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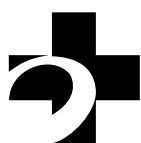
# ***GUIDE***

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## **Your Guide to Bariatric Surgery**



The Ottawa  
Hospital | L'Hôpital  
d'Ottawa



### **Please note**

This booklet gives you common facts, advice and tips. 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.

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# Understanding Bariatric Surgery

## Key Principles to Obesity Management



**Obesity is a chronic disease that needs long-term management.**

Obesity management strategies have to be realistic and sustainable. Short-term ‘quick-fix’ solutions are not sustainable, which is why weight usually comes back.



**Obesity management is more than seeing lower numbers on a scale.**

The goal is to improve your health and well-being, not to lose weight. The first step is to manage further weight gain. It’s vital to look past the scale and focus on the big picture of why you’re making a change.



**Identify and address root causes for weight gain and remove roadblocks.**

The reasons for each person’s weight gain can be different. Managing obesity is hard when you don’t know the root cause of your weight gain. Finding the root causes is key to making positive, successful health changes.



**Success is different for every person.**

Whatever your ideal “success” may be, use it to help guide and motivate you.



**Work towards your “best” weight**

Set realistic goals that you can meet and that work with your lifestyle. Make changes to your behaviour to improve your quality of life. Whatever weight you achieve through these changes is your “best” weight.

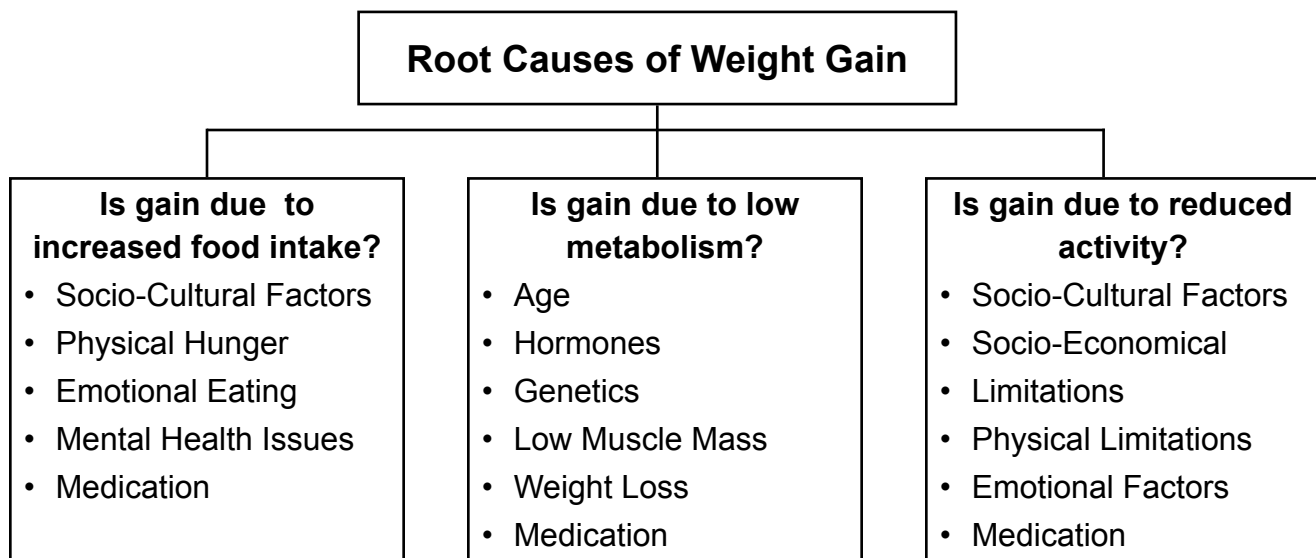


Adapted from Obesity Canada

There is a popular belief 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 can't.

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

**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.

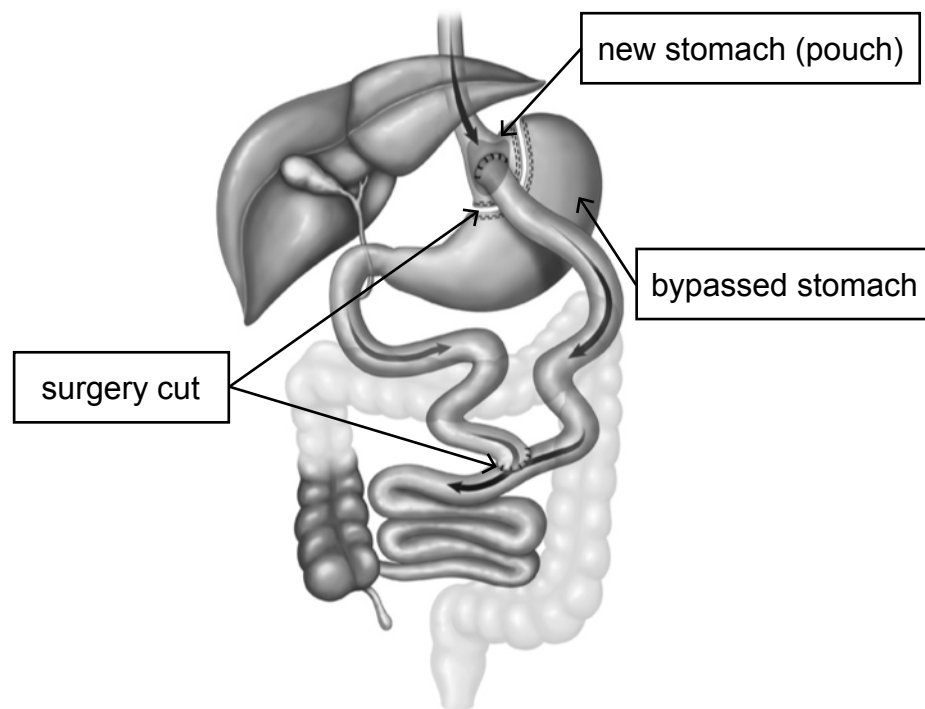


Adapted from Obesity Canada

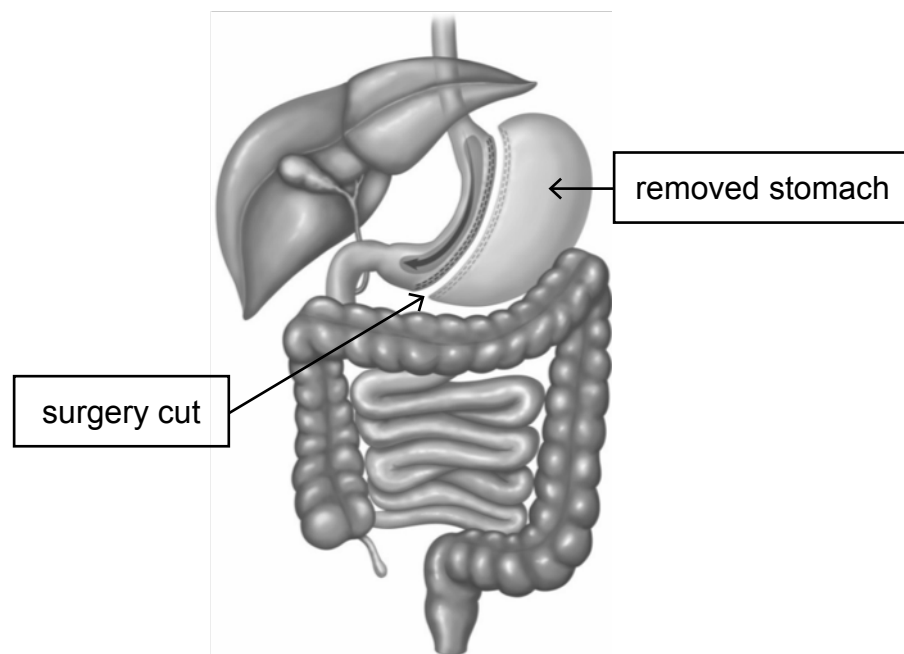
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## Types of Bariatric Surgery

### Roux-En-Y Gastric Bypass (RYGB)



### Vertical Sleeve Gastrectomy



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## Risks of Bariatric Surgery

Below is a list of possible complications of bariatric surgery. You will go over this at your clinic visits and education classes.

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

There is a potential for increased fertility after surgery. **You should not get pregnant in the first 12-18 months after surgery.** See your family doctor to discuss birth control options if needed.

