



Endobariatric Dietary Guidebook

Post-Procedure Diet

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General Considerations Before Having an Endobariatric Procedure

What You Need to Know

Having an endobariatric procedure can help you eat less, better manage your weight, and reduce the risks that come from being overweight.

Note: this procedure does not remove fat from the body. It is one of many tools you can use to help you manage your weight. In order for this procedure to help you succeed, you need to eat healthy and exercise.

What does “endobariatric” mean?

This procedure is done endoscopically, meaning a small tube with a camera is placed into your mouth and gently guided into your stomach.

The Benefits

When a procedure like this is used along with lifestyle changes, it can help you lose weight. Weight loss can help prevent or improve health problems that are linked to extra weight.

Are You Ready to Commit to an Endobariatric Procedure?

As with any weight loss treatment it is important to be committed, or weight gain may occur. There are 2 main reasons patients regain weight: one, is not following the recommended diet, and two is not following the recommended activity guidelines provided by your care team.



Grocery Shopping Before Your Procedure

Setting yourself up for success means you need to prepare for your nutritional needs before you have your procedure done. You should complete your grocery shopping before your procedure for the items you will need after your procedure. You will be on a liquid and pureed diet for the first 4-6 weeks. Here are some items you will want to consider adding to your list:

Grocery List Suggestions:

- Clear, non-carbonated beverages (i.e. Powerade™ Zero, Vitawater (zero calories), Crystal Light)
- Protein powder (no sugar added) or pre-made protein drink with NO SUGAR added
- Chicken or beef broth that is low in sodium



The Day of Your Procedure

What to Expect

An endobariatric procedure helps you reduce the amount of food that you are able to consume and therefore you aren't able to eat or drink as much as you used to at one time. You will lose weight by taking in fewer calories than your body uses in a day.

Before the Procedure

Before you go in to the procedure room, you may be asked to change into a hospital gown. Several doctors and nurses may ask you a number of questions. In the procedure room, you are given medication to help you sleep and feel comfortable during the procedure.

Coming Home

After the procedure:

- Do not drive or operate motorized vehicles or equipment for the remainder of the day
- Do not drink alcoholic beverages
- Resume activity as you are comfortable

Side Effects

Pain or discomfort. Everyone experiences varying levels of pain and discomfort from these procedures. It is important for you to manage your pain. Talk with your care team about other ways to control pain if needed.

Issues related to anesthesia. Common side effects of anesthesia include nausea, vomiting, a dry mouth, a scratchy throat, shivering, and sleepiness. These may last for a while after the anesthesia wears off. Serious complications are rare. For more information, ask to talk to your doctor before surgery day.

Living With Your Procedure

The weight-loss procedure is not the end of a long process. It is the start. Your effort to manage your weight and health will go on for the rest of your life. You need to make changes in your eating and physical activity habits. Without these changes, you may gain weight over time.

If you have any issues or concerns as your body changes, talk to your care team. They're here to help.

Staying on Track

It can be hard to continue healthy habits and keep off weight for a long time. Setbacks are a normal part of making behavior changes. Do not ignore setbacks. Ask for help when you need it. Call your doctor's office and get in contact with your support team. **The important thing is to get back on track as soon as possible.**



These tips can help you stay on track:

Go to ALL follow-up appointments. These visits are very important to the success of your procedure. Your care team can look for early signs of problems. They can also help you manage side effects and avoid complications.

Follow your nutrition plan. The amount of food you can eat after your procedure is less, so the quality of your diet is very important. Eating properly can help you heal from the procedure. And it can help you avoid problems. For example:

- If you eat or drink large amounts or eat or drink too quickly, you may feel sick to your stomach. You could also vomit or have pain in your lower chest or upper abdomen.
- If you do not eat meals at set times, do not eat enough fiber, or are not physically active, you may become constipated.
- By following some of these guidelines it can help you lose weight. And it can help you avoid problems such as nausea, vomiting, abdominal pain, diarrhea, and constipation. It also can help prevent nutrition problems.

Follow the medicine instructions you are given. You may be told to take or avoid certain medicines. Review all your medicines with your care provider at each appointment. Your provider may suggest changes to the medicines you take.

Avoid dehydration. Ask your dietitian or another member of your care team about ways to get enough fluid.

