

Diet Guidelines for Duodenal Switch

*Dr. Andrade, Dr. Buchwald, Dr. Ikramuddin,
Dr. Kellogg and Dr. Leslie*

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A duodenal switch helps to limit the amount of food you can eat and reduce the amount of calories your body absorbs, especially calories from fat. Both actions will help you lose weight.

Guidelines for eating

- **Eat small amounts.** Right after surgery, your new, smaller stomach can only hold about ½ to 1 cup of food at a time. If you eat more than this, it may cause discomfort (pain or pressure in your upper chest) and you may vomit (throw up). In time, your stomach will stretch enough to hold a normal small meal.
- **Stop eating as soon as you feel full.**
- **Keep track of the number of times you eat during the day.** Since your meals are small in size, you may need to eat five meals a day to get enough protein. *As your stomach stretches and you can take in more food and liquid, you will need to eat less often.*
- **Eat slowly.** Each meal should last 20 to 30 minutes. Try to set your spoon or fork down between each bite and wait one minute before taking the next bite. Eating too fast can cause you to eat too much before feeling full. It can also cause nausea, vomiting and pain or pressure in the shoulder or upper chest. This most often occurs right after surgery, when you are getting used to the size of your new stomach.

- **Eat at least 80 to 100 grams of protein a day.** For your body to get enough protein, you need to eat a high-protein diet. Each meal should include a good source of protein (such as eggs, lean meats, and low-fat or fat-free milk products). Right after surgery, you may need nutrition supplements (such as protein drinks or powder) to keep your protein level high enough. Discuss this with your doctor or dietitian.
- **Stay away from high-fat foods.** Your body cannot absorb fats as well as it did before surgery. High-fat foods may cause diarrhea (loose, watery stools), frequent bowel movements and increased gas. Large amounts of high-fat foods may also slow your weight loss.
- **Stay away from foods that are high in sugar (simple carbohydrates).** Large amounts of sugary, high-calorie foods (regular soda pop, candy, sweets) may slow your weight loss or cause weight gain. Try to choose complex carbohydrates (whole grains, fruits, vegetables) instead.

Guidelines for drinking

- **Sip all liquids slowly.** Right after surgery, you may find it easier to sip on liquids between meals only. Drinking too fast or drinking at meals may cause pain, nausea and vomiting. As time goes on, it will get easier to drink liquids throughout the day.
- **Drink plenty of calorie-free liquids.** Plain water is best. Drink at least 6 to 8 cups a day.
- **Stay away from high-calorie drinks.** These add extra calories without making you feel full. For example, do not drink:
 - Regular soda pop
 - Coffee drinks (mocha, latte, cappuccino or other specialty drinks)
 - Kool-Aid
 - Smoothies
 - Alcohol
 - Anything with sugar
 - More than ½ cup fruit juice per day.
- **Stay away from carbonated (fizzy) drinks.** These can cause gas and bloating.
- **Limit caffeine.** Caffeine may make you hungry. Too much may irritate your stomach.

Your diet

After surgery, you will move through five stages of diet. You will start with stage 1 and progress to stage 5. You may need to return to a previous stage if you have nausea, vomiting or other problems.

Stage 1: Clear liquids

If you had surgery with Dr. Andrade, Dr. Ikramuddin, Dr. Kellogg or Dr. Leslie: Drink only clear liquids for the first 7 to 10 days after surgery.

If you had surgery with Dr. Buchwald: Drink only clear liquids for your first few meals after surgery.

Goal:

- Slowly sip 6 to 8 cups of liquid throughout the day.

Tips:

- When you first come home, drink 2 ounces of liquid every 30 minutes. Try to increase this over the next 48 hours until you reach 6 to 8 cups of liquid per day.
- Do not use a straw. Straws may bring air into your stomach, causing pain or pressure.
- Stay away from carbonated (fizzy) drinks. These can cause gas and bloating.

Suggested liquids:

- Water
- Iced tea
- Sugar-free Popsicles
- Frozen fruit bars
- Clear broth
- Propel sports drink
- Crystal Light
- 100% fruit juice (diluted with water—limit to ½ cup per day)
- Decaf coffee or tea with no sugar or honey (artificial sweeteners are okay)
- Sugar-free Jell-O

If liquids make you sick, please call the triage nurse at 612-626-4117.

Stage 2: Full liquids

If you had surgery with Dr. Andrade, Dr. Ikramuddin, Dr. Kellogg or Dr. Leslie: You will use the full-liquid diet for 3 to 4 days as you move to pureed foods.

