Set time aside for hobbies or learning something new.
9. **Avoid exposure to stress.** If possible, avoid unnecessary triggers for stress, such as distressing TV shows.
10. **Evaluate your commitments.** Consider how you spend your time and let go of some commitments.

Adapted from



Emotional health tips

Paying attention to your emotional health can help you control stress, increase your mood and improve your overall health and well-being.

1. **Practice deep breathing.** Deep breathing relaxes your body and lowers your blood pressure and heart rate.
2. **Name your emotions.** Naming your emotions helps you be more aware of them and decide how you will react.
3. **Try not to judge your emotions.** Judging your emotions can make them seem worse.
4. **Know your emotional triggers.** Knowing what makes you angry, sad or anxious will help you be better prepared.
5. **Be more mindful.** Be aware of what is around you and try to notice your thoughts and feelings.
6. **Move your body.** Physical activity decreases anxiety and improves your mood and self-esteem.
7. **Talk to someone you care about.** Humans are social. Make time to talk and connect with others.
8. **Get enough sleep.** Sleep is important for your body and mind.
9. **Stop "shoulds" in their tracks.** Don't put too much pressure on yourself about what you "should" and "shouldn't" be doing.
10. **Do the things that make you happy.** Identify the things that make you happy and make time for them.

Adapted from



Community resources

Mental health resources

- Mental Health Crisis Services 613-722-6914 or 1-866-996-0991

- [Distress Centre of Ottawa](#) 613-238-3311



- [Royal Ottawa Hospital](#) (ROH)



- [The Centre of Addiction and Mental Health](#) (CAMH)



- [Counselling Connect](#) provides quick access to a free phone or video counselling session, available in English and French.



- [Theravive](#) connects you with a network of licensed and professional clinical counselors, therapists and psychologists who strive to make mental health care safe, affordable and accessible.



- [Togetherall](#) is a free, online mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365.



- [AbilitiCBT](#) is an internet-based cognitive behavioural therapy (iCBT). It includes a special program to help you address anxiety symptoms related to the uniquely challenging aspects of pandemics.



- [AccessMHA](#) makes it easier for people in Eastern Ontario to find free mental health and/or substance use/addiction support, services and care via a trained mental health and addiction professional.



- [BounceBack](#) is a free, online skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry.



- [Mindbeacon](#) offers free mental health support for Ontario residents dealing with stress, anxiety, depression and more. It is a therapist guided program based in Cognitive Behavioural Therapy (CBT).



- [Walk-in mental health clinics Ottawa](#) offer counselling services in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at a variety of different locations. Call 613-755-2277 to find clinic hours. No referral or appointment needed.



- [Self-help resources](#) are free, online resources from the Centre for Clinical Intervention. Includes information and workbooks for depression, self-compassion, anxiety and other mental health problems.



- [Coping skills](#) for depression from therapistaid.com.



- [Building self compassion](#) is a PDF from the Centre for Clinical intervention.



- [The Alzheimer's Society](#) and the [Dementia Society of Ottawa and Renfrew County](#) have resources and self-care information for caregivers and family members of people living with Alzheimer's or other forms of dementia.



- [Bereaved Families of Ontario \(Ottawa\)](#) inspire hope and healing for people in the Ottawa Region grieving the loss of a loved one.



- [Pregnancy and Infant Loss Support Network](#) offers free group and individual peer-support services to families across Ontario.



- [Relaxation Audio](#) includes a collection of free guided relaxation audio recordings that can help to reduce stress, anxiety, and sleep problems, and to improve the ability to cope with depression and pain symptoms.



