



2 WEEK LIQUID DIET
FOLLOWING
SLEEVE GASTRECTOMY SURGERY

DIETITIAN: _____

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DIETARY PROGRESSION POST-SURGERY

Following Sleeve Gastrectomy Surgery, it is important to follow a modified diet for the first six weeks. This will ensure that your body heals and adapts to the changes in stomach size and digestion.

LIQUID DIET

A liquid diet should be followed for TWO WEEKS following your surgery.

- **Avoid all solid foods during the liquid diet**
- **Increase the quantity of fluid slowly. Start with small sips**
- **If you feel discomfort, wait until the feeling has passed and then try sipping fluid again**
- **It can take up to 30 minutes to get through one cup of fluid**
- **There are two phases of the liquid diet (thin fluids and nourishing fluids)**

Phase 1: THIN FLUIDS

A thin fluid diet should be followed for the first 2-3 days post surgery

Thin fluids include

- Water
- Weak cordial
- Dilute Juice (apple, pear, vegetable)
- Reduced fat milk
- Clear broth
- Weak tea
- Weak coffee

Phase 2 : NOURISHING FLUIDS

Introduce nourishing fluids from day 3-4 post surgery

- **Nourishing fluids provide more protein, energy, vitamins and minerals than thin fluids**
- **Increase the fluid thickness as tolerated**
- **Aim for 4 cups (1 L) of nourishing fluids per day**

Nourishing fluids include

- Reduced fat milk
- Optifast
- Optislim
- Sustagen
- Up and Go Energise
- Aussie Bodies protein shake
- Smoothies (milk, yoghurt, fruit)
- Yoghurt
- Custard
- Stewed fruit (puree)
- Vegetable Soup (puree)
- Meat /Chicken/Legumes and Vegetable puree soup

In addition to the above nourishing fluids, you will need an extra 0.5 - 1L of other fluid per day.

Sip on the following fluids between meals

- Water (you can add fresh lemon/ lime or low joule cordial)
- Tea/ Weak Coffee/ Herbal Tea (no added sugar)

Sample Nourishing Fluid Meal Plan: initial

Meal	Option	Food group
Breakfast	1 cup low fat milk	Dairy
Lunch	1 cup Optifast	Dairy
Dinner	1 cup smoothie	Dairy
Snacks	½ cup fruit juice ½ cup V8 juice	Fruit Vegetables

Sample Nourishing Fluid Meal Plan: progression

Meal	Option	Food group
Breakfast	½ cup yoghurt + ¼ cup pureed fruit	Dairy Fruit
Lunch	1 cup meat and vegetable soup	Protein Vegetables
Dinner	1 cup chicken and vegetable soup	Protein Vegetables
Snacks	½ cup puree fruit ½ cup yoghurt	Fruit Dairy

Quantities are a guide only; consult your dietitian if you have any concerns regarding the quantities you can manage

Shopping list

1. Multivitamin

You will require a multivitamin supplement to help you achieve your recommended dietary intake of nutrients. The multivitamin must contain adequate iron, zinc, magnesium and other minerals to maintain your nutritional status long term.

We recommended **Elevit Pregnancy– 1 per day in the morning.**

There are also chewable bariatric specific multivitamins that are available for purchase at Mercy Bariatrics or online. These require 2 tablets to be taken per day.

2. Benefibre

Benefibre can help with both constipation and diarrhoea, which can occur due to the lack of solids or inadequate fibre in the diet. You need to drink at least 1.5L of fluid/day for Benefibre to work. Take 1-2 tsp/ day of Benefibre, as required.

Difficulty Drinking after Surgery

In some cases, the swelling associated with having surgery may make it difficult to drink and keep fluids down. The following strategies can help you to maximise your fluid intake.

- Begin with small amounts of fluids, 40-50ml over 30 minutes, and build up your intake as you feel comfortable.
- Sit upright when drinking. If you are able to, walk around between drinks, to aid digestion.
- Water can be difficult for some people immediately after surgery. A small dash of juice or slice of lemon can make water easier to tolerate.
- Trial different temperatures. You may find cold or hot beverages work better than those at room temperature.
- Choose very thin fluids to start with as they will be easier to manage. Reduce the thickness of thicker fluids by diluting with milk, water or ice.
- Aim for a minimum of 1.5L total fluids over the day. This will include fluids such as jelly, soups, juice and other nourishing liquids.
- If you are struggling to achieve the required fluid quantities, try freezing nourishing liquids into icy-pole form and sucking on these slowly over time.
- In some circumstances, rehydration solutions, such as *Hydralyte*, may be beneficial to increase hydration.

If you are concerned about your fluid intake, speak to your Bariatric Surgeon or Dietitian regarding further strategies to increase your fluid intake.