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## Further Learning about Bariatric Surgery

### The Ottawa Hospital Bariatric Centre of Excellence

- To learn more about bariatric surgery and other programs and services at the clinic
- Videos on surgeries



### Ontario Bariatric Network

- Types of bariatric surgery
- Surgical programs
- Eligibility for surgery
- Commonly asked questions



**ONTARIO**  
Bariatric Network

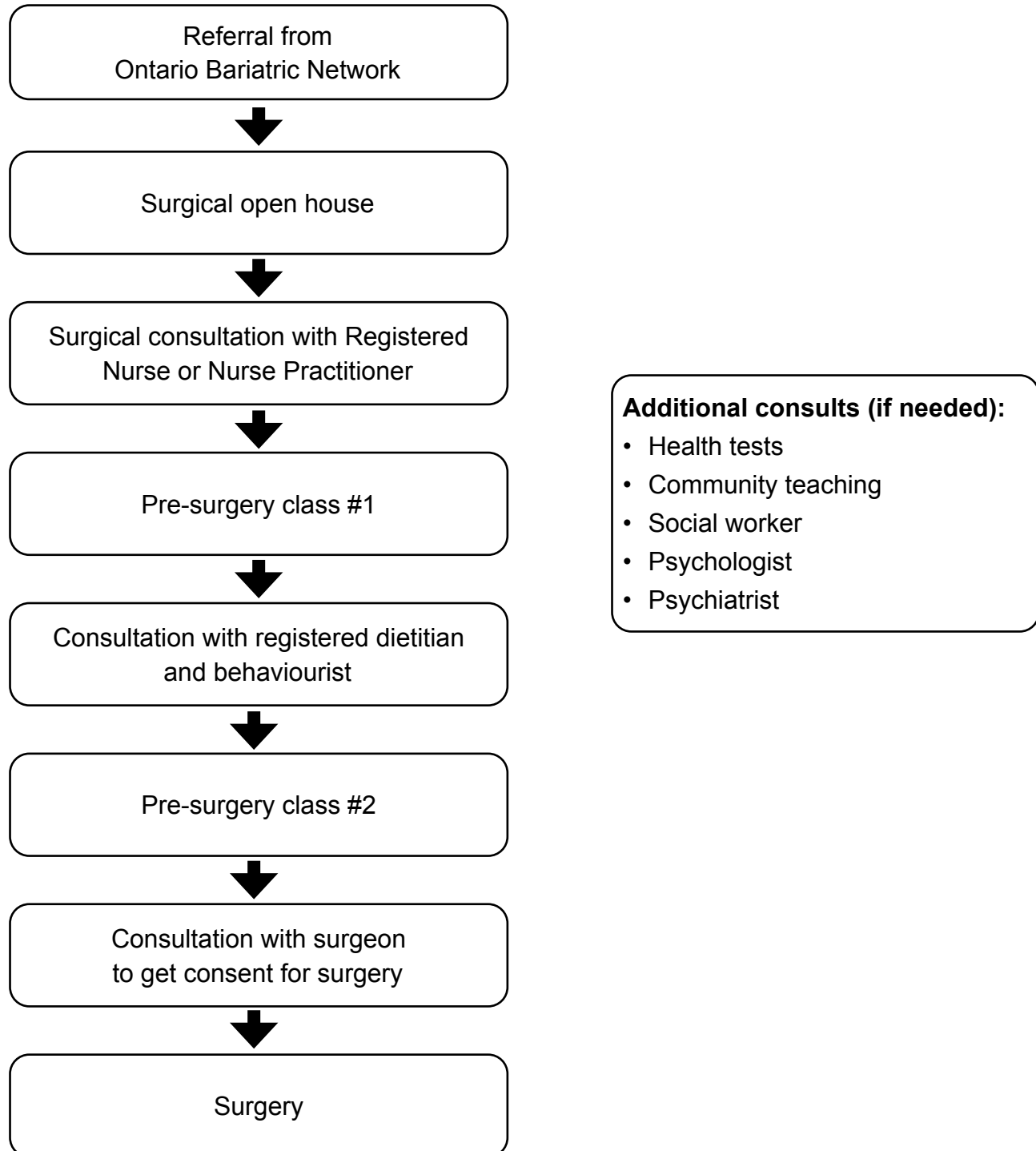
Website: [www.ontariobariatricnetwork.ca](http://www.ontariobariatricnetwork.ca)

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# Preparing for Bariatric Surgery

## Bariatric Surgery Pathway

Everyone moves along the bariatric surgery pathway differently, and time frames may vary based on your needs



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## **Behaviours to Practice**

### **Food behaviours to practice:**

- ✓ Eat within 1-1.5 hours of waking up
- ✓ Eat every 4-5 hours (do not skip meals)
- ✓ Eat well balanced meals that include:
  - Protein + starch/grain + fruit/vegetable + healthy fat
- ✓ Eat enough protein intake (talk to your dietitian for your personal protein needs)
  - Women = 60-90 grams protein per day
  - Men = 70-100 grams protein per day
- ✓ Eat slowly (15-20 minutes per meal)

### **Fluid behaviours to practice:**

- ✓ Drink 6-8 cups (1.5-2.0 litres) of total fluids per day
- ✓ Make water drink of choice
- ✓ Stop all alcoholic drinks for life
- ✓ Stop all caffeinated drinks before surgery
- ✓ Stop all carbonated drinks before surgery
- ✓ Separate liquids and solids, wait 30 minutes after meals to have a drink

### **Other behaviours to practice:**

- ✓ Take your vitamin and mineral supplements
- ✓ Become more physically active, as you are able
- ✓ Stop taking anti-inflammatory medications such as Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, and Aleve

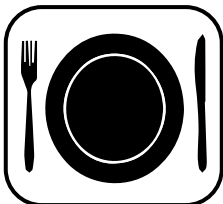
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## **Building a Solid Foundation**

Before surgery, you need a solid foundation. This foundation includes your daily behaviours, eating patterns, and activity level.



### **Daily behaviours**



### **Eating patterns**



### **Activity level**

## Before Surgery Self-Assessment

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 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?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat 3 meals per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat balanced meals that include protein, carbohydrates, and healthy fats?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink at least 6-8 cups (1.5-2.0 litres) of fluids per day?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat out or order in (fast food, restaurants, and coffee shops) more than twice per week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity questions	YES	NO	SOMETIMES
Do you sit for long periods of time? (more than an hour)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Are you physically active daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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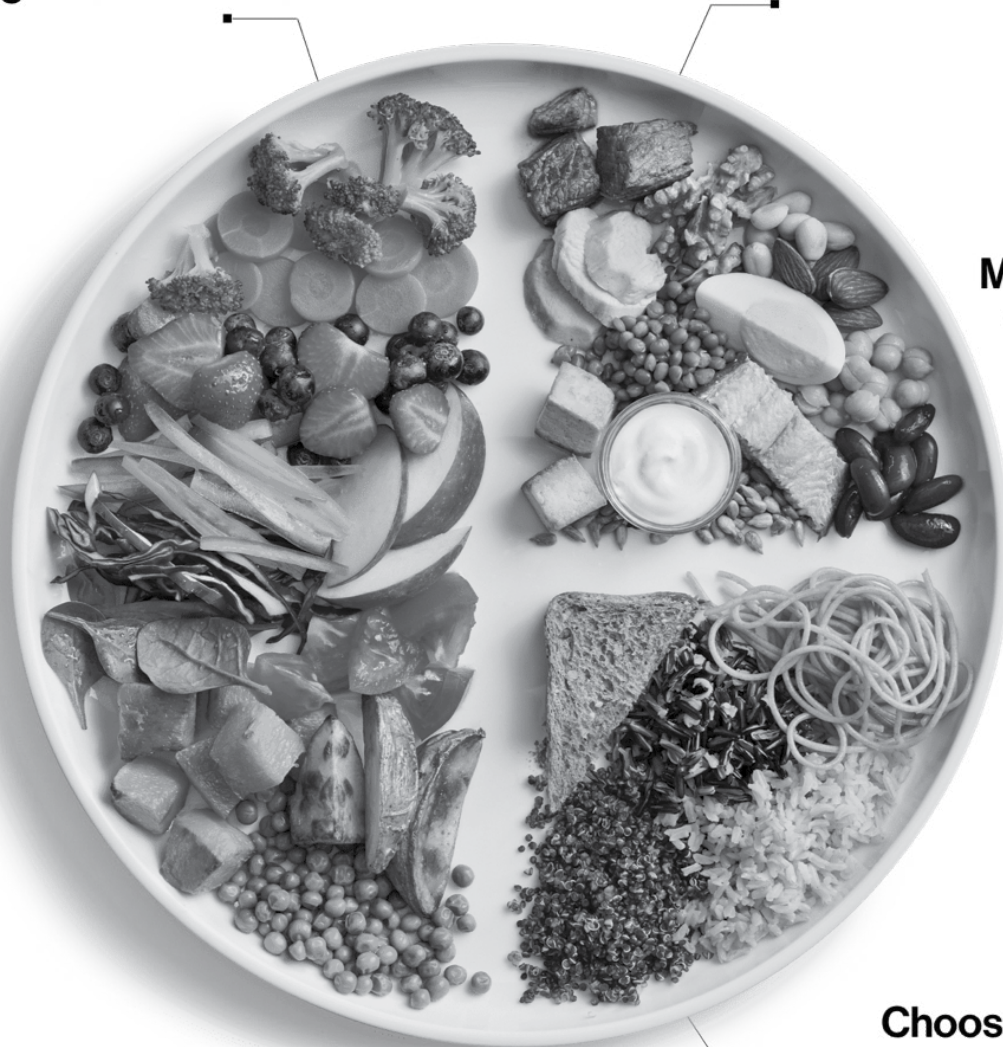
## Preparing Balanced Meals