COVID-19 resources

- [Doing what matters in times of stress](#)



- [Tolerating Uncertainty: A COVID-19 workbook](#)



Addiction resources

- [Service Access to Recovery \(SAR\)](#)



- [Rideauwood Addictions and Family Services](#)



- [Sandy Hill Community Health Centre](#)



Books about behaviour change

- *Healthy Habits Suck: How to Get Off the Couch and Live a Healthy Life... Even If You Don't Want To* by Dayna Lee-Baggley
- *Mind Over Mood: Change How You Feel by Changing the Way You Think* by Dennis Greenberger and Christine Padesky
- *50 Ways to Soothe Yourself Without Food* by Susan Albers

Body positive resources

- [Dare Magazine Canada](#)



Online workbooks

- [Antidepressant Skills Workbook](#) by D. Bilsker and R. Paterson



- [Tolerating Distress](#)



- [Positive Coping with Health Conditions](#)



- [The Centre for Clinical Intervention](#)



- [Substance Misuse Workbook](#)



- [Appearance Concerns Workbook](#)



Online courses

- [Mindfulness Based Stress Reduction](#), a self-guided course



Wellness resources

- [Ottawa Academy of Psychology](#)



- [Coalition of Community Health and Resource Centres of Ottawa](#)



- [Anxiety Canada](#)



- [Family Services](#)



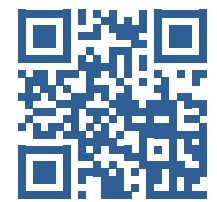
- [Connecting Ottawa](#)



- [CMHA Living Life to the Full](#)



- [Sleep Education](#)



Relaxation activities

- [Box breathing](#)



- [5-4-3-2-1 Grounding Method](#)



- [4-7-8 breathing](#)

