

BARIATRIC SURGERY

Welcome to a new beginning!

Congratulations on making the decision to change your health and start taking steps towards being a healthier and happier you!

Most people arrive at this decision after years of yo-yo dieting, losing then regaining lost weight and often gaining weight with each attempt.

Along the journey people often experience feelings of disappointment, failure, and despondency. We are aware some people feel guilty about the decision to have a sleeve. Perhaps feeling like they are taking the easy way out or have given up.

Let us assure you this is not something you should feel guilty about!

In fact, the opposite is true, we commend your effort and bravery to take the first steps towards a healthier future.

Making the decision to take charge of your health and your life by modifying permanently your food and exercise habits is one to be congratulated.

With successful weight loss not only will your health improve, but you are providing an opportunity for a new lease of life.

Surgical intervention combined with permanent lifestyle change is the most effective therapy for weight reduction in terms of the extent and duration of weight loss.

The surgical procedure itself is just the beginning. It is not a magic wand or quick fix. In order to make successful weight loss achievable you will need to:

Modify your eating behaviours.

- Five small high protein, nutritionally balanced meals per day (high in nutritional quality)
- Limit high calories, refined carbohydrates, and processed foods such as chocolate, ice-cream, cakes.

Modify your drinking behaviour.

- Avoid drinking with meals.
- Avoid fizzy drinks.
- Avoid high calorie drinks such as flavoured milk, juice, soft drinks, milk shakes and alcohol.

Participate in activity.

Be responsible for your choices.

A SLEEVE will help you to lose your excess weight BUT IS REALLY UP TO YOU TO MODIFY YOUR LIFESTYLE AND MAKE THE RIGHT CHOICES TO MEET YOUR GOALS. We are here to help and educate you on how to use your tool and the team at Sunshine Coast Weight Medical Weight Loss Centre are here to support you.

Both sleeve gastrectomy and gastric bypass are effective tools for weight loss, but their success depends on how you use it. This involves following a healthy diet, staying active, and adhering to medical advice. It's also beneficial to have a strong support system.

Studies show that those who regularly visit their support teams have the best outcomes in terms of weight loss, overall health, fitness, and success in living with the sleeve.

Dietitians are “nutrition experts”. As well as providing detailed education on each of the phases, we will teach you how to eat and live successfully with a sleeve, i.e., how to use the sleeve as a tool.

Your visits will look like this-

1. Initial
2. Pre-Surgery
3. Hospital
4. 2-week Post Op
5. 5-week Post Op
6. 3-month Post Op
7. 6-month Post Op

We recommend seeing you at 12 months to assess your nutritional adequacy, we encourage you to see the team annually thereafter. We find these are crucial times for nipping in the bud any old habits that may have returned, and for solving any eating difficulties you may have developed.

We do encourage you to come with a support person, relative or friend so you have your own support person (who understands the process as well as yourself).

We look forward to sharing the journey with you!

Your Sunshine Coast Medical Weight Loss Centre Team

Kishani Turner
Accredited Dietitian

Sally-Anne Livock
Accredited Dietitian

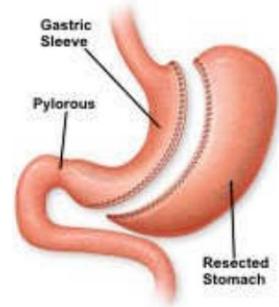
Storm Law
Accredited Dietitian

GASTRIC Sleeve – (Sleeve Gastrectomy)

What you need to know

A sleeve gastrectomy is a restrictive surgical weight loss procedure in which a person's stomach is reduced to about 25% of its original size.

It is an irreversible procedure that is performed laparoscopically and involves removal of the exterior part of the stomach, transforming the shape of the stomach (to form a "holding bay") into a long narrow tube ("sleeve").



How Does the Sleeve work?