If you had surgery with Dr. Buchwald: You will leave the hospital on a full-liquid diet. You will follow this diet for one week.

Goals:

- To drink 6 to 8 cups of liquid each day.
- To try somewhat thicker liquids/foods.
- To put more protein into your diet.

Tips:

- Keep sipping liquids throughout the day.
- Between meals, sip skim milk, 1% milk or Carnation Instant Breakfast (no sugar added or “low-carb”) to get more protein. Limit these to a total of 1 to 2 cups a day.
- Your dietitian may suggest adding non-fat dry milk or protein powder to your liquids.

Suggested liquids and foods:

- Clear liquids (see stage 1)
- Skim or 1% milk
- Carnation Instant Breakfast (no sugar added or “low-carb”)
- Low-calorie yogurt (no chunks of fruit)
- Hot cereals (Cream of Wheat, Cream of Rice, Malt-O-Meal, plain instant or quick-cooking oatmeal) made with low-fat milk instead of water
- Strained cream soups made with low-fat milk
- Sugar-free pudding or custard
- Protein supplements (such as nutrition drinks or protein powder)

Sample Menu for Full-Liquid Diet

Breakfast

¼ cup Cream of Wheat

¼ cup sugar-free custard

Snack

½ cup sugar-free pudding

Lunch

½ cup strained cream soup

Snack

½ cup Carnation Instant Breakfast (no sugar added)

Dinner

½ cup low-calorie yogurt (no chunks of fruit)

Stage 3: Pureed (blended) diet

If your body can handle a full-liquid diet, you will progress to pureed foods. You will follow a pureed diet for about 2 to 3 weeks.

Goals:

- To increase your food choices (food items are blended to reduce the chance of nausea and vomiting).
- Keep drinking enough liquids.
- To start taking your vitamin and mineral supplements.

Tips:

- Add new food items slowly. Try one new food at a time.
- Eat the protein in your meal first.
- Drink liquids only between meals. If you drink them with meals, you may over-fill your new, smaller stomach.

Suggested proteins:

- Skim or 1% milk
- Carnation Instant Breakfast (no sugar added or “low-carb”)
- Low-calorie yogurt (no chunks of fruit)
- Strained cream soups or pureed soups
- Low-fat cottage cheese or ricotta cheese
- Scrambled egg or Egg Beaters
- Mashed tofu

- Pureed lean beef, lean pork, chicken, turkey or fish (or use baby food meats)
- Mashed beans (such as black beans, pinto beans or fat-free refried beans)

Suggested grains and other starches:

- Hot cereals (Cream of Wheat, Cream of Rice, Malt-O-Meal, oatmeal, grits)
- Mashed potatoes
- Mashed sweet potatoes
- Mashed winter squash

Suggested fruits and vegetables:

- 100% fruit juice (add water to dilute); limit yourself to ½ cup per day
- Plain applesauce (no added sugar)
- Mashed bananas
- Pureed peaches, pears, apricots or other fruit
- Tomato juice or V8 juice
- Pureed carrots, green beans, beets or other vegetables

Sample Menu for Pureed Diet

Breakfast

½ cup scrambled eggs

2 tablespoons applesauce

Snack

½ cup Carnation Instant Breakfast (no sugar added)

Lunch

½ cup pureed chili

2 tablespoons pureed pears

Snack

½ cup cottage cheese

2 tablespoons pureed peaches

Dinner

¼ cup pureed turkey

2 tablespoons mashed potatoes

2 tablespoons pureed green beans

Stage 4: Semi-soft diet

This diet usually lasts about one month.

Goals:

- To slowly add semi-soft foods to the diet.
- To include high-protein foods and a range of low-fat, low-calorie starches, fruits and vegetables.

Tips:

- Add new foods slowly. Keep in mind that each person is different and you may have more trouble with some foods than others. Take small bites and chew all foods well (into a paste).
- Keep eating the protein in your meals first.
- Keep drinking plenty of liquids, at least 6 to 8 cups a day.
- Stop eating as soon as you feel full.