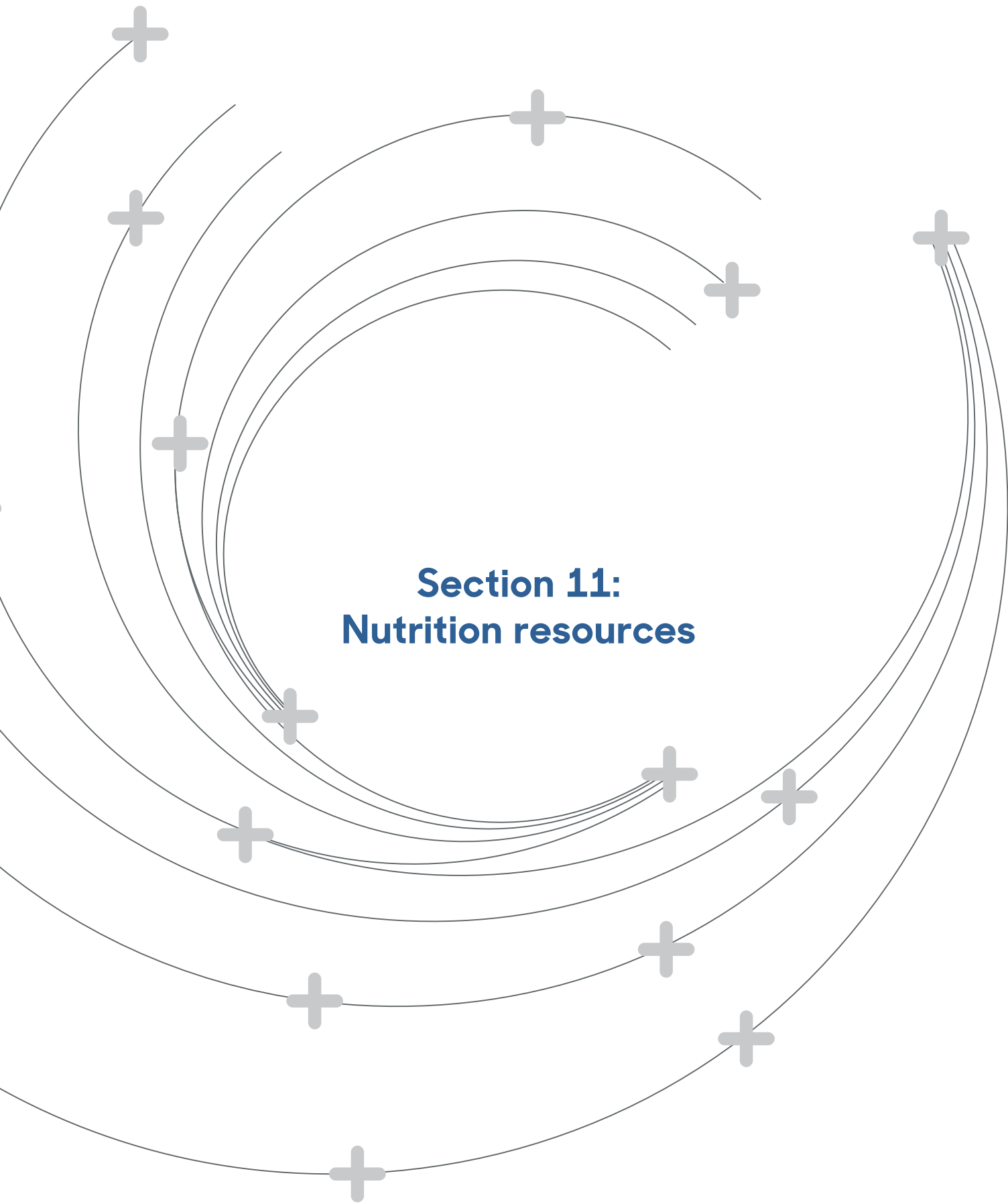


- [Easy mindfulness](#)



- [Deep Breathing](#)





Section 11: Nutrition resources

Nutrition behaviours for life - Checklist

Use this checklist before and after bariatric survey to keep you on track with healthy nutrition behaviours.

- ☐ Eat within 1-1.5 hours of waking up.
- ☐ Eat every 4-5 hours (do not skip meals).
- ☐ Eat balanced meals that include:
 - ☐ High fibre grains and starches
 - ☐ Protein source
 - ☐ Fruits and vegetables
 - ☐ Healthy fats
- ☐ Limit high sugar and high fat foods.
- ☐ Drink 6-8 cups (1.5-2 litres) of fluids per day. Make water drink of choice.
- ☐ Eat slowly (aiming for 15-20 minutes per meal).
- ☐ Do not eat and drink at the same time. Wait 30 minutes after eating before you drink anything.
- ☐ Take daily vitamin and mineral supplements

How to increase protein in your diet with food

- Your protein needs are _____ grams per day.

Aim for 20 to 30 g per meal and 5 to 15 g per snack.

Amount	Protein foods	Protein grams (g) per serving
1 cup (250 mL)	Milk, soy or lactose free milk	8 g
100 g container	Plain or artificially sweetened yogurt	3 g
100 g container	Greek or Icelandic-style yogurt	8 g
½ cup (125 mL)	Cottage cheese, Greek or Icelandic-style yogurt	15 g
½ cup (125 mL)	Ricotta cheese	15 g
1 oz (30 g)	Cheese, lebneh or shanklish	5-8 g
1 oz (30 g) cooked	Meats, poultry and fish: - Lean red meat and pork - Extra-lean ground beef, chicken or turkey - Chicken, turkey, goat or game meat - Baked, broiled or grilled fish - Canned tuna, salmon or chicken	8 g
2 slices (60 g)	Lean deli meat (chicken, turkey, ham or roast beef)	10 g
1 oz (30g)	Shrimp (cooked-boiled or steamed)	7 g
1oz (30g)	Crab, lobster, scallops (no shell, cooked)	5g
1oz (30g)	Oysters (raw, without shell)	3g
1 large	Egg	6 g
3 oz (90 g)	Tofu (regular, firm or extra-firm)	13 g
3 oz (90 g)	Seitan (vegetarian protein food)	18 g
3 oz (90 g)	Tempeh (vegetarian protein food)	15 g
4 tbsp (60 mL)	Textured vegetable protein (TVP)	12 g
½ cup (125 mL)	Pulses: beans, chickpeas legumes, lentils (also contains carbohydrate)	9 g
½ cup (125 mL)	Edamame (fresh soybeans – shelled)	15 g
4 tbsp (60 mL)	Hummus	4 g
1 tbsp (15 mL)	Peanut and other nut and seed butters	3 g
2 tbsp (30 mL)	Nuts and seeds	3 g
2 tbsp (30 mL)	Soy nuts	5 g

Boost your protein: Activity

Use the food log below to see how much protein you have in a day.