- 1) **VOLUME** restriction - Your "new" stomach is 25% of its original size.
With a smaller stomach there is less room for food to be held thus meal sizes are much smaller only ½ cup of food at one time initially then a small bread and butter plate sized meal at 2 months
- 2) **HORMONE** changes the hunger hormone Ghrelin produced in the top part of the stomach is removed which results in an initial profound loss of appetite.
The other appetite regulatory hormones PPY CCK GLP1 are also modified - resulting in less feelings of hunger, early feelings of fullness and a lack of desire for sweet foods these hormones also help regulate Blood sugar levels.

As QUANTITY of foods will be greatly restricted it is most important that QUALITY food is chosen

We encourage you to plan and prep your meals being organised makes life so much easier and makes the phases post-surgery far less challenging.

You will be required to take multivitamins and calcium lifelong due to increased need and altered absorption.

Your gastric sleeve is a tool to help you with your weight loss journey (is not a quick fix or magic wand).

In order to make successful weight loss achievable we will teach you how to use your sleeve involving dietary and lifestyle changes.

A sleeve gastrectomy helps to make it easier to make these changes, as you just don't feel hungry and as such your focus on foods is greatly reduced.

At 18mths- 2 years the volume restriction, lack of hunger and lack of sweet cravings may begin to fade -i.e., you may start to feel some hunger and be able to eat larger portions.

Sometimes a desire for sweet foods begins to return-that's why it is important to work closely with our team to develop strategies to help manage the 'old habits' that were involved in your weight gain over the past years.

What does life look like after surgery?

- We don't want you to 'diet' -all foods are ok, but we do encourage healthy choices most of the time.
- **Regular meals and snacks**- 3 small meals and 2 snacks- morning and afternoon tea you won't feel hungry but it's important to refuel each 3 hours to give your body the energy and nutrition it requires.
- **Quality food-the quantity is tiny so it's important the quality is high** - unprocessed, low sugar, fat and high fibre foods, preferably homemade where possible (most of the time- we don't want you strictly dieting or counting calories!)
- **Eating mindfully- chewing well, not grazing, sitting at a table, no distractions i.e., no screens**
- **Avoiding high sugar /fat foods (dumping syndrome), fizzy drinks, alcohol** -at least 3 months, 'slider foods'- ice cream, chocolate, savoury snacks -chips
- **Separating foods and fluids** -you won't fit food and drink in at the same time wait -15 mins before and 30 mins after eating before having a drink.
- **Preparation and planning meals and snacks** -meal planning and forward preparation as keys to success. Making lunches and meals for the freezer weekly really makes life easier.
- **Increased activity-exercise at least 4/week** walking, swimming, Pilates, aqua aerobics hiking- whatever you prefer. Starting to move more and develop regular exercise habits is one of the keys to long term success.
- **Learning how to eat in Social Situations** - Social eating can be initially challenging. Share plates i.e., Asian style or tapas or sharing a meal or even bringing a container to take food home are all strategies that help.

YOUR EXPECTED JOURNEY

<p>Stage One</p> <p>(0-3 Months after surgery)</p> <p>LEARNING</p>	<ul style="list-style-type: none"> ✓ Stomach is swollen & needs to heal-you will be guided through the phases ✓ fluids- 7 days, pureed 14 days minced 7 days soft 14 days at 7 weeks back to full diet ✓ Aim to prevent unwanted gastrointestinal symptoms e.g.: nausea, vomiting, pain ✓ Maintain hydration, maximise nutrition. ✓ Regular team visits
<p>Stage Two</p> <p>(3 – 12 Months after surgery)</p> <p>PRACTICE</p>	<ul style="list-style-type: none"> ✓ Your sleeve has adapted well ✓ You will be used to its new capacity. ✓ You will be on full diet – Eating less than 1 cup volume ✓ You may feel hungry at times & can eat more food ✓ Weight loss slows down “window of opportunity / Honeymoon phase” ✓ Important to make healthy choices, avoid snacking & continue regular exercise (resistance) ✓ Mindful eating important ✓ Blood check and team visits at 6 & 12 months
<p>Stage Three</p> <p>(12+ months after surgery)</p> <p>ANCHOR</p>	<ul style="list-style-type: none"> ✓ Weight loss stabilises ✓ Watch for old habits ✓ Blood check ✓ Lifelong commitment and effort to be responsible for food choices and lifestyle ✓ Weigh weekly (Studies show to maintain weight lost) -provides feedback on how you are managing. Minor weight changes/ fluctuations are normal & acceptable. It is not recommended you weigh daily as this measure’s changes in fluid rather than true body mass change ✓ Regular exercise- aim 4/week and increase incidental exercise) ✓ Annual review commences