Avoid snacking. Unless you are told to do something else.

Stay active. Get regular physical activity. This can help you lose weight and keep it off. Physical activity also gives you other health benefits.

Join a support group. Share ideas and get support from others who have had a weight loss procedure.

Get professional help when needed. If you have issues that may lead to unhealthy habits, a counselor or other health care provider can help you deal with them.

Do NOT drink alcohol. You should avoid alcohol for at least the first 6 weeks or longer depending on your physician's recommendation. Alcohol is added calories that does not contain the nutrients you need to achieve your goals.

Diet Progression

| Diet Tye | Description of Foods | Number of Meals | Length of Time |
|-------------------------------------|---|---|---|
| Clear Liquids | Powerade Zero, Vitawater (zero cal), Crystal Light, clear chicken/vegetable broth. | Drink at least 48-64 ounces (or as recommended by doctor) throughout the day. | Days 1 and 2 (the day of the procedure – after the procedure is done, and the next day) |
| Full Liquids | High-protein, low-calorie drinks. Liquids must be low in fat and sugar. | Drink at least 48-64 ounces (8 cups) per day. | Days 3 - 7 |
| Soft Foods | Foods with very small, tender, moist, easily-chewed pieces. Meat must be ground, fish flaked and other foods must be chopped or mashed. All food and liquid must be low in fat and sugar. | Have 3 to 4 meals* plus 48-64 ounces of liquids per day. | Weeks 2 and 3 |
| Regular (Solid Texture) Diet | Foods of any consistency may be tried carefully. Continue to choose foods and liquids low in fat and sugar. | Have 3 meals* plus 48-64 ounces of liquids per day. | Weeks 4 and on |

Your doctor may recommend following a different plan. Follow what your dietitian or doctor recommend. These are just guidelines.

Clear Liquids

START: The day after your procedure

DURATION: Days 1-2 post-procedure

DIET INSTRUCTIONS: Drink 2 ounces of clear, non-carbonated, zero-calorie liquid every hour! Diluted juice or diluted sports drinks are good options for hydration. Per 8 ounce serving the calories should not exceed 50.

EXAMPLES:

- Water
- Bouillon
- Broth
- Decaffeinated tea or coffee
- Sugar-free, non-carbonated, caffeine free beverages
- Sugar free Jello
- Sugar free Popsicles

FLUID GOALS: 48-64 ounces (or as recommended by your doctor)

Continue to take vitamins and other medications as prescribed

KEEP A NUTRITION JOURNAL

This will be an important element of your journey.

Important Information

1. Stop sipping as soon as you feel full.
2. Use 1 ounce medicine cups or small Dixie cups to help you drink slowly.
3. Ice may cause gastric cramping. You may prefer to drink liquids at room temperature.



Full Liquid Diet

The next stage of your journey (which will last approximately 5 days) will be a combination of clear liquids and protein drinks to slowly acclimate your body to consuming less calories and accommodate the size of your stomach. Your body will need time to adjust to the changes and it will be very important to your weight loss that you become comfortable with a low calorie and protein rich diet. It is important that you follow this process as introducing pureed foods too quickly does not allow you to maximize your weight loss and it could potentially have negative impact on the healing process.

DURATION: Days 3 - 7 Post-Procedure

DIET INSTRUCTIONS:

- Consume 5oz - 8oz servings of high protein, low sugar beverages over the course of 30 minutes or more.
 - Water
 - Powerade™ Zero
 - Calorie-Free Tea
 - Propel
 - Fat-Free Chicken Broth
 - Calorie Free Sports Drink
- **DO NOT** exceed 8oz/hour!

PROTEIN GOAL: 60-80 grams

These protein drinks should have 15-20g of protein/serving, less than 15g/serving of carbohydrates, and -100-200 cal/serving

Examples of Protein Drinks

- EAS Advantage
- HMR 70+
- Glucerna Weight Loss Shake
- Ultra Slim Fast with Soy Protein
- Atkins Advantage Shake
- Ultra Pure Protein Shake
- Other protein drinks recommended by your doctor

Milk Based Protein

- Optisource
- Whey Protein
- Carb Conscious Carnation Instant Breakfast Blue Box (no sugar added)
- HMR 500, 800 (no ice)

Medications/Vitamins: Continue to take your medications and vitamins as prescribed.