Meal	Protein (grams)
Breakfast	
Snack	
Lunch	
Snack	
Supper	
Snack	
Total	

Making healthy fat choices

Healthy fats are a key part of balanced meals and snacks.

Try healthy fat choices:

- Avocado
- Eggs
- Fatty fish (salmon, trout, cod, perch)
- Nuts and seeds
- Vegetable oils
 - Avocado oil
 - Canola oil
 - Corn oil
 - Flaxseed oil
 - Olive oil
 - Peanut oil
 - Safflower oil
 - Soybean oil
 - Sunflower oil

REMINDER:

Include 2 to 3 tbsp (30–45 mL) of vegetable oils per day.

Tips for adding healthy fats:

- Make homemade salad dressings using vegetable oils
- Try homemade trail mix for a snack
- Add avocado to sandwiches and wraps
- Use vegetable oils for cooking and baking
- Add nuts and seeds to salads
- Use baba ghanoush or guacamole as a spread or dip

Limit higher fat foods such as:

- Processed snacks (potato chips, nachos, chocolate)
- Baked goods (cookies, pastries, cake)
- Frozen desserts (ice cream, milkshakes)
- Deep fried foods (French fries, onion rings, donuts)

Fuel up with carbohydrates

- Carbohydrates help to maintain blood sugar levels and give energy for daily activities.
- You need at least 130 grams of carbohydrate per day.
- Aim for 15 to 30 grams per meal and 5 to 15 grams per snack.

TIP:

Choose low glycemic index carbohydrate foods for good health. After bariatric surgery, blood sugar can rise more rapidly and can sometimes fall rapidly, too.

Choosing low and medium glycemic index foods can slow these responses.

Please refer to the Glycemic Index Food Guide for more information.



Each serving listed below provides approximately 15 grams of carbohydrates.

Fruits	
1 small	Banana, grapefruit
1 medium	Apple, orange, pear
1 large	Peach, nectarine, medjool date
2 medium	Kiwi, plum, clementine
15	Grapes, cherries
½ medium	Mango
¼	Pomelo
½ cup (125 mL)	Unsweetened applesauce, canned or diced fruit, lychees or guava
¾ cup (175 mL)	Pineapple
1 cup (250 mL)	Blueberries, melon
2 cups (500 mL)	Strawberries, blackberries, raspberries
4 tbsp (60 mL)	Mixed dried fruit
Milk and alternatives	
1 cup (250 mL)	Milk, fortified soy milk (plain)
½ cup (125 mL)	Chocolate milk, fortified soy milk (flavoured), evaporated milk, milk pudding (without added sugar)
¾ cup (175 mL)	Plain yogurt, artificially sweetened yogurt
4tbsp (60 mL)	Powdered milk (also contains protein)
Grains, starches and pulses	
¼ cup (60 mL)	Cassava
⅓ cup (90 mL)	Sweet potato, plantain, brown rice, white rice, millet, rice noodles, uppuma, sorghum
½ cup (125 mL)	Pasta, corn, potato, couscous, quinoa, arepa, puttu, cold cereal
½ cup (125 mL)	Pulses: beans, chickpeas legumes, lentils (also contains protein)
¾ cup (175mL)	Oatmeal, cream of wheat, croutons
1 slice	Whole grain bread, other breads
½	Pita bread (6 inch), English muffin, homemade muffin, hamburger bun, hotdog bun, bajra (6 inch)
¼	Large Bagel, naan (6 inch)
1	Whole wheat chapatti, roti (6 inch), tortilla (6 inch)
2	Taco shells- hard
2-4	Crackers (variety- check label)
7	Soda crackers
3 cups (750mL)	Low fat popcorn
1	Granola bar, protein bar (variety- check label)

Adapted from "The Diabetes Food Guide," 2011.