**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 egg	½ cup vegetables (frozen or fresh)	1 slice of whole wheat bread
2 scrambled eggs		1 whole wheat English muffin
½ cup cottage cheese	1 medium fruit (apple, pear, peach, or orange)	1 small bran muffin
2 tbsp peanut or other nut butter	2 cups strawberries, blackberries, or raspberries	3-4 whole wheat crackers
2 oz lean ham	15 grapes	¾ cup high fibre cereal
½ cup yogurt (regular, Greek, or Icelandic style)	½ cup canned or diced fruit	2-3 tbsp Bran Buds
		¾ cup oatmeal
<b>Healthy fats</b>		
1 tsp margarine, soft non-hydrogenated	2 tbsp ground flaxseeds	
7 nuts, almonds	4 halves walnuts	
1 tsp = 5 mL	1tbsp = 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 slice 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, grains
2.5 oz tofu	½ cup canned or diced fruit	6-inch whole wheat pita
2-4 slices lean deli meat		
<b>Healthy fats</b>		
2-3 slices of avocado (1/6 of an avocado)	1 tbsp salad vinaigrette	
1 tbsp of nuts or seeds	7 nuts, almonds	
1 tsp = 5 mL	1tbsp = 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	1 cup salad	½ cup of baked or mashed potatoes or sweet potatoes
3 oz chicken	½ cup vegetables (frozen or fresh)	2-3 slices of baguette
3 oz fish	1 medium fruit (apple, pear, peach, or orange)	1 slice of toast (whole grain)
3 oz pork	2 cups strawberries, blackberries, or raspberries	6-inch whole wheat tortilla
3 oz lean beef	15 grapes	½ cup rice, pasta, grains
½ -1 cup lentils	½ cup canned or diced fruit	6-inch whole wheat pita
3 oz veggie burger		
<b>Healthy fats</b>		
2-3 slices of avocado (1/6 of an avocado)	1 tbsp salad vinaigrette	
1 tbsp of nuts or seeds	7 nuts, almonds	
1 tsp = 5 mL	1tbsp = 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

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  
1 tbsp salad vinaigrette

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## Thoughtful Snack Ideas

Snacks can boost your nutrition and control hunger throughout the day. A snack should include carbohydrates 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)	
<ul style="list-style-type: none"><li>• 1 cup frozen berries</li><li>• ½ cup canned or diced fruit</li><li>• 1 medium piece of fruit</li><li>• 2 tbsp dried fruit (apricots, raisins, dates, figs, or dried cranberries)</li><li>• 2-4 high fibre crackers</li><li>• ½ whole wheat pita or 1 small whole wheat tortilla</li><li>• 1 small homemade low fat, high fibre muffin</li><li>• 1 slice whole grain bread</li><li>• ½ cup high fibre cereal</li></ul> <p>Add vegetables for variety and fibre</p>		<ul style="list-style-type: none"><li>• 1 hard-boiled egg</li><li>• ½ cup chickpeas, kidney beans, navy beans, black beans, baked beans split peas or lentils</li><li>• 1 cup plain or artificially sweetened yogurt (regular, Greek, or Icelandic-style)</li><li>• ½ cup cottage cheese</li><li>• 10-12 dry roasted almonds</li><li>• 1/3 cup pistachios (with shells)</li><li>• 2 tbsp dry roasted sunflower or pumpkin seeds (shelled)</li><li>• 1 oz cheese</li><li>• 1/3 cup hummus</li><li>• 2 tbsp peanut or other nut butter</li><li>• 1 cup milk or unsweetened soy milk</li></ul>	
1 tsp = 5 mL	1tbsp = 15 mL	1 cup = 250 mL	1 oz = 30 g

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# **Optifast 900®**

## **Optifast 900®**

The Optifast 900® liquid supplement is a 900 calorie per day total meal replacement. It comes in 2 flavours – vanilla and chocolate. Your surgeon will write your prescription for Optifast 900®, and you will buy it from the clinic. Optifast 900® is usually taken for 3 weeks before surgery.

### **How do I prepare Optifast 900®?**

1. Add 1-2 cups (250-500 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 packets per day. Drink your first packet within one hour of waking. Try to drink a packet around every 4 hours throughout the day (total of four packets per day).

### **What can I drink while on Optifast 900®?**

Drink an additional 8 cups (2.0 L) of fluids daily. Choose sugar-free, calorie-free fluids which are non-carbonated and caffeine-free.

For example:

- Water (you can add some fresh lemon or lime)
- Decaffeinated coffee or tea (you can have up to ¼ cup skim milk per day)
- Sugar-free water flavourings such as Mio®, Crystal Light®, or Great Value®
- Chicken, beef, or vegetable bouillon or broth (½-1 cup (175 mL to 250 mL) per day)
- Sugar-free Jell-O®
- Sugar-free popsicles

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## **Other key things to know while on Optifast 900®**

1. Stop multivitamin and any other vitamin C supplements
  - Optifast 900® supplies 100% 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. Do not eat calorie containing foods
  - Do not eat any other solid foods or calorie-containing fluids while on Optifast 900®.
3. Drink Optifast 900® once mixed
  - Drink once mixed as it will settle and form clumps if left to sit. If you do choose to save it for later, it must be refrigerated. Prepared Optifast 900® can be kept for up to 24 hours in the refrigerator.
4. Do not heat Optifast 900®
  - Do not heat or add hot liquids. Keep packages in a cool, dry place.
5. 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 and do not eat any extra foods.
- Drink Optifast 900® at regular times – about four hours apart.
- Increase water intake – ice chips can be helpful.
- You may need additional fibre, for example Metamucil®, Benefibre®, inulin, or powdered psyllium. Start with 1-2 tsp (5-10 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.

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### **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 2-4 days. There is a problem when bowel movements need forcing or are painful. If you are constipated:

- Make sure you are drinking enough fluids, 12 cups (3.0 L) daily.
- You may need extra fibre, for example Metamucil®, Benefibre®, inulin, or powdered psyllium. Start with 1-2 tsp (5-10 mL) of the fibre supplement per day and increase as needed.
- Allow 3-4 days for 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 (3.0 L) daily.
- Add extra fibre, for example Metamucil®, Benefibre®, inulin, or powdered psyllium. Start with 1-2 tsp (5-10 mL) of the fibre supplement per day and increase as needed.
- Allow 3-4 days for 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.

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## 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.

### To vanilla shake, try adding:

Maple extract + cinnamon  
Nutmeg, cinnamon, or cloves  
Raspberry or Strawberry Mio® or Crystal Light®  
Sugar-free syrups (raspberry, pumpkin)

### To chocolate shake, try adding:

Instant coffee crystals  
Almond or peppermint extract  
1-2 cups (250-500 mL) of decaffeinated coffee  
Sugar-free syrups (caramel, peanut butter)

## Recipe ideas

### Cinnamon apple

$\frac{3}{4}$ -1 cup (175-250 mL) sugar-free  
Apple Kool-Aid®  
1 vanilla Optifast 900®  
 $\frac{1}{4}$  tsp (1 mL) of cinnamon

### Raspberry dream

1½ cups (375 mL) water  
Crushed ice  
1 vanilla Optifast 900®  
Raspberry Crystal Light®

### Chocolate orange

1½ cups (375 mL) water  
Crushed ice  
1 chocolate Optifast 900®  
1-2 drops orange extract

### Mint chocolate

1½ cups (375 mL) water  
1 chocolate Optifast 900®  
 $\frac{1}{4}$  tsp mint extract  
Artificial sweetener as needed

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## **Diabetes Management when on Optifast 900®**

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

**Phone number:** 613-761-5101

1. Start Optifast 900® during normal clinic hours. Please do not start on a Friday.
2. If you are experiencing a low blood sugar level (under 4.0 mmol/L), check your blood sugar immediately. 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
  - $\frac{3}{4}$  cup (175 mL) of juice
  - 6 Life Savers® (1 Life Saver® = 2.5 grams of carbohydrate)
  - 1 tbsp (15 mL) of honey

Wait 10-15 minutes and then check your blood sugar level again.

If your blood sugar level is still below 4.0 mmol/L – treat again (see above). If your next Optifast 900® packet is more than one hour away, eat a snack (example:  $\frac{1}{2}$  sandwich or cheese and crackers).

### **IMPORTANT!**

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

Wait 45-60 minutes before driving.

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# **Your Hospital Stay**

## **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 (500mL) 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 3 hours.
- After surgery you will go to the Post Anesthetic Care Unit (PACU). You will be watched by nurses and given medications as needed. You will stay here until you are awake and 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 so that they can give you medication to help.
- The IV will give you fluids and medication after surgery. It is taken out once you can drink safely.

### **Going home:**

- When you are discharged from 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 visit at the clinic and a prescription for medication.

