



Gastric Restriction Surgery Diet Principles 胃間隔手術 飲食原則(英文)

Goal:

Relieves the abdominal distension, vomiting, gastric reflux, constipation, and nutritional deficiencies caused by gastrointestinal restrictions following gastric restriction surgery.

Object:

1. patients who have received gastric restriction surgery
2. Patients who have received vertical banded gastroplasty
3. Patients who have received stomach detouring surgery
4. Patients who have received miniature biliopancreatic diversion surgery

After surgery, follow these guidelines and doctor' s orders for food intake:

1. Smalls meals more frequently throughout the day, amount based on patient' s post-OP condition
 - i. Start with clear liquid diet, 4-6 times per day, such as rice water, nutritional formulas, no-fiber fresh juice 30 ml/serving.
 - ii. Afterwards, start a complete liquid diet, 4-6 meals per day (e.g., steamed vegetables, meat, porridge, noodles, then fruit and vegetable juice diluted with lukewarm water)
 - iii. May try new foods (choose foods that are soft and easy to digest, avoid oily and fried foods)
 - iv. Patient' s diet can gradually be increased to a normal diet 3-6 months after surgery.
2. Obey your nutritionist' s diet guidelines that are specific for your weight.

General Principles:

1. Amount of food intake is determined by gastric space following surgery.
2. Begin to eat food in smaller amounts more frequently throughout the day. Snacks may be consumed in between meals. If there is no sensation of hunger, stop eating.
3. Chew slowly and carefully. Spend 20-30 minutes per meal.
4. Avoid carbohydrates such as sweet soft drinks, candy, and cake.
5. Choose non-irritable foods that are soft in nature, such as porridge, steam eggs, and cheese. Avoid stimulatory drinks such as coffee.
6. Avoid high-caloric and oily foods, such as milk shakes, chocolate, cake, fatty meats, and fried foods.
7. Choose a balanced diet with an appropriate amount of protein. If meat causes indigestion or discomfort, switch to fish, milk, beans, and eggs.
8. Avoid consuming excessive amounts of water during meals and 1 hour after meals.
9. If abdominal distension is present, avoid foods that produce gas, such as beans and milk.
10. Consume food in a sitting position, chew completely before swallowing, and rest for 30 minutes after meals.
11. When trying new foods, start with a small amount first, and only try one new food at a time. If there is no discomfort, the food may be added to the regular diet.
12. After surgery, vitamin B1, B12, iron, folic acid, calcium, and other nutritional deficiencies may occur. Use vitamin and mineral supplementations as directed by your doctor.
13. If dumping syndrome occurs, please refer to our pamphlet regarding dumping syndrome.

Common nutrition questions:

1. Diet guidelines for vomiting and indigestion
 - i. Follow nutritionist' s diet orders.
 - ii. Eat more slowly.
 - iii. Reduce the amount of food for each meal.
 - iv. Light diet.
 - v. Avoid eating foods that are large in size.
2. Diet guidelines for constipation
 - i. Consume an adequate amount of fivers and beans, such as red beans and green beans. Follow nutritionist' s orders regarding your diet and fiber supplementations.

- ii. Consume 6 cups of water every day, approximately 1500 ml.
- iii. Adequate exercise, increase amount of daily activities.
- iv. If necessary, follow doctor' s orders on taking laxatives.

3. Gastric reflux diet guidelines

- i. Consume only warm food, avoid irritable foods such as spicy foods, alcohol, tea, and coffee.
- ii. Avoid eating oily foods, such as fatty meats and fried foods
- iii. Smaller meals more frequently throughout the day.
- iv. Elevate bed 30-45 degrees for 30 minutes following each meal; avoid consuming food or drink before bed.
- v. Consume low dregs food, avoid foods that are high in fiber, such as vegetables, fruit. Avoid tough meats and animal feet.
- vi. When necessary, follow doctor' s orders regarding the following:
 - The use of antacids and anti-histamine agents to neutralize gastric acid and inhibit gastric reflux.
 - The use of medications to suppress gastric acid production, such as omeprazole.
 - Take medications that increase esophageal sphincter tone, such as metoclopramide and cisapride.