



POTENTIAL PROBLEMS AND SUGGESTED DIETARY MODIFICATIONS

Nausea and Vomiting

If nausea and vomiting occur after eating a new food, wait several days before trying it again. Always return to liquids for 24 hours.

Eating/drinking too fast, eating/drinking too much, or insufficient chewing, may also cause nausea or vomiting. Avoid cold beverages and those with caffeine or carbonation.

Dehydration

Dehydration can occur with inadequate fluid intake, persistent nausea, vomiting, or diarrhea. At least 6 cups of fluids daily are recommended.

Lactose Intolerance

Use lactase-treated milk and lactase enzyme tablets. Try Lactaid 100% or Dairy Ease 100%. Yogurt is usually tolerated.

Constipation

Constipation may occur temporarily but generally resolves with adaptation to changes in volume of food. The regular use of fruits reduces the risk of recurrent constipation. Drink low-calorie fluids regularly.

Diarrhea

Limit the following foods: high fiber; greasy; milk and milk products; and very hot or cold foods. Eat smaller meals. Sip fluids between meals. Check labels for 'sugar alcohols'

Heartburn

Avoid carbonated beverages.

Bloating

Limit liquids to 2 oz at one time and sip Slowly.

Blockage of the dime sized opening from your new pouch

The dime-sized opening may be temporarily blocked if foods with large particle size are eaten without thorough chewing. If symptoms of pain, nausea, and vomiting persist, a physician should be contacted. Do not progress to solid foods until Doctor's approval.

Weight gain or no further weight loss

You might be eating high calorie foods or beverages. Keep a record of all foods, beverages and snacks consumed to determine the exact reason for this happening. Measure portion sizes. All beverages, except milk should be calorie free. Increase physical activity

Temporary Hair Loss

Reasons are unclear; possibilities include the rapid weight loss, stress of the surgery or a nutrient deficiency. Continue taking your multivitamin. Choose foods wisely and make healthy choices. Typically starts 3- 4 months after surgery. Special hair care products are available to help.

Pregnancy

For many women of childbearing age, weight loss may help infertility. Please use the appropriate protection for 6 months after surgery. Once weight loss has stabilized, discuss your desire to become pregnant with your physician.