Fuel up with carbohydrates: Activity

Use the food log below to see how much carbohydrate you have in a day.

Meal	Carbohydrate (grams)
Breakfast	
Snack	
Lunch	
Snack	
Supper	
Snack	
Total	

Increase your fibre intake

Fibre helps control blood sugar levels, keeps you feeling full longer and promotes bowel health. **Aim for 25 to 38 grams of fibre per day.**

Vegetables	Serving size	Fibre (g)
Artichoke, cooked	1 medium	4.7
Edamame	½ cup (125 mL)	4.3
Lima beans, cooked	½ cup (125 mL)	4.0
Potato, cooked with skin	1 medium	3.8
Pumpkin, canned	½ cup (125 mL)	3.8
Green peas, cooked	½ cup (125 mL)	3.7
Brussels sprouts, cooked	4 sprouts	3.2
Parsnips, cooked	½ cup (125 mL)	2.7
Snow peas, cooked	½ cup (125 mL)	2.4
Spinach, cooked	½ cup (125 mL)	2.3
Sweet corn, canned	½ cup (125 mL)	2.3
Broccoli, cooked	½ cup (125 mL)	2.0
Sweet potato, cooked with skin	½ medium	1.9
Swiss chard, cooked	½ cup (125 mL)	1.9
Portobello mushroom, cooked	½ cup (125 mL)	1.9
Carrots, cooked	½ cup (125 mL)	1.9
Beets, canned	½ cup (125 mL)	1.9
Cauliflower, cooked	½ cup (125 mL)	1.8

Fruit	Serving size	Fibre (g)
Avocado	½ medium	6.7
Pear, with skin	1 medium	5.0
Raspberries	½ cup (125 mL)	4.2
Prunes, cooked	4 tbsp (60 mL)	3.6
Apple, with skin	1 medium	2.6
Kiwifruit	1	2.3
Orange	1 medium	2.3
Nectarine	1 medium	2.3
Banana	1 medium	2.1
Blueberries, raw	½ cup (125 mL)	2.0
Grapefruit	½ medium	2.0
Mango	½ medium	1.9
Peach	1 medium	1.9

Grain products	Serving size	Fibre (g)
Fibre 1, General Mills™	1 cup (250 mL)	28.2
All Bran, Kellogg's™	1 cup (250 mL)	23.6
All Bran Buds with Psyllium, Kellogg's™	1/3 cup (75 mL)	11.3
Bran Flakes, Post™	1 cup (250 mL)	7.4
Shreddies, Post™	1 cup (250 mL)	6.3
Corn Bran, Quaker™	1 cup (250 mL)	6.1
Pasta, whole wheat	1 cup (250 mL)	4.8
Pita Bread, whole wheat (6 inch)	1	4.7
Oat Bran, cooked	¾ cup (175 mL)	3.4
Bulgur, cooked	½ cup (125 mL)	2.7
Oatmeal, instant, large flake and quick	¾ cup (175 mL)	2.6
English muffin, whole wheat	1	2.6
Bread, mixed grain	1 slice	2.2
Roll, whole wheat	1	2.1
Barley, cooked	½ cup (125 mL)	2.0
Wild rice, cooked	½ cup (125 mL)	1.6
Brown rice, cooked	½ cup (125 mL)	1.5
Wheat crackers	4	1.4