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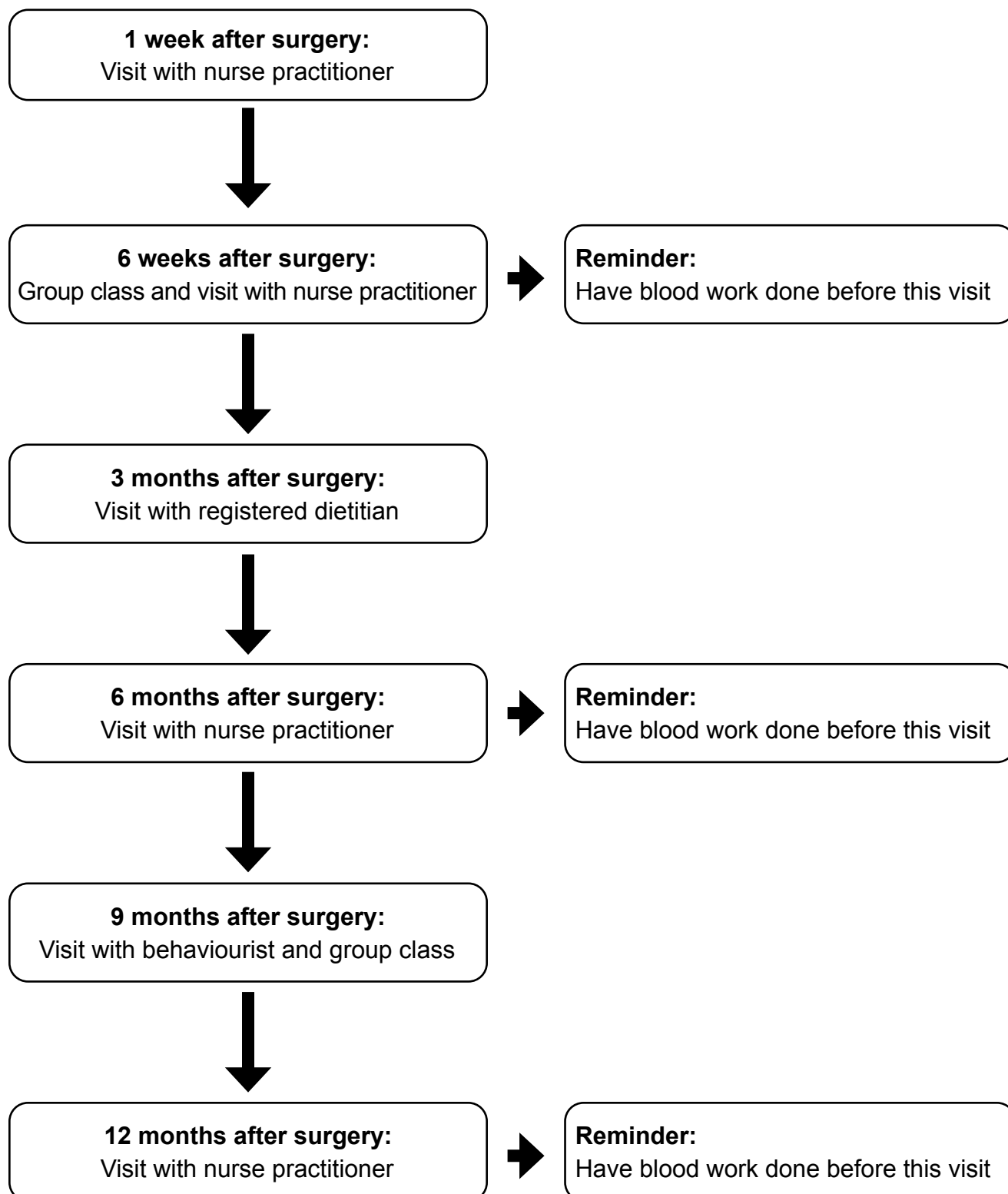
## **Be Prepared for Bariatric Surgery**

- ☐ Buy Optifast 900® from the clinic.
- ☐ Buy protein supplement for after surgery.
- ☐ Buy vitamin and mineral supplements.
- ☐ Ensure you have the basic kitchen equipment:
  - Blender or food processor
  - Small plates, bowls, and cups
  - Measuring cups and spoons
- ☐ Items to have on hand for 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
  - Eggs
  - Beans and lentils
  - Potatoes and sweet potatoes
  - Canned tuna, salmon, chicken, or turkey
  - Pureed soups
- ☐ Keep an up-to-date medication list with you for clinic visits and hospital stay.
- ☐ Arrange a drive home from hospital.

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## After Bariatric Surgery

### First Year After Bariatric Surgery



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## After Surgery Self-Care

### Pain control

- We encourage most patients to take acetaminophen 650-1000 mg four times a day for the first few days after discharge.
- You may also be given a prescription for Tramadol to take once you are discharged.
  - You **do not need** to take Tramadol, but you should if you have pain that is interfering with your ability to move, take deep breaths, or sleep even after taking acetaminophen.

### Medication

- Some medications may be changed or stopped while in hospital.
- A nurse will talk to you about your prescriptions before you leave the hospital.

### Surgical wounds

- 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 with a possible foul odour
  - Fever

### After surgery exercises (for hospital stay and the first week at home)

- **Deep breathing and coughing** will help keep your lungs healthy by getting rid of extra secretions. Do these exercises every hour for the first day, 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 5-10 times. On the fifth breath, cough 2-3 times gently.
- **Calf pumping and ankle exercises** will help to avoid blood clots by increasing blood circulation in your legs while you are moving less. Do these exercises 4-5 times a day. Keep on doing these exercises even when you get out of bed and start walking.
  - With your legs flat on the bed, point your toes towards your head, then towards the foot of the bed 5-10 times.
  - Make your feet go around in circles 5-10 times.
  - Bend and straighten one leg and then the other 5-10 times each.

- 
- **Getting out of bed** (ask your nurse to help you the first time you get up)
  - Roll onto your side and bring your knees up towards your stomach.
  - Place your upper hand on the bed below your elbow.
  - Raise your upper body off the bed by pushing down on the bed with your hand.
  - Swing your feet and legs over the end of the bed and bring your body to a sitting position.
  - Once in a sitting position, take a few breaths to ensure your balance is good before trying to stand.
  - Stand up keeping your back as straight as possible.
  - When getting back into bed, reverse the process.

### **Physical activity/lifting**

- Resume your normal activities when you return home. Moving and walking helps you heal. Start with short walks a few times a day.
- Do not push, pull, lift, or carry anything over 4 kg (10 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 strenuous activity for the first four weeks after surgery.

### **Return to work or school**

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

### **Sexual activity**

- You can resume sexual activity when you feel able.
- There is potential for increased fertility after surgery. You should not get pregnant in the first 12-18 months after surgery. See your family doctor to discuss birth control options if needed.

### **Bathing and incision care**

- You may shower after surgery, unless told not to. Do not take a bath or swim until your wounds have healed.
- Keep the tape on your wounds clean and dry for one week, then you can take them off. If the tape falls off, leave it off.
- It is normal to have some swelling around the wound; this usually improves 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 2-3 months.