Important Considerations During This Time

When Drinking:

1

Sip all liquids slowly over a one-hour period

- **DO NOT** exceed 8 ounces per hour

2

Avoid gulping and straws, it introduces air into your system and may cause gas pains

- **DO NOT** force yourself to finish fluids if you feel full

3

To increase protein intake, you can add “Just Whites” by Deb El

- This is an egg white powder found in the baking section of the supermarket or in the cake decorating section of craft stores

4

It is **VERY** important that you stay hydrated

- Keep an eye on your urine, it should be **no darker** than a light yellow

5

If you are lactose intolerant, try Lactaid drops (available at your pharmacy) or dairy free options

Note - instant breakfast powder and dry skim milk powder contain lactose

- Unsweetened almond, soy, coconut milk, or other dairy free substitute

6

If you use a high protein soup, strain out any vegetables

- Recipe: broth (bring to boil) + 2 egg whites, stir well

This is a good time to start journaling and keeping track of what you are consuming.

Pureed and Soft Foods

During this stage you will be consuming pureed and semi-solid foods. This allows you to slowly reintroduce foods back into your system.

- It is important for you to eat all of the recommended dietary protein
- Eat only when you are hungry

START: Week 2

DURATION: 2 Weeks

DIET INSTRUCTIONS: Consume 3-4 small meals a day

FLUID GOALS: 64 ounces (8 cups) non-caloric, noncarbonated, non-caffeinated liquid

- Water
- Fat-Free Chicken Broth
- Calorie-Free Tea
- Calorie Free Sports Drink





RECOMMENDED SOFT FOODS:

- Dairy: yogurt - no sugar added
- Soup: bouillon, broth, low-fat cream soups
- Meat and Meat Substitutes: Fish, eggs, cottage cheese, finely diced cheese or lean meats
Vegetables: soft cooked vegetables
- Fruits: melons, bananas, no sugar added canned fruits, or citrus without the membrane
- **Note:** Generally 1/2 cup of whole food equals 1/4 cup pureed food

CALORIE GOAL: 800-1000 calories per day

VITAMINS:

- Take soft, chewable or liquid multivitamins) or Bariatric multivitamin recommended by physician
- Calcium Supplement with Vitamin D 1200-1500mg (Maximum 500 mg per dose)
 - **DO NOT take the multivitamin and calcium at the same time. Taking it simultaneously may interfere with the absorption**
- B12 500mcg daily or 1000mcg IM daily

| Type of Food | Amount | Protein (g) | Fat (g) | Calories |
|--------------------------------|-----------------------|-------------|---------|----------|
| STARCHES | | | | |
| Mashed Sweet Potato | ½ cup | 2.0 | 4.4 | 111 |
| Oatmeal | ¾ cup | 4.5 | 1.7 | 105 |
| Farina | ¾ cup | 2.5 | 0.1 | 87 |
| Cream of Wheat | ¾ cup | 3.3 | 0.4 | 115 |
| FRUITS | | | | |
| Green Beans (canned) | ½ cup | 0.2 | 0.1 | 13 |
| Carrots (baby food) | 2.5 oz (2 oz = ¼ cup) | 0.0 | 0.0 | 30 |
| Beets (canned) | ¼ cup pureed | 0.8 | 0.1 | 26 |
| MILK | | | | |
| Yogurt, nonfat | 8 oz | 8 | 0 | 90-120 |
| Milk, skim or 1% | 8 oz | 8 | 0-3 | 80-110 |
| MEAT | | | | |
| Tuna, canned in water | 1 oz (1 can = 6 oz) | 7 | 1 | 40 |
| Imitation crab meat | 1 oz | 3.5 | <1 | 30 |
| Cheese, low fat or fat free | 1 oz | 4 | 0-3 | 40-50 |
| Cottage cheese, 1% or fat free | 1 oz (4 oz = ½ cup) | 3.5 | <1 | 20 |
| Egg, scrambled | 1 oz | 6 | 80 | 80 |
| Chicken, pureed (dark meat) | 1 oz | 7 | 72 | 72 |
| Baby Food | 2.5 oz | 8 | 90 | 90 |
| FAT | | | | |
| Butter | 1 teaspoon | 0 | 4.1 | 36 |
| Olive oil | 1 teaspoon | 0 | 4.6 | 40 |

Considerations

1

Do not fry your meats.