IMPORTANT POINTS

1) QUALITY vs QUANTITY

As quantity is tiny it is essential that all food is of good quality i.e. less processed, more natural ingredients, limiting high sugar and fat foods and preferably homemade where possible

2) PROTEIN

Protein is important for healing and preventing unwanted symptoms of hair loss, lethargy and muscle loss while you are losing weight.

- ✓ Your Dietitian will help you calculate your daily protein intake
- ✓ try to include protein at each meal & with mid-meal snacks
- ✓ eat your protein foods first-protein should form ½ of each meal choice

Sources of protein:

- ✓ Lean meat & meat alternatives-meat, chicken, fish, egg
- ✓ Low fat dairy products- milk, yoghurt, cheese
- ✓ Nuts & legumes - baked beans, 3 & 4 bean mix
- ✓ Protein supplements/ meal replacements- i.e., Formulite,

Protein Powders: Whey protein (best for Muscle) use in food and yoghurt.
Collagen protein (connective tissues, hair, skin and nails) use in fluids.

Whey WPI powders or shakes

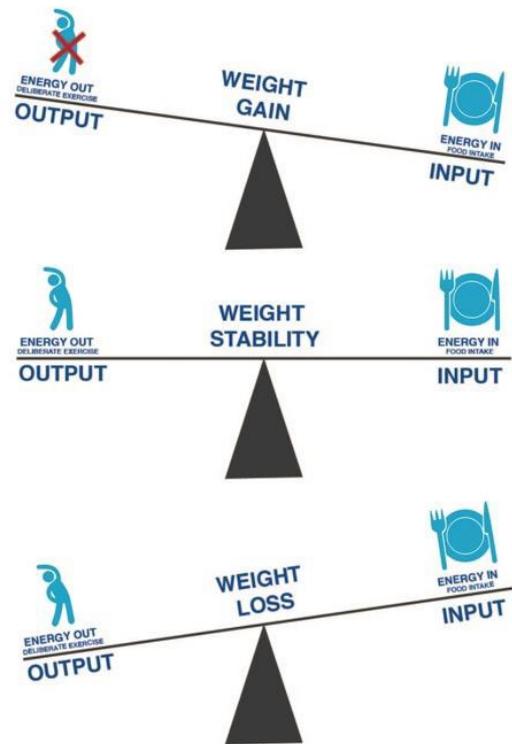
Whey WPI waters: Bodie's, Feel Good, Muscle Natin, Bulk Nutrients, Vital strength.

Whey powders: Tasteless, Boomers, BN Health Pure Pro, VLED shakes

Collagen Powders: Feel Good Tasteless Collagen protein, Muscle Nation and Bulk Nutrients

3) MULTIVITAMINS

Daily Bariatric multivitamins as well as Calcium & Vitamin D need to be taken as your tiny meals just cannot meet all of your vitamin and mineral requirements. **Over the counter vitamins will not meet your need and Bariatric specific are required.** We do stock a range of bariatric specific vitamins that we recommend



DIETARY STAGES

The stages are designed to avoid damage to the staple lines, discomfort, dumping, vomiting, and to prevent the newly formed 'baby' stomach from being stretched. Below is an overview of the stages. You will require much more detailed information. Your dietitian will discuss each stage at the appropriate time with you.