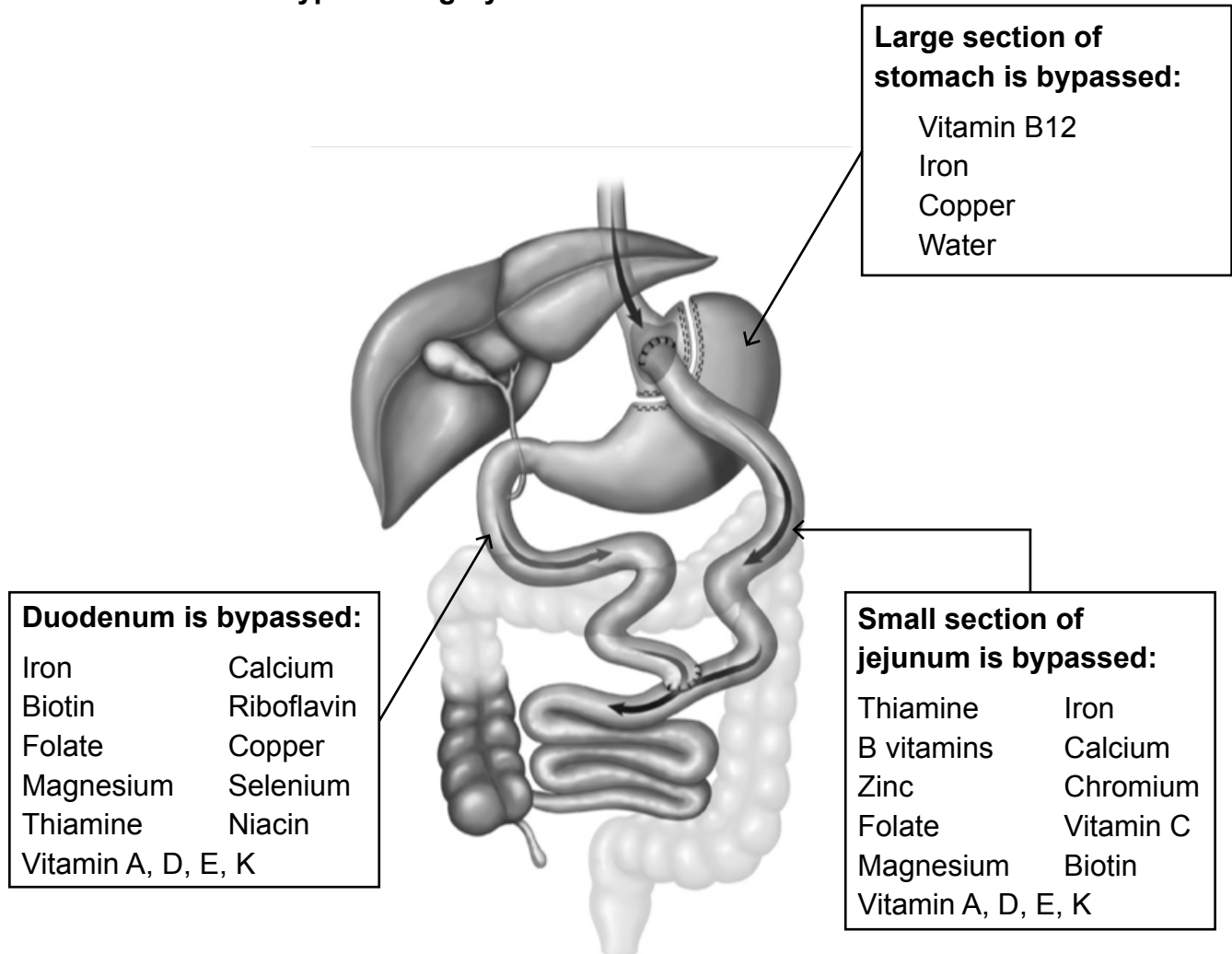
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# Vitamin and Minerals

## Vitamin and Mineral Absorption after Surgery

After surgery, your body will not absorb certain vitamins and minerals as well as it did before.

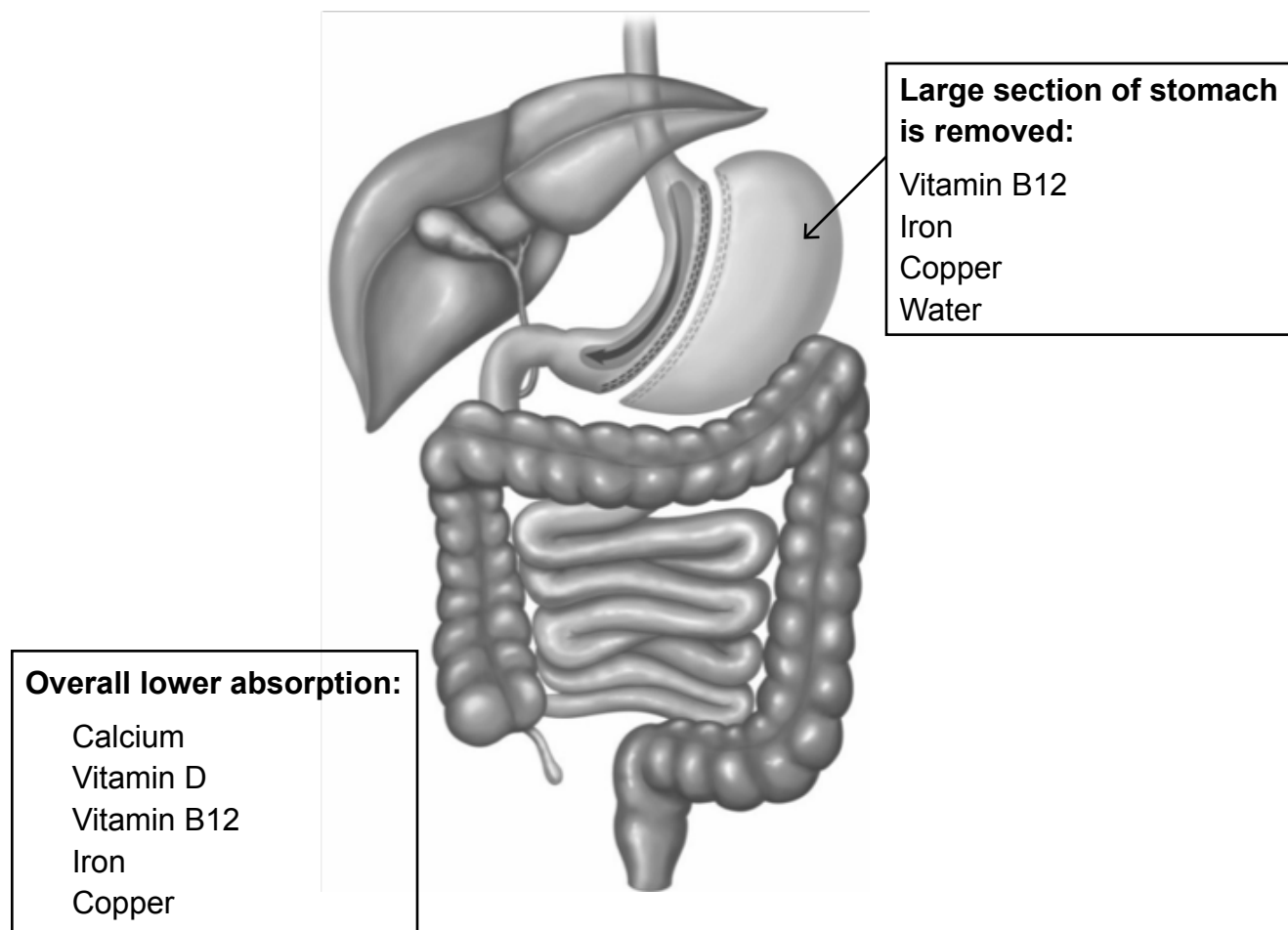
### Roux-En-Y Gastric Bypass Surgery



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

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## Vertical Sleeve Gastrectomy Surgery



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

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## **Vitamin and Minerals of Concern after Surgery**

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

### **Multivitamin/mineral**

If you do not take your multivitamin/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
- Low blood pressure
- Trouble controlling urine and bowel movements
- 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
- Lower immune system
- Poor mood

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## Vitamin and mineral monitoring plan

Your vitamin and mineral levels will be tested after surgery. Deficiencies may be life threatening and could cause permanent damage. It is vital that you take vitamin and minerals supplements every day for life.

	6 weeks	6 months	Yearly
<b>Iron status (Ferritin + CBCs)</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Vitamin D (25-OH + PTH)</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Vitamin B12</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Folate</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Calcium</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Vitamin A</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Zinc</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Other</b>	Your health care team may ask for additional vitamin and mineral testing as needed.		

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## **Vitamin and Mineral Supplements**

You need daily vitamin and mineral supplements for life because:

1. Vitamin and minerals are not absorbed as well after surgery.
2. Your stomach is smaller in size. This will limit your food intake, reducing the amount of vitamins and minerals you eat and drink.

### **After surgery, there are 2 vitamin and mineral supplement stages**

**Stage 1:** Liquid, chewable, or crushed vitamin and mineral supplements  
(4-8 weeks after surgery) .

**Stage 2:** Vitamin and mineral supplements for life.

Each stage is covered in more detail later in this booklet

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

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## Stage 1: Supplements after Surgery (4-8 weeks)

Please choose one of the choices below for the first 4-8 weeks after surgery. Vitamin and mineral supplements during this stage must be **crushed, chewable, or liquid**.

CHOICE #1: <a href="http://www.celebratevitamins.ca">www.celebratevitamins.ca</a> OR Ottawa Hospital Civic Campus Pharmacy	
Celebrate® Essential Multi 2-in-1 Chewable	4 chews per day separated by at least 2 hours (or you can take 2 chews 2 times per day)

CHOICE #2	Brand	Amount
<b>Multivitamin/mineral</b>  <b>Choose 1</b>	Jamieson® Chewable Multi-100% Complete (Adult)	2 chews per day
	Bayer® One-a-Day Women's 50+	1 tablet per day (crush until eating solid foods)
<b>Vitamin B12</b>  <b>Choose 1</b>	Swiss Vitamin® B12 + Folic Acid Chewable (1000 mcg)	1 chew every 2 days
	Webber Naturals® Sublingual Vitamin B12 (250 mcg)	2 tablets per day
	Jamieson® Vitamin B12 Strips (1000 mcg)	1 strip every 2 days
<b>Calcium Citrate</b>  <b>Choose 1</b>	Webber Naturals® Liquid Calcium + Vitamin D	1 tbsp – 3 times per day
	Wellesse® Liquid Calcium	1 tbsp – 3 times per day
	Celebrate® Calcium Citrate Soft Chews	1 chew – 3 times per day
<b>Vitamin D</b>  <b>Choose 1</b>	Jamieson® Chewable 1000 IU	1 chew per day
	Ddrops® 1000 IU per drop	1 drop per day

CHOICE #3: USA online only - <a href="http://www.opurity.com">www.opurity.com</a>		
<b>Multivitamin/mineral</b>	Opurity® Bypass & Sleeve Optimized Multi-Chewable	1 chew per day
<b>Calcium Citrate</b>	Opurity® Calcium Citrate Plus- Chewable	2 chews – 2 times per day (do not take with multivitamin)

Products may vary.