- Frying adds calories and can make foods hard to digest
- Some people may experience dumping with fatty foods

2

Stop eating when you are full.

- You may regurgitate your food, become nauseous or have pain if you overeat.

3

Continue with the recommended amount of fluid as indicated by your care team.

4

Continue with your chewable vitamin supplements.

5

Write down all the food you eat and the fluid you drink on your food record.

The food record at this stage is critical to ascertain that you are eating enough protein.

6

Avoid processed foods or foods with added sugars.

7

Do not drink liquids within 30 minutes of eating your food.

8

For lightheadedness or dizziness, try one cup of bouillon as part of your fluid intake.



Example: Pureed and Soft Food Diet

*Or follow meal replacement diet recommended by care team

| Time | Food | Liquid | Protein (g) | Fat (g) | Calories |
|---------|--|--------------------|---------------|---------------|------------------|
| 8am | 1 egg-scrambled (1 meat) | | 6 | 6 | 80 |
| | ½ cup applesauce (1 fruit) | | 0.2 | 0.1 | 60 |
| 9am | | 8 oz coffee, decaf | 0 | 0 | 0 |
| 10am | | 8 oz water | 0 | 0 | 0 |
| 11am | | 8 oz skim mil | 8 | | 85 |
| 12 noon | 2 oz tuna fish (1 protein soft/pureed) | | 14 | 2 | 80 |
| | ½ tsp light mayonnaise (1/2 fat) | | 0 | 2.5 | 30 |
| | ¼ cup pureed vegetable | | 0-1 | 0-0.1 | 30 |
| 2pm | | 8 oz water | | | |
| 3pm | 8 oz non-fat yogurt (1 milk) | | 8 | 0 | 120 |
| 5pm | 3 oz pureed chicken (equivalent protein) | | 21 | 13.5 | 300 |
| | ½ tsp butter (1/2 fat) | | 0 | 2 | 20 |
| | ¼ cup pureed vegetable | | 0-1 | 0 - 0.1 | 30 |
| 6pm | | 8 oz water | | | |
| 7pm | | 8 oz water | | | |
| 10pm | | 8 oz water | | | |
| | | TOTAL | ~58-64 | ~26-30 | ~800-1000 |

MEAL PLAN

800-1000 CALORIES/DAY

Starch 2 servings
 Fruit 2 servings
 Vegetable 2 servings

MEAL PLAN

800-1000 CALORIES/DAY

Milk 2 servings
 Meat 6 servings
 Fat 1 serving

Solid Food Diet

During this stage you will begin eating solid foods. It will be important to adhere the principles of this diet to maintain your weight loss you have achieved thus far. This is the time you will build foundational nutrition habits that you will follow for the rest of your life.

- It is important for you to eat all of the recommended dietary protein
- Re-establish a regular meal pattern
- If you are having trouble beginning solid foods, return to the soft food diet for a day or two, and then try again

START/DURATION: Weeks 4 and on

DIET INSTRUCTIONS: 900-1200 calories a day

Considerations

1

Avoid all high calorie and soft, mushy foods that can easily pass through your stomach.

2

Avoid any foods that dissolve in your mouth or do not require chewing i.e. crackers or pretzels; yogurt or ice cream

3

Avoid all highly refined or processed foods i.e. protein bars (unless health care provider recommends a specific brand), fast food, frozen meals

4

Avoid condiments
i.e. butter, gravy, cream cheese, peanut butter, oil

5

Avoid liquid calories, all beverage should have zero calories
i.e. Crystal Light, Diet Snapple, Fruit 20, diet soda, water