Meat and alternatives/other	Serving size	Fibre (g)
Black beans, canned	¾ cup (175 mL)	12.2
Kidney beans, canned	¾ cup (175 mL)	12.1
Baked beans, homemade	¾ cup (175 mL)	10.3
Navy beans, canned	¾ cup (175 mL)	9.9
White beans, canned	¾ cup (175 mL)	9.3
Soybeans, cooked	¾ cup (175 mL)	8.0
Chickpeas, canned	¾ cup (175 mL)	7.8
Lentils, cooked	¾ cup (175 mL)	6.2
Black eyed peas, canned	¾ cup (175 mL)	5.9
Almonds, roasted	4 tbsp (60 mL)	4.1
Chia Seed, dried	1 tbsp (15 mL)	3.7
Hummus	4 tbsp (60 mL)	3.4
Psyllium Husk	1 tbsp (15 mL)	3.4
Pistachios, shelled and roasted	4 tbsp (60 mL)	3.2
Flaxseed, whole and ground	1 tbsp (15 mL)	3.0
Peanuts, shelled and roasted	4 tbsp (60 mL)	3.0
Sunflower seeds, roasted	4 tbsp (60 mL)	2.9
Pumpkin seeds, roasted	4 tbsp (60 mL)	1.4

Nutrition resources

General

- Canada's Food Guide
- Unlock Food
- Glycemic Index Food Guide
- Dietitians of Canada

Recipes

- Unlock Food
- Cookspiration (also available as an app)
- Abbey Sharp
- Sweet Peas and Saffron
- *Fresh Start Bariatric Cookbook by Sarah Kent, RD*
- *The Complete Bariatric Cookbook and Meal Planner by Megan Moore, RD*
- *The Easy 5 Ingredient Bariatric Cookbook by Megan Wolf, RD*
- *The Bariatric Bible by Carol Bowen Ball and Neil Floch, MD*

Journaling apps

- My Fitness Pal
- Baritastic
- Daylio Journal (self-care bullet diary and goals)

Menu planning services

(subscription fees vary)

- CookSmarts: Weekly meal plans and grocery lists to suit your unique eating style

- The Fresh 20: Twenty ingredient whole food grocery list, meal prep guide and steps to simplify your weeknight cooking ritual.
- e-Meals: Pick your plan, get recipes, shop, save, cook and enjoy.
- Six-O-Clock Scramble: Thirty-minute meal ideas.

Meal delivery services

Ready-to-cook meals

- Chef's Plate
- Cook It
- Good Food

Ready-made foods

- Heart to Home Meals
 - Order online or by phone 1-866-933-1516
 - Delivery zones within Ontario are based off of specific postal codes
- Meals on Wheels
 - Eligibility restrictions

Ready-made pureed foods

- Heart to Home Meals
 - Order online or by phone 1-866-933-1516
 - Delivery zones within Ontario are based off of specific postal codes
- TrePuree
 - available at The Ottawa Hospital, pre-order through Nutrition Services
 - Civic Campus 613-798-5555 ext. 14744 or
 - General Campus 613-737-8899 ext. 78050



**Section 12:
Journals**

Food and fluid intake journal

Use this tool to track your fluid and food intake each day.

Meal	Foods, fluids and amounts
Breakfast Place: Time:	
Morning snack Time:	
Lunch Place: Time:	
Afternoon snack Time:	
Supper Place: Time:	
Evening snack Time:	

Hypoglycemia: Food, blood glucose and symptom journal

[illegible]