**Your supplements may be adjusted as needed by your health care team.**

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## Stage 2: Supplements for Life

Take vitamin and mineral supplement **every day for life** to avoid deficiencies. Below are general guidelines for vitamin and mineral supplements. Please see “Over the Counter Supplement Choices” and “Bariatric Supplement Choices”.

SUPPLEMENT	AMOUNT	NOTES
<b>Multivitamin/mineral</b>	1-2 tablets per day	Dosing depends on product. Look for: Vitamin A 5000-10000IU Vitamin B1 (Thiamine) 12 mg Folate 400-1000mcg Vitamin E 15mg Vitamin K 90-120mcg Zinc 8-22mg Copper 1-2 mg Selenium 55mcg
<b>Vitamin B12</b>	500-1000 mcg per day	Sublingual or dissolvable preferred
<b>Calcium Citrate</b>	1200-1500 mg per day	Take 400-600 mg at a time, at least 2 hours apart.  Do not take within 2 hours of iron or multivitamins containing iron.
<b>Vitamin D</b>	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.
<b>Iron*</b>	45-60 mg per day	Ferrous Sulphate 300 mg Take with 250-500 mg vitamin C for better absorption. Do not take within 2 hours of calcium.

\*You may not need an iron supplement. Please discuss with your nurse practitioner.

**Your supplements may be adjusted as needed by your health care team.**

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## Over the Counter Supplement Choices

Multivitamin/mineral (choose 1)	
Bayer One-a-Day® Women's 50+	1 tablet per day
Bayer One-a-Day® Women's	2 tablets per day
Kirkland Signature® Formula Forte Women	2 tablets per day
Webber Naturals® Women's Most Complete Multi	2 tablets per day
Centrum® Women 50+	2 tablets per day
Centrum® Women	2 tablets per day
Vitamin D (choose 1)	
Jamieson® D3 1000 IU	1-2 tablets per day
Webber Naturals® D3 1000 IU	1-2 tablets per day
Ddrops® Liquid Vitamin D 1000 IU	1-2 drops per day
Jamieson® Chewable D 1000 IU	1-2 chews per day
Calcium Citrate (choose 1)	
Webber Naturals® Calcium Citrate 300 mg	2 tablets – 2 times per day
Citracal® Calcium Citrate + D	2 tablets – 2 times per day
Celebrate® Calcium Citrate Soft Chews	1 chew – 3 times per day
Webber Naturals® Liquid Calcium + Vitamin D	1 tbsp – 3 times per day
Wellesse® Liquid Calcium	1 tbsp – 3 times per day
Vitamin B12 (choose 1)	
Jamieson® B12 500 mcg or 1000 mcg	1 tablet per day
Webber Naturals® B12 250 mcg	2 tablets per day
Jamieson® Fast Dissolving Strips B12 1000 mcg	1 tablet per day or 1 tablet every other day
Kirkland Signature Sublingual B12 1200 mcg	1 tablet per day or 1 tablet every other day
Iron and others	
Iron or other vitamin and mineral supplements may be suggested to you based on blood work after surgery.	

Products may vary.

**Your supplements may be adjusted as needed by your health care team.**

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## Bariatric Supplement Choices

### Celebrate® Vitamins

Company Name: Celebrate® Vitamins Canada

Website: [www.celebratevitamins.ca](http://www.celebratevitamins.ca)

Where to buy: online or in person at The Ottawa Hospital Civic Pharmacy

#### Choice #1: Essential Multi 2-in-1 Chewable

Take 4 chewables per day. Allow 2 hours between each chewable OR take 2 chewables 2 times per day.

Example:

Breakfast – 1 chewable

Lunch – 1 chewable

OR

Breakfast – 2 chewables

Supper – 1 chewable

Supper – 2 chewables

Before bed – 1 chewable



#### Choice #2: Multivitamin Capsule + Calcium Soft Chews

Take 3 Multivitamin Capsules + 3 Calcium Soft Chews per day. Multivitamin Capsules can be taken together but Calcium Soft Chews are to be separated by at least 2 hours.

Example:

Breakfast – 3 Multivitamin Capsules

Lunch – 1 Calcium Soft Chew

Supper – 1 Calcium Soft Chew

Before bed – 1 Calcium Soft Chew



**Your supplements may be adjusted as needed by your health care team.**

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## **Opurity®**

Company Name: Opurity®

Website: [www.opurity.com](http://www.opurity.com)

Where to buy: online

### **Choice #1: Bypass and Sleeve Optimized Multivitamin Chewable + Calcium Citrate Plus**

Take 1 Opurity® Bypass and Sleeve Optimized Multivitamin chew + 4 Opurity® Calcium Citrate Plus chewable per day. Calcium Citrate Plus should be separated by at least 2 hours from the Bypass and Sleeve Optimized Multivitamin.

Example:

Breakfast – 1 Bypass and Sleeve Optimized Multivitamin chewable

Lunch – 2 Calcium Citrate Plus chewable

Dinner – 2 Calcium Citrate Plus chewable



### **Choice #2: Complete Bariatric Optimized Multivitamin Multimineral + Calcium Citrate Plus**

Take 2 Opurity® Complete Bariatric Optimized Multivitamin Multimineral + 4 Calcium Citrate Plus chewable per day. Calcium Citrate Plus should be separated by at least 2 hours from Bypass and Sleeve Optimized Multivitamin.

Example:

Breakfast – 2 Complete Bariatric Optimized Multivitamin Multimineral capsule

Lunch – 2 Calcium Citrate Plus chewable

Dinner – 2 Calcium Citrate Plus chewable



**Your supplements may be adjusted as needed by your health care team.**

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# **Food Stages after Surgery**

## **Food Stages after Surgery**

**After surgery, there are five stages**

**Stage 1** – Clear fluids

**Stage 2** – Full fluids plus protein supplement

**Stage 3** – Pureed foods plus protein supplement

**Stage 4** – Soft foods

**Stage 5** – Eating patterns for life (solids)

Each stage is covered in more detail later in this booklet

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.

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## Stage 1 – Clear Fluids

While in hospital (usually 1-2 days), you will get clear fluids to help with hydration and healing. When you start drinking fluids, start with 1-2 small medicine cups every 30 minutes. Increase your fluids to 3-4 small medicine cups per hour. Keep increasing as you are able to handle more (medicine cups are given with your fluids in hospital).

### General guidelines:

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

### Clear fluids guide (in hospital)

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 **6-8 cups (1.5-2.0 litres)** of fluids per day

---

## Stage 2 – Full Fluids

Start this stage 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 6-8 cups (1.5- 2.0 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	100% whey or soy protein isolate
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.

**Reminder:** Everyone heals at a different rate. Once you feel comfortable with full fluids, progress to Stage 3 (pureed foods). You do not have to wait the full week.

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## Full Fluids – Sample Menu

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<b>Breakfast</b>	• Protein shake or smoothie*
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<b>Mid-morning</b>	• Yogurt
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<b>Lunch</b>	• Protein shake or smoothie*
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<b>Mid-afternoon</b>	• Vegetable broth or yogurt
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<b>Supper</b>	• Protein shake or smoothie*
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<b>Evening</b>	• Protein shake or smoothie* (if needed)
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\*Refer to “Build a Better Smoothie” in this booklet

**Fluids:** Aim for 6-8 cups (1.5-2.0 litres) per day (includes fluid from protein shakes and smoothies)

**Protein:** Aim to meet daily protein needs as discussed with your Dietitian

**Reminder:** Start your vitamin and mineral supplements (liquid, crushed, or chewable). You do **not** need to separate liquids and solids during this stage. Keep drinking fluids and protein supplements throughout the day.

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## Choosing a Protein Supplement

Once home after surgery, you will need to start a protein supplement and keep on taking this protein supplement for 4 to 8 weeks after surgery.

### Protein is key for:

- Supporting the healing process after surgery
- Maintaining muscle mass
- Keeping your health (hair, skin, nails, 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. Protein powder or liquid made from whey protein isolate or soy protein isolate.
2. At least 20-30 grams of protein per 1 cup (250 mL) serving or one scoop serving.
3. Lower in sugar, 5 grams or less per serving and low in fat, 3 grams or less per serving.
4. Does not contain caffeine.

