

Dietary advice after bariatric surgery

For patients who have private surgery

Nutrition and Dietetic Department

Information for Patients

Produced: April 2025

Updated: May 2025

Review: April 2028

Leaflet number: 1601 Version: 1.1

What care should you expect after you have bariatric surgery?

If you have chosen to have bariatric surgery privately, either abroad or in the UK, you are not entitled to NHS follow-up care. After bariatric surgery you need lifelong follow-up care to make sure that your nutrition needs are met. Your bariatric centre is responsible for this follow-up care for at least 2 years after surgery. This includes checking your nutritional needs. It should be included in the package you have agreed with your chosen bariatric centre. After the 2 year follow up period, further follow-up of your nutrition needs should be assessed at least once a year.

Follow your surgeon's advice on **diet to reduce liver size** just before your operation.

After surgery

Drink 2 litres of **fluid** a day (8 mugs or glasses or 10 cups) to prevent constipation. Choose low calorie drinks without sugar. Avoid fizzy drinks, fruit smoothies and fruit juice.

Eating enough **protein** is very important after bariatric surgery. Use the table below to help you eat 60 to 80g a day.

Food	Protein(g)
50g cooked lean meat or 75g cooked fish	14
1 egg	8
100g (half a small tin) baked beans	5
40g tinned lentils, chick peas, red kidney beans, peas, mushy peas, broad beans, butter beans or 3 tablespoons hummus	3
30g (2 tablespoons) peanut butter	7
50g Quorn (mince, pieces or 1 fillet)	7
200ml milk	7
25g hard cheese (1 square slice)	7
125g low calorie or natural yogurt	7
50g cottage cheese	5

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

All surgeons give different instructions about what to eat before and after bariatric surgery. If your surgeon has given advice which is different to the suggestions in this leaflet and you are happy to follow that advice then please do so.

If you are not sure when to increase the texture of your diet, follow the plan below. This will reduce the risk of damage to the staple lines whilst they heal.

Week	Texture	Examples
1 to 4	Fluids only	Water, tea, coffee, protein shake, milky drink, low sugar squash,
5 to 6	Soft moist food	Yogurt, baked beans, minced meat in gravy, fish in sauce
7 onwards	Normal solid food	Pieces of meat or fish, egg or cheese dish, beans or lentils, fruit, vegetables, crackers

Once on solid food, start with a teaspoon of food. Increase slowly to 5 to 6 tablespoons or an amount to fill a 15cm/6 inch plate. Eat a varied diet (see example meal plan below).

Example 60g protein meal plan for the long term

Breakfast 1 egg with 1 slice toast

Snack mini cheese and grapes

Lunch 35g (quarter of a tin) tuna or 50g sardine with 2 crackers and salad

Snack small pot yogurt

Evening small chicken thigh, 2 dessertspoons vegetables, 1 baby potato

Snack milky drink

After bariatric surgery (sleeve gastrectomy, Roux-en-Y gastric bypass, mini or single anastomosis bypass) you need lifelong **vitamin supplements** listed below.

Type	Supplement
Multivitamin and mineral	Forceval vitamins once a day or A-Z or Centrum vitamins 2 times a day
Calcium and vitamin D	Adcal D3 1 chewable tablet (or 2 caplets) 2 times a day
Iron	Ferrous sulfate 200mg 1 a day (2 daily for women who have regular periods)
Vitamin B12	Vitamin B12 injection every 3 months

Ask your GP to do a **blood test** every year to check you are getting enough vitamins for good health. The tests recommended are: Urea and electrolytes, full blood count, bone profile, liver function, C reactive protein, zinc, copper, selenium, vitamins A, D, E, folate, B12 and ferritin.

If you have had a mini (single anastomosis) bypass, biliary-pancreatic diversion, duodenal switch or single anastomosis duodenal ileal bypass (SADI) or single anastomosis sleeve ileal bypass (SASI) please ask your GP to refer you to the bariatric team for assessment. You may not absorb all the nutrients you need after these procedures.

More information

For more information see the books and websites below:

Book or website	Content
The Bariatric Bible	recipes and information on life after surgery
Return to Slender	recipes after surgery
Living with Bariatric Surgery – Managing your mind and your weight	Helps you adjust to the physical, relationship and psychological changes after surgery
www.wlsinfo.org.uk	information and support for patients having surgery
Fitness Studio exercise videos - NHS (www.nhs.uk)	NHS exercise videos to help you improve your health through activity



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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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