Food and mood journal

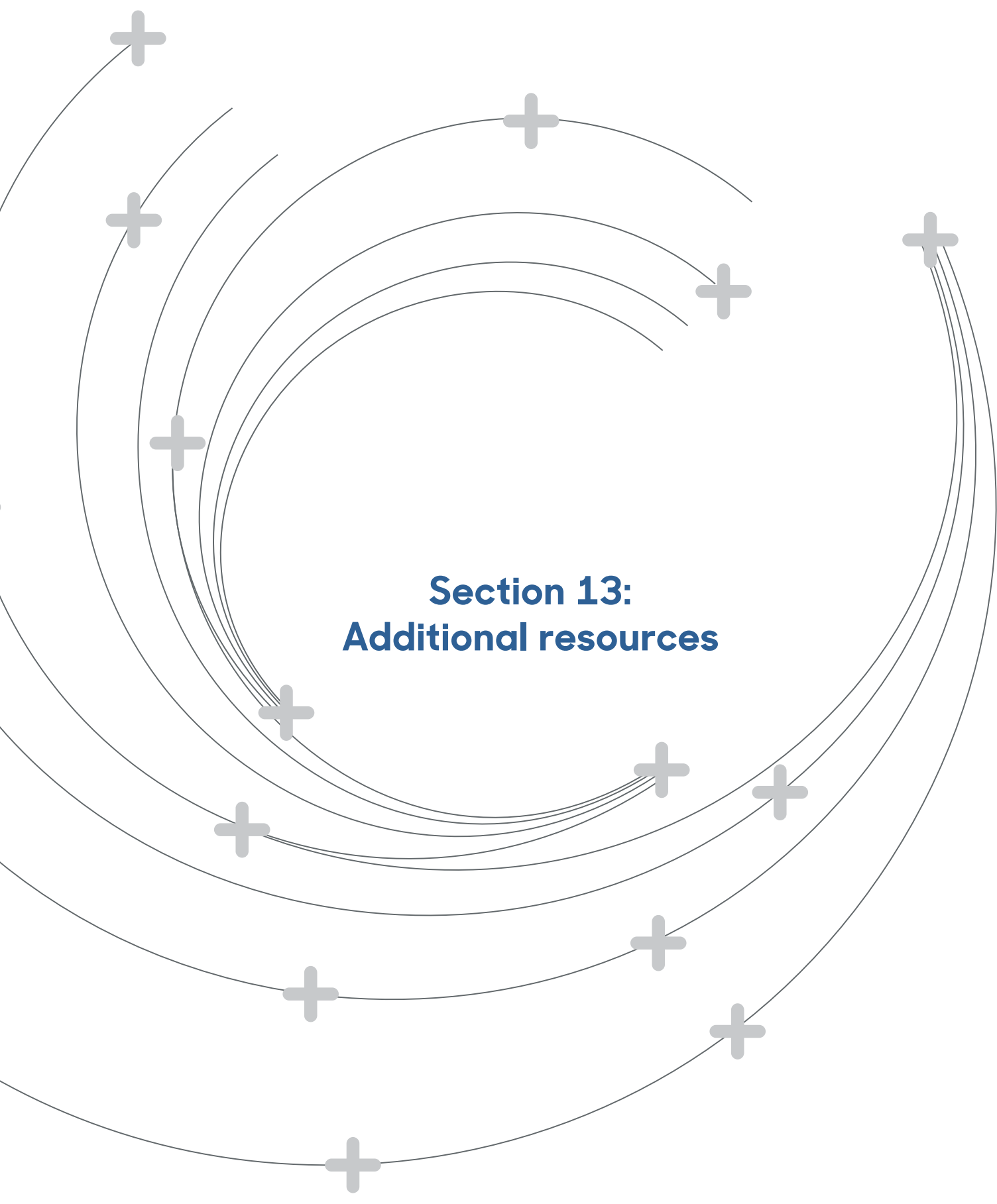
Date, time and place	Foods, fluids and amounts	Mood before	Mood after

What is my mood? exhausted, angry, sad, frustrated, stressed, depressed, overwhelmed, anxious, lonely, jealous, bored, hopeful, confident, happy, thrilled, etc.

My day in review: times, situations, mood most likely to cause cravings; types of foods most likely to crave, etc. _____

Behaviours that need my attention: _____

Notes: _____

A decorative graphic consisting of several concentric, curved lines that sweep across the page. Interspersed along these lines are approximately 15 grey plus signs (+). The lines and symbols create a sense of movement and flow around the central text.

Section 13: Additional resources

Additional resources

Bariatric surgery

[Ontario Bariatric Network](#)



[Obesity Canada](#)



[Obesity Action Coalition](#)



Information about obesity

[Obesity Canada](#)



[Science of Obesity](#)



[Beyond Weight Poodle Science](#)



[Weight of Living Blog](#)





Physical activity resources

[Health Canada Physical Activity Tips](#)



[Canadian Physical Activity and 24-Hour Movement Guidelines](#)



[Let's Make our Day Harder](#)



[illegible]

[illegible]