**Reminder:** Your dietitian explained to you your protein needs when you visited the clinic. Below are general protein guidelines:

**Women:** 60-90 grams of protein each day

**Men:** 70-100 grams of protein each day

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### Choosing a Protein Supplement

Supplement name	Amount of protein grams (g) per serving	Examples of where to find
AllMax Nutrition Isoflex Pure Whey Protein Isolate	27 g	Fit Shop, Popeye's, Walmart
AllMax Nutrition IsoNatural	27 g	Fit Shop, Popeye's, Walmart
Kaizen Naturals 100% Whey Isolate	25 g (29 g scoop) 35 g (42 g scoop)	Best Buy, Fit Shop, Costco
Lean Fit 100% Whey Protein Blend	25 g	Costco, Loblaws, Real Canadian Superstore
Precision All Natural Whey Isolate	36 g	Best Buy, Nutrition House, Loblaws
Premier Protein (liquid)	30 g	Costco, Sobeys, Walmart
President's Choice Whey Protein Isolate	25 g	Loblaws, Real Canadian Superstore, Shoppers Drug Mart
Six Star Whey Isolate	30 g	Walmart
Vega Sport Performance Protein	30 g	Best Buy, GNC, Popeye's

Products may vary.

**Your supplements may be adjusted as needed by your health care team.**

## Build a Better Smoothie

Use these guidelines to create your own smoothies. Add more liquid base for a thinner texture, and less if you like it thicker once your diet progresses.

Liquid base ½-1 cup (125-250 mL) per serving	Fruit ½ cup (125 mL) fresh or frozen per serving	Protein powder (1 scoop or serving)
<ul style="list-style-type: none"><li>• Milk</li><li>• Soy milk</li><li>• Water</li><li>• Fruit juice</li><li>• Almond milk</li></ul>	<ul style="list-style-type: none"><li>• Strawberries</li><li>• Blueberries</li><li>• Peach</li><li>• Melon</li><li>• Mango</li><li>• Banana</li></ul>	<ul style="list-style-type: none"><li>• Try different flavors (vanilla, chocolate, unflavored)</li></ul>
Protein boost		
Add yogurt (regular, Greek, or Icelandic-style) or cottage cheese to taste		
Flavour boost		
<ul style="list-style-type: none"><li>• Cinnamon</li><li>• Nutmeg</li><li>• Ginger</li><li>• Vanilla</li></ul>	<ul style="list-style-type: none"><li>• Almond extract</li><li>• Orange zest</li><li>• Flavourings (Mio® or Crystal Light®)</li><li>• Decaffeinated coffee</li></ul>	
Serve over ice or mix in blender with ice. Try freezing leftover smoothies in ice cube trays or popsicle containers.		

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## **Stage 3 – Pureed Foods**

This stage will last about one week (longer 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 as tolerated.

### **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 15-20 minutes to eat a meal. Stop eating when you feel full.
- Sip on fluids and protein shakes between meals. Aim for 6-8 cups (1.5-2.0 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.

---

**Tips for boosting protein:**

- Drink 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 or white kidney beans into foods.

**Pureed foods guide**

<b>Food group</b>	<b>Food examples</b>
<b>Fluids</b>	The same as in the clear fluid examples.
<b>Protein supplement</b>	100% whey or soy protein isolate
<b>Protein foods</b>	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
<b>Fruits and vegetables</b>	Cooked and pureed vegetables Pureed fruit Unsweetened applesauce
<b>Grains and Starches</b>	Oatmeal Cream of wheat Mashed potatoes and sweet potatoes

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## Pureed Foods – Sample Menu

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<b>Breakfast</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• 1-2 tbsp (15-30 mL) yogurt</li><li>• ½ cup (125 mL) milk or soy milk</li><li>• 1-2 tbsp (15-30 mL) applesauce</li><li>• 1-2 tbsp (15-30 mL) oatmeal</li></ul>
<b>Mid-morning</b>	<ul style="list-style-type: none"><li>✓ Protein</li></ul>	<ul style="list-style-type: none"><li>• Protein shake</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• ¼ cup (60 mL) pureed squash soup with added protein</li><li>• 1-2 tbsp (15-30 mL) pureed fruit</li></ul>
<b>Mid-afternoon</b>	<ul style="list-style-type: none"><li>✓ Protein</li></ul>	<ul style="list-style-type: none"><li>• Protein shake</li></ul>
<b>Supper</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• 1-2 oz (30-60 g) pureed turkey</li><li>• 2 tbsp (30 mL) mashed potatoes with added protein</li><li>• 1-2 tbsp (15-30 mL) pureed carrots</li></ul>
<b>Evening</b>	<ul style="list-style-type: none"><li>✓ Protein</li></ul>	<ul style="list-style-type: none"><li>• Protein shake</li></ul>

**Fluids:** Aim for 6-8 cups (1.5-2.0 Litres) per day (includes fluid from protein shakes and smoothies).

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

**Reminder:** All foods must be blended until smooth.

---

## **Stage 4 – Soft Foods**

This stage consists of soft foods that are easier to chew and digest. Foods are slowly introduced in small amounts to make sure that you can handle them.

### **General Guidelines:**

- Eat three small meals and 2-3 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–1 cup (125-250 mL) of food.
- Eat slowly and chew food well. Take at least 15-20 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, 1-2 tbsp (15-30 mL). If you have trouble with a food, try it again when you are comfortable.
- Sip on fluids throughout the day. Aim for 6-8 cups (1.5-2.0 Litres) of fluids each day. Wait 30 minutes after eating before you drink 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.

---

## Soft foods guide

Food group	Food examples
<b>Fluids</b>	The same as in the clear fluid examples.
<b>Protein supplement</b>	100% whey or soy protein isolate
<b>Protein foods</b>	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 nut butters
<b>Fruits and vegetables</b>	Soft cooked vegetables Fruit
<b>Grains and Starches</b>	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

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## Soft Foods – Sample Menu

<b>Breakfast</b>	✓ Protein	• 1 egg
	✓ Fruit/veg	• 2 tbsp (30 mL) canned or diced fruit
	✓ Grain/starch	• ¼ slice toast
<b>Mid-morning</b>	✓ Protein	• ¼ cup (60 mL) yogurt
<b>Lunch</b>	✓ 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
<b>Mid-afternoon</b>	✓ Protein	• ¼ cup (60 mL) cottage cheese
	✓ Fruit/veg	• 2 tbsp (30 mL) canned or diced fruit
	✓ Grain/starch	
<b>Supper</b>	✓ 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
<b>Evening</b>	✓ Protein	• ¼ cup (60mL) yogurt with 1-2 tbsp
	✓ Fruit/veg	(15-30 mL) blueberries

**Fluids:** Aim for 6-8 cups (1.5-2.0 Litres) per day.

**Protein:** Aim to meet daily protein needs as discussed 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 consists of a variety of solid foods. It outlines eating patterns for life.

### 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 1 cup (250 mL) of food.
- Eat slowly and chew food well. Take at least 15-20 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, 1-2 tbsp (15-30 mL). Slowly increase the amount of the new food that you eat. If you have trouble with a food, try it again when comfortable.
- Sip on fluids throughout the day. Aim for 6-8 cups (1.5-2.0 Litres) of fluids each day. Wait 30 minutes after eating before you drink anything.

**Have plenty of  
vegetables and fruits**

**Eat protein foods**

**Make water  
your drink  
of choice**

**Choose  
whole grain  
foods**



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## Eating patterns for life guide

Food group	Food examples
Fluids	The same as in the clear fluid examples. You can start caffeinated and carbonated drinks. Discuss with your nurse practitioner or dietitian.
Protein supplement	100% whey or soy protein isolate
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 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

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## Eating Patterns for Life – Sample Menu

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<b>Breakfast</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• 1 poached egg</li><li>• ½ slice toast with peanut butter</li><li>• 2 tbsp (30 mL) mixed berries</li><li>• 2 tbsp (30 mL) yogurt</li></ul>
<b>Mid-morning</b>	<ul style="list-style-type: none"><li>✓ Protein</li></ul>	<ul style="list-style-type: none"><li>• ¼ cup (60 mL) yogurt</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• Sandwich wrap: 2 oz (60 g) tuna, salmon, chicken, or lean meat, ½ small tortilla or wrap, lettuce, tomato, and mayonnaise</li><li>• ¼ cup (60 mL) cottage cheese</li><li>• 1 clementine orange</li></ul>
<b>Mid-afternoon</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• 1-2 crackers with hummus</li><li>• 1 oz (30 g) cheese</li></ul>
<b>Supper</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li><li>✓ Grain/starch</li></ul>	<ul style="list-style-type: none"><li>• ½ cup (125 mL) chili</li><li>• ¼ cup (60 mL) steamed vegetables</li><li>• 3-4 crackers</li></ul>
<b>Evening</b>	<ul style="list-style-type: none"><li>✓ Protein</li><li>✓ Fruit/veg</li></ul>	<ul style="list-style-type: none"><li>• ¼ cup (60mL) yogurt with 1-2 tbsp (15-30 mL) berries</li></ul>

**Fluids:** Aim for 6-8 cups (1.5-2.0 litres) per day.

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

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

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# Problems after Surgery

## Problems after Surgery

### 1. 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
- Rice

Tips: Cut food into small bites, chew well, add gravy or sauce, and choose moist cooking methods such as slow-cooking or stewing.

