

## **DISCHARGE ADVICE FOLLOWING GASTRIC BAND**

### **Lifestyle Measures after Bariatric Surgery:**

I recommend the following general dietary advice – otherwise you are likely to regain weight:

1. You should restrict themselves to eating three small meals and take regular exercise of at least 30 minute sessions 3-4 times a week.
2. You should separate solids from liquids during your meals by at least half an hour.
3. You should eat one small mouthful a minute and chew it well
4. You should eat 3 meals including breakfast a day - your meals should consist of a maximum of 20 to 30 mouthfuls and taken over 20 to 30 minutes at least.
5. You must avoid consuming high energy foods or drinks (like fast food, crisps, chocolate, fruit juice, fizzy drinks or alcohol).
6. You must stop eating as soon as you feel full and not eat if you are not hungry.
7. You may find it difficult to take tablets or capsules – hence it is advisable that all oral medications you take are dispersible, liquid or crushed.
8. You may find it difficult to swallow bread, meat or other stringy food.
9. I also recommend that you attend our Bariatric Support Group evenings in order to help you remember lifestyle changes required for long term weight control.

### **Nutritional Deficiency after Gastric Band:**

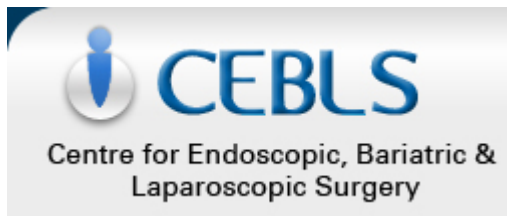
**Please note** that laparoscopic gastric band patients are prone to **nutrient deficiency**, in particular **iron** and **calcium**. You can develop **vitamin B1 deficiency** if you suffer from **recurrent vomiting**. **Vitamin B12** and **Folic Acid deficiency** is uncommon unless the diet is deficient. In the UK, **40%** patients can be **vitamin D deficient!** You can suffer from neurological, immunological, cardiovascular and other sequelae unless regular monitoring is performed and supplements prescribed. Hence, I would strongly recommend that your GP monitors your iron, calcium and vitamin levels on an annual basis.

### **Nutritional Supplements after Gastric Band:**

I advise regular **Iron**, **Calcium**, **Folic acid** and **vitamin D** supplements. I also advise **Vitamin B1** supplementation if you develop pins and needles in your hands and feet, trip over repeatedly for no reason, or develop muscular weakness and extreme tiredness.

Therefore I would recommend that your GP prescribes the following products and monitors your blood levels:

- **Calcium supplements- 1000mg calcium / day. Liquid or effervescent tablets**
- **Ferrous Sulphate/ ferrous fumarate or sodium ferredetate – drops, syrup or sugar free elixir. 50mg of iron/day**
- **Hydroxocobalamin Vitamin B12 injections – 1mg every 6-12 months**



- ***Multivitamins containing the vitamins (A, D, E, K, B1, B2, B6) mentioned previously – Forceval, Sanatogen gold, Centrum and Well Kid Chewable contain these vitamins.***
- You can also find more information on my websites [www.obesitycliniclondon.co.uk](http://www.obesitycliniclondon.co.uk) and [www.cebls.com](http://www.cebls.com).