DIET	Duration (days)	Recommendations
VLEDDAYS PRIOR TO SURGERY	<p>TO SHRINK THE LIVER IN PREPARATION FOR SURGERY</p> <p>AVOID ALL- Carbohydrates Sugars and Alcohol</p> <p>HAVE: 2 shakes and 1 protein-based meal (no carbs) daily with low carb snacks</p> <ul style="list-style-type: none"> ✓ Practice Regular eating- 3 meals and 3 snacks daily ✓ Meal prep and planning -cooking meals and bringing lunches and snacks with you ✓ Practice slow eating - use small utensils & put them down between mouthfuls ✓ Practice not eating & drinking with meals - stop drinking 15 min before meals & until 30min post
FLUIDS (Week 1)	POST SURGERY FOR 7 DAYS	<ul style="list-style-type: none"> ✓ FLUIDS ONLY- no solid foods – Could drink through a straw ✓ Day 1: clear fluids (in hospital). Constant sipping ✓ Days 2: Fluids - Commence shakes when you get home ✓ Days 3 – 7: Aiming for 1-1.5L of fluids by day 5 (no fizzy drinks) ✓ Chewable Vitamins – (Multivitamin and calcium daily)

REMEMBER TO PLAN YOUR MEALS, GO SLOW

PUREE (approx. week 2) ____/____	10 DAYS	<ul style="list-style-type: none"> ✓ Smooth pureed food – no lumps, should be moist/wet – Should drip off a spoon. Use a blender, stick mixer or food processor to puree your food ✓ Casseroles, low fat curries, stews & slow cooker meals work well ✓ ¼ - ½ cup (max) at a time ✓ Separate food & fluids- no drinking 15 min pre- until 30min after food/ meal
MINCED/ MASH (approx. week 3-4) ____/____	7 DAYS	<p>“Mash” texture- holds form on spoon, heavy thick drizzle</p> <p>Time to move to using a baby/ cake fork (not splade!)</p> <p>Sandwich tuna/ chicken, cottage cheese, mashed vegetables, mashed baked beans/ refried beans work well</p>
SOFT (approx. week 4-6) ____/____	14 DAYS	<ul style="list-style-type: none"> ✓ Protein based foods that can be roughly mashed with a fork , minced meats, pulled meats (if moist) , fish (fresh or tinned) ✓ Moist/wet - soft casseroles/ slow cook meals, soft vegetables (not raw), soft fruits ✓ ½-2/3 cup (max) ✓ Chew well and eat mindfully ie no screens
FULL DIET (approx. week 7) ____/____	Long Term	<ul style="list-style-type: none"> ✓ Mindful eating, small and slow - Back to “normal” high protein, nutritionally complete foods – ✓ NO biting into food/ cut food up – eating MINDFULLY ✓ ½ - 2/3 cup -eat 5x day ie 3 meals and 2 snacks ✓ Small meals, AND SNACKS even if not hungry ✓ Separate food & fluids- no drinking 15min pre- until 30min after food/ meal ✓ No Fizzy drinks or alcohol or sweet drinks ✓ PROTEIN based meals and snacks ✓ PREP AND PLANNING -Take food with you

Additional resources:

Head to our website for helpful tips & tricks, delicious recipes & insightful blogs. <https://medicalweightloss.com.au>

Follow us on Facebook and Instagram to stay up to date and motivated.

"Your Complete Guide to Nutrition for Weight Loss Surgery"- Sally Johnston (Dietitian) Purchase at www.nutritionforweightlossurgery.com

Cost Price Supplements is the perfect place to find all your bariatric needs. From protein jelly, bariatric water bottles, vitamins and more they really are your one stop shop for your bariatric needs.

<https://costpricesupplements.com.au>

Bn Healthy is a Bariatric wholesaler -they also have very helpful information and recipe ideas on their website as well as a regular podcast www.bnhealthy.com.au

Great Ideas in Nutrition has a wealth of Bariatric products and resources.it is owned by a bariatric dietitian and has products including protein powders, VLED shakes, vitamins and many travel and storage containers and drink bottles www.greatideas.net.au

"The Gastric Sleeve Guide" - Trudy Williams (Dietitian) Purchase from www.foodtalk.com.au

Formulite - INTRO10# 10% discount (Only on their first order)

Nutrition for WLS - drbaxter 10% discount on all orders

Cost price - drbaxter15 15% discount on all orders

Fitforme - FFMSCMWLC21 - First time discount of \$9.90. (Then discounts if they subscribe online)

BN Healthy - 20IB 20% off (First order only then discounts if they subscribe online)