Regular Diet: Sample

| Meal | Food | Liquid | Calories | Protein |
|--------------|---|--------------------|------------------|---------------|
| Breakfast | 1 scrambled egg | | 78 | 6 |
| | 1 piece whole wheat toast | | 100 | 3 |
| | 2 links turkey sausage | | 140 | 13 |
| | | 8 oz decaf coffee | 5 | 0 |
| | | 8 oz water | | |
| Snack | 1 serving fruit | | 60 | 0 |
| | chewable calcium | 8 oz water | | |
| Lunch | 2 cups salad greens with non-starchy vegetable 4 oz grilled/steamed chicken 2 teaspoons oil 1 tablespoon vinegar OR 1 tablespoon light dressing herbs salt pepper | | 250-330 | 21-28 |
| Snack | chewable multivitamin | 8 oz water | 0 | 0 |
| | 1 hard boiled egg | | 78 | 6 |
| Dinner | 3 oz grilled/steamed/poaced fish | | 120-150 | 21 |
| | 1 cup steamed broccoli | | 50 | 2 |
| | 1/3 cup sweet potato | | 80 | 3 |
| | sodium free herbs/seasonings | | 0 | 0 |
| Snack | chewable calcium | 8 oz water | 0 | 0 |
| | 1 serving fruit | | 60 | 0 |
| | | 8 oz water | | |
| | | 8 oz water | | |
| Total | | 64 oz water | 1021-1131 | 75-82g |

Food Substitutions

| INSTEAD OF | USE |
|---------------------------|--|
| 1 egg | ¼ cup egg beaters, (30 calories, 6 g protein) |
| 2 turkey sausages | 2 veggie sausages (120 calories, 13 g protein) |
| 1 piece whole wheat toast | ½ whole wheat English muffin |
| Breakfast example | ½ cup fiber one, high fiber cereal, 1 cup skim milk, and 1 scrambled egg |
| 1 serving fruit in AM | ½ cup grapes 1 cup cubed melon 1 cup fresh pineapple ½ whole pear |
| Lunch example | 3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato) |
| 2 teaspoons oil | 1 Tablespoons regular salad dressing |
| 1 Tablespoon vinegar | 2 Tablespoons light salad dressing |
| 1 hard boiled egg | ¼ cup boiled edamame (soybeans) |
| Dinner example | 3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato) |
| 1 cup cooked vegetables | 2 cups raw vegetables (exclude starchy vegetables: peas, corn, potatoes, lima beans, plantain, squash, and yams) |

EXERCISE:

NIH recommends 150 minutes of exercise per week.

You should be incorporating at least 30 minutes of exercise 5 times per week.



Succeeding With Your New Diet

How you eat and drink after an endobariatric procedure affects your success. To help you reach your goals, your care team offers the following guidelines.

The recommended amount of liquid/day is generally 48-64 oz. Your care team will tell you how much they want you to drink based off of your needs.

Sip up to 16 oz of skim milk or 1% milk daily or use a Bariatric Meal Replacement 1-2 8 oz/day as part of your liquid intake. This is an excellent source of protein and calcium.

Take small bites and chew food thoroughly

As you follow the diet progression and choose foods with more texture, take small bites of food. Chew the food to a soft consistency before swallowing. Allow 10 to 15 minutes to eat 1 ounce of food. As soon as you start to feel full, stop eating and drinking. Allow at least 30 minutes for each meal.

Dining out

Restaurants often serve portions that are too large for one meal. Ask the staff for smaller portion or to order off the lunch menu. You can always ask to have them package half of the meal for you to take home and ask them to serve you the other half.

Reaching Your Goals

It took a long time to gain weight. It will take time and discipline to help you lose the weight. Your health care team is here for you. They offer these reminders for you today:

- Follow-up care is just as important as all of the “getting ready” steps you take!
- To achieve your goals, follow all instructions your care team members give you.
- The timing for your return to work, other activities and exercise must be approved by your care team.
- Be patient during your recovery. Every person is different and your recovery will be different than other patients who have had the same procedure. This is true for healing time, food sensitivities, weight-loss goals, and so on.

**Your doctor may recommend following a different plan. Follow the plan your dietitian or doctor recommend. These are just guidelines.*



Example Meal Tracker: Week 1

MONDAY
Breakfast

Lunch

Dinner

FRIDAY
Breakfast

Lunch

Dinner

TUESDAY
Breakfast

Lunch

Dinner

SATURDAY
Breakfast

Lunch

Dinner

WEDNESDAY
Breakfast

Lunch

Dinner

SUNDAY
Breakfast

Lunch

Dinner

THURSDAY
Breakfast

Lunch

Dinner

NOTES _____

User Assistance Information

For any assistance, users should contact:

Apollo Endosurgery Inc.

1120 South Capital of Texas Highway
Building 1, Suite 300
Austin, Texas 78746
USA

Or go online at www.apolloendo.com

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