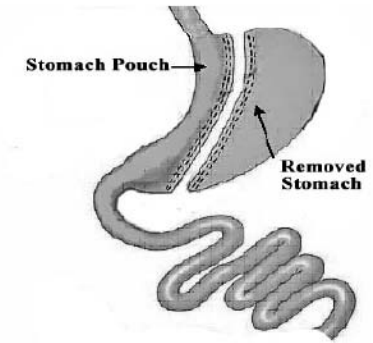


Sleeve Gastrectomy Basics

The Sleeve Gastrectomy is a **restrictive** procedure, which means that surgery generates weight loss by restricting the amount of food (and therefore calories) that can be eaten by removing 85% or more of the stomach without bypassing the intestines or causing any gastrointestinal malabsorption.



It is a purely restrictive operation, so the success of your weight loss **depends on what you are eating**. The stomach that remains is shaped like a very slim banana and measures from 1-5 ounces (30-150cc). The portion of the stomach which is removed is responsible for secreting a hormone that is responsible for appetite and hunger.

The sleeve reduces stomach capacity but tends to allow the stomach to function normally so most food items can be consumed, in small amounts.

Don't snack in between planned meals as it may prevent successful weight loss or cause weight gain due to excess calorie intake.

Unlike the Gastric Bypass, you will not experience dumping syndrome, so it will be very important to **avoid added sugars** to minimize caloric intake.

- Eat **slowly** and **chew thoroughly**- at least 25 times per bite. Cut your food into small pieces before eating it, and try waiting in between meals.
- Avoid concentrated sugars, especially those in liquid form. They are filled with non-nutrient calories and will slow down weight loss, even if they do not make you feel sick.
- Limit/Avoid fats and fried foods- they are a concentrated source of calories.