

WEEKS 1-2 POST OP

SLEEVE GASTRECTOMY
FREE FLUID DIET

INTRODUCTION

Duration

The duration of the Free Fluid Diet is 2 weeks

Purpose

To ease back into food while your stomach is healing and to ensure you having good sources of protein to help with recovery. After the surgery, your appetite is significantly reduced and as a result you will only be able to manage small amounts of foods. Therefore, it is important to make sure we are getting our money's worth when it comes to food - we need to choose foods that are nutritious protein rich fluids and drink small amounts frequently.

What is a Free Fluid Diet?

- Completely smooth with no bits or lumps
- Fluid should be thin enough to have through a straw
- Needs to be nutritious protein rich fluids
- Drink small amounts but frequently throughout the day.

OPTIONS

Option 1 - Optifast Diet

- 3-4 shakes meal replacements
- Hivita liquid multivitamin - 10ml 3x times per day
- Protein aim: 50-60g per day

Option 2 - Free Fluids

Other fluid and protein count

- Reduced fat milk (lite or skimmed)
- Soups - freshly made is best (whether at home or in the chilled section of the supermarket). Try to find soups that contain meats, lentils or legumes. This needs to be blended until no lumps are present. A dash of milk or water may be needed to achieve desired consistency.
- Hivita liquid multivitamin - 10ml 3x times per day
- Protein aim: 50-60g per day

OTHER CONSIDERATIONS WITH FLUID DIET

Hydration is very important!

- Try to carry a bottle of water with you - remember to have small and frequent sips.
- Tea or coffee with milk (sweetener can be used if desired)
- Plain/ flavoured water (e.g. sugar-free cordial)
- Diet jellies

How much and when?

- Be nice to your new stomach as it is healing from the operation
- Try to stop having drinks 30 minutes before and after meals
- Take it easy and drink slowly. Take small sips of fluid so to avoid discomfort and stress to the stomach
- Key point-**Stop drinking as soon as you are full**

Avoid the following

- Carbonated drinks (fizzy/sparkling drinks)
- Alcohol, can cause irritated and are high in calories
- Liquids with lumps
- Fluids with excess sugar and fats can result in you feeling sick or experience diarrhoea
- Keep in mind that in the long term to avoid sugar containing drinks

Common Complaints

- Pain or discomfort
- Vomiting
- Diarrhoea
- Constipation and dehydration

Common Causes

- Drinking too quickly or too much at one time
- Rich fluids - too much fats or sugars
- Inadequate fluid
- Reduced Food intake