

**Food for Life
Bradford Dietitians**

Bradford Nutrition & Dietetic Service is located within Bradford Teaching Hospitals NHS Trust

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You can contact us using the Relay UK app. Textphone users will need to dial 18001 01274 365108

If you need this information in another format or language, please ask a member of staff to arrange this for you



STAGE ONE

Starting on Fluids

Stage 1: Starting on fluids

- You must keep to fluids only for the first 3 to 4 weeks after weight loss surgery.
- All drinks should be smooth (with no bits or lumps).
- Sip drinks slowly; start with a maximum of 200 mls/ hour (a small teacup). Once this feels comfortable you can build up the quantity. Be careful not to gulp as this may result in nausea or vomiting. Do not overstretch your stomach by drinking a lot at once – a glass or cupful at a time is enough.
- Aim to build up to 2½ litres (4 pints) each day to prevent dehydration. Approximately 1.7 litres of this (3 pints) should be nutritious drinks (see opposite for details) so you do not become malnourished. The aim is to build up to 60-80g protein a day.
- You can flavour milk with coffee, blended fruit or no added sugar milkshake syrups; ask your dietitian for more information.
- Avoid adding sugar to drinks. Artificial sweeteners are fine.
- You will always need to avoid fizzy drinks as they may cause stretching and discomfort.

- Take a chewable multivitamin and mineral supplement each day. e.g Asda chewable multivitamins, Centrum fruity chewables, Bassetts adult multivitamins pastilles.
- Avoid taking other vitamin and mineral supplements until you have spoken to the dietitians.
- If you are struggling with the volume or have a lactose intolerance, please speak with your dietitian so that advice can be given about adding alternative protein rich drinks such as protein water or protein powders to your drinks.

Nutrition drinks (1-1.7.litres/3 pints)

Milk e.g. semi-skimmed, skimmed or 1%

Yoghurt drinks; e.g. pouring yoghurt / probiotic drinks

Meal replacement shakes e.g. Meritene Energis shake, Slimfast, supermarket's own-brand.

Meal replacement soup e.g. Meritene Energis soups, Optifast, Exante

Low fat evaporated milk (dilute with half water)

Fortified soup; add 2 tablespoons skimmed milk powder to every 200mls (½ tin) of thin smooth soup