Suggested proteins:

- Tuna fish, salmon or white fish
- Shrimp, lobster or crab
- Chopped lean meats
- Lean ground beef or turkey
- Deli-sliced turkey breast, chicken, ham, roast beef
- Egg, chicken or tuna salad (use low-fat or fat-free mayo or salad dressing)

- Low-fat cheese (such as part-skim mozzarella)
- Hard-boiled or poached eggs
- Tofu
- Mashed or well-cooked beans (such as black or pinto)

Grains and other starches:

- Mashed or baked potatoes
- Cold cereals soaked in milk (like Cornflakes) or hot cereals
- Well-cooked pasta
- Low-fat crackers

Fruits and vegetables:

- Canned peaches or pears (packed in juice, not syrup)
- Thawed frozen berries (plain, no syrup or added sugar)
- Bananas
- Plain applesauce (no added sugar)
- Mandarin oranges
- Soft melon or other soft fresh fruit (berries, peaches, pears)
- Soft, well-cooked vegetables (carrots, green beans, squash, beets, broccoli)

Sample Menu for Semi-Soft Diet

Breakfast

Soft-cooked egg

¼ cup chopped ham

Snack

Low-fat cheese on 3 to 4 crackers

Lunch

⅓ to ½ cup baked fish

2 tablespoons potato

2 tablespoons cooked carrots

Snack

⅓ to ½ cup low-fat cottage cheese

¼ cup canned pears or soft fresh pear

Dinner

⅓ to ½ cup chopped or ground turkey

2 tablespoons green beans

2 tablespoons mandarin oranges

Stage 5: Regular diet

During this stage, you will be able to eat foods with more texture and crunch (such as raw fruits and vegetables). But this does not mean you should go back to your old eating patterns.

Tips:

- Keep eating enough protein. Choose foods that are full of nutrients.
- As you start to eat more food at each meal, you will need to eat fewer meals a day.
- Keep drinking plenty of liquids, at least 6 to 8 cups a day. Most of your liquid should be water or calorie-free drinks.
- Stay away from foods that are high in sugar and fat.
- Keep taking your vitamin and mineral supplements.
- Stop eating as soon as you feel full.

Sample Menu for Regular Diet

Breakfast

One egg

¼ cup fruit, no sugar added

Snack

1 cup Carnation Instant Breakfast (no sugar added)

Lunch

2 ounces meat, fish, chicken or turkey

¼ cup vegetable

¼ cup (or one small piece) fruit, no sugar added

Snack

1 to 2 ounces low-fat cheese or deli meat

Dinner

2 ounces meat, fish, chicken or turkey

¼ cup vegetable

¼ cup (or one small piece) fruit, no sugar added

Vitamin and mineral supplements

You will need to take extra vitamins and minerals for the rest of your life. You can buy the vitamins listed here at your local drug store (over the counter).

If you have trouble finding them, or if your body cannot handle them, please call the triage nurse at 612-626-4117.

Multi-vitamin with minerals

Choose one:

- Children's chewable
- Adult chewable
- Adult pill

Take the adult dose listed on the label.

At first you will need to take these in liquid, chewable or crushed form. You will be able to take whole pills after just a few weeks.

Calcium

You must take a calcium supplement. We suggest 500 to 600 mg three times a day (see schedule on next page). Calcium citrate (such as Citracal) is best.

Fat-soluble vitamin (SourceCF chewables)

These contain vitamins that are easy for your body to absorb. You need to take 3 tablets per day (1 with each meal). You may ask your pharmacy to order this, or you can order it yourself.

To order SourceCF chewables, call 888-419-8357 or go to www.sourcecf.com.

Other

Some people also need extra iron, vitamin B12 or potassium. We will test your blood often to make sure you are getting enough nutrients. If you need extra supplements, we will let you know.

Sample Schedule for Vitamins and Minerals

Breakfast: multi-vitamin with minerals *and* fat-soluble vitamin

Lunch: fat-soluble vitamin *and* calcium citrate

Dinner: fat-soluble vitamin *and* calcium citrate

Bedtime: calcium citrate

Phone numbers

Surgery clinic 612-626-6666
To make or cancel appointments

Triage nurse 612-626-4117
For non-emergency questions

Dietitians
 _____ 612-273-4860
 _____ 612-273-4991
For nutrition questions

Emergency room 612-273-2700
 TTY for hearing impaired 612-273-2702

Surgeons 612-625-8446
Often in the operating room during the day

Hospital operator 612-273-3000
 800-688-5252
8 a.m. to 4:30 p.m., Monday through Friday.

On evenings, weekends and holidays, call the hospital operator and ask for the resident who is on call for Dr. Andrade, Dr. Buchwald, Dr. Ikramuddin, Dr. Kellogg or Dr. Leslie. You can also call Unit 7B at 612-273-3072.

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