### 2. Dumping syndrome

Dumping syndrome happens when food passes too quickly through the body, limiting time for digestion and nutrient absorption. When this happens, water from the body may be drawn into the small bowel and cause:

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

Tips: 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  $\frac{1}{2}$ –1 cup (125-250 mL).

Dumping syndrome can happen 10 to 90 minutes after eating and can last up to three hours.

### 3. Nausea and Throwing Up

Nausea and throwing up can be caused by:

- Pain medication
- Eating too much food
- Eating too fast
- Not chewing food well
- Skipping meals
- Progressing food textures too quickly

You can use Gravol (dimenhydrinate) 25-50mg every six hours as needed.

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#### 4. Dehydration

Signs of dehydration:

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

Tips: Sip on fluids throughout the day. Try ice chips or sugar-free popsicles.

#### 5. 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 consecutive days.

Tips: To help avoid constipation make sure you are drinking enough fluids. Include fibre rich foods in all meals and snacks.

#### 6. Diarrhea

Diarrhea can be caused by:

- Drinking liquids with solid foods
- Caffeine found in coffee, tea, cola, and energy drinks
- Eating high sugar foods
- Eating high fat foods
- Large amounts of sugar alcohols (sorbitol, mannitol, xylitol)

#### 7. Gas

Gas may be caused by:

- Eating too fast
- Not chewing food well enough
- Skipping meals
- Using straws
- Chewing gum
- Carbonated beverages

#### 8. Hair Loss

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

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

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## **Reasons to return to The Ottawa Hospital Civic Campus Emergency Department**

If you live in Ottawa, this means the Civic Emergency; if you live out of town, go to the closest emergency department.

- Fever, chills, or flu-like symptoms (can indicate 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.

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# Behaviour Resources

## Goal Setting

### 1. Choose a goal that is your idea and is important to you.

What do you want to do?

### 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 that is an action.

What are you doing as a result of this goal?

### 4. 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**

**Measureable**

**Action-oriented**

**Realistic**

**Time-defined**

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

**My goal:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**What are the barriers that could get in your way?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## 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 speak with 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.
- HALT method. Ask yourself “Am I Hungry, Angry, Lonely, Tired, Thirsty?” before eating.
- Change your environment.
- Practice mindful eating, slow down how fast you eat, and tune into hunger cues.

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## **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**

#### **Cognitive:**

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

#### **Physical:**

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

#### **Emotional:**

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

#### **Behaviour:**

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

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## 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



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

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## 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



UNIVERSITY OF OTTAWA  
HEART INSTITUTE  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA

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## Nutrition Resources

### Nutrition Behaviours for Life

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

- ☐ 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 (1.5-2.0 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

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## How to Increase Protein in your Diet with Food

Your protein needs are \_\_\_\_\_ grams per day.

Aim for 20-30 grams per meal and 5-15 grams 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	8 g
1 oz (30 g) Cooked	Meats, poultry, and fish: <ul style="list-style-type: none"><li>• Lean red meat and pork</li><li>• Extra-lean ground beef, chicken, or turkey</li><li>• Chicken or turkey</li><li>• Baked, broiled, or grilled fish</li><li>• Canned tuna, salmon, or chicken</li></ul>	8 g
2 slices (60 g)	Lean deli meat (chicken, turkey, ham, or roast beef)	10 g
6 medium	Shrimp (boiled or steamed)	6 g
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)	Beans and lentils	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 butters	3 g
2 tbsp (30 mL)	Nuts and seeds	3 g
2 tbsp (30 mL)	Soy nuts	5 g

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## Boost-Up Your Protein – Activity

Use the food log below to calculate your daily protein intake.

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

---

## Fuel Up with Carbohydrates

Carbohydrates help to maintain blood sugar levels and give energy for daily activities. Each serving = 15 grams of carbohydrates

Fruits	
1 medium	Apple, orange, pear
2 medium	Kiwi, plum, clementine orange
½ medium	Mango
1 small	Banana, grapefruit
1 large	Peach, nectarine
2 cups (500 mL)	Strawberries, blackberries, raspberries
1 cup (250 mL)	Blueberries
1 cup (250 mL)	Melon
¾ cup (175 mL)	Pineapple
15	Grapes, cherries
4 tbsp (60 mL)	Mixed dried fruit
½ cup (125 mL)	Canned or diced fruit
Milk and alternatives	
1 cup (250 mL)	Milk, fortified soy milk (plain)
½ cup (125 mL)	Chocolate milk, fortified soy milk (flavoured)
4tbsp (60 mL)	Powdered milk
½ cup (125 mL)	Evaporated milk
¾ cup (175 mL)	Plain yogurt, artificially sweetened yogurt
Grains and starches	
½ cup (125 mL)	Corn, potato, pasta, couscous, cold cereal
1/3 cup (90 mL)	Sweet potato, brown rice, white rice, millet
¾ cup	Hot cereal
1 slice	Whole grain bread
½	Pita bread (6 inch), English muffin
¼ large	Bagel
1	Whole wheat chapatti, roti, tortilla (6 inch)
2-4	Crackers

Adapted from “The Diabetes Food Guide”, 2011.

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## Increase Your Fibre Intake

Fibre helps control blood sugar levels, keeps you feeling full longer, and promotes bowel health. **Aim for 25-38 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

## Increase Your Fibre Intake

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
Peanuts, shelled and roasted	4 tbsp (60 mL)	2.9
Pumpkin seeds, roasted	4 tbsp (60 mL)	1.4

Canadian Nutrient File “Nutrient Value of Some Common Foods”, Health Canada, 2008.

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## **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
  - Peanut oil
  - Safflower oil
  - Soybean oil
  - Sunflower oil

**Include 2-3 tbsp 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.

### **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)

Meal	Food and fluid intake
<b>Breakfast</b> Location: Time:	
<b>Morning snack</b> Time:	
<b>Lunch</b> Location: Time:	
<b>Afternoon snack</b> Time:	
<b>Supper</b> Location: Time:	
<b>Evening snack</b> Time:	

Meal	Food and fluid intake
<b>Breakfast</b> Location: Time:	
<b>Morning snack</b> Time:	
<b>Lunch</b> Location: Time:	
<b>Afternoon snack</b> Time:	
<b>Supper</b> Location: Time:	
<b>Evening snack</b> Time:	

Meal	Food and fluid intake
<b>Breakfast</b> Location: Time:	
<b>Morning snack</b> Time:	
<b>Lunch</b> Location: Time:	
<b>Afternoon snack</b> Time:	
<b>Supper</b> Location: Time:	
<b>Evening snack</b> Time:	

Meal	Food and fluid intake
<b>Breakfast</b> Location: Time:	
<b>Morning snack</b> Time:	
<b>Lunch</b> Location: Time:	
<b>Afternoon snack</b> Time:	
<b>Supper</b> Location: Time:	
<b>Evening snack</b> Time:	

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## **Additional Resources**

### **Bariatric surgery**

- Ontario Bariatric Network [www.ontariobariatricnetwork.ca](http://www.ontariobariatricnetwork.ca)
- Obesity Canada <https://obesitycanada.ca/managing-obesity/bariatric-surgery/>
- Obesity Action Coalition [www.obesityaction.org/obesity-treatments/what-is-obesity-treatment/bariatric-surgery/](http://www.obesityaction.org/obesity-treatments/what-is-obesity-treatment/bariatric-surgery/)
- Seamless MD – available 30 days prior to surgery date (organized by The Ottawa Hospital Bariatric Centre of Excellence)

### **Information about obesity**

- Obesity Canada [www.obesitycanada.ca](http://www.obesitycanada.ca)
- Science of Obesity <https://global.rethinkobesity.com/content/campaigns/novo-nordisk-obesity-awareness/rethink-obesity/>
- Beyond Weight: “Poodle Science” [www.youtube.com/watch?v=H89QQfXtc-k](http://www.youtube.com/watch?v=H89QQfXtc-k)
- Weight of Living Blog <https://obesitycanada.ca/category/blog-weight-of-living/>

### **General nutrition resources**

- Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)
- Unlock Food [www.unlockfood.ca](http://www.unlockfood.ca)

### **Recipes resources**

- Eatracker [www.eatracker.ca](http://www.eatracker.ca)
- Unlock Food [www.unlockfood.ca](http://www.unlockfood.ca)
- Cookspiration [www.cookspiration.com](http://www.cookspiration.com) (also available as an app)

### **Food journaling tools**

- My Fitness Pal – available as an app
- Baritastic – available as an app

### **Physical activity resources**

- Canadian Physical Activity and 24-Hour Movement Guidelines [www.csepguidelines.ca](http://www.csepguidelines.ca)
- Let’s Make our Day Harder [www.youtube.com/watch?v=whPuRLil4c0](http://www.youtube.com/watch?v=whPuRLil4c0)

### **Mood Resources**

- Mind Over Mood: Change how you feel by changing the way you think (Authors: Dennis Greenberger and Christine Padesky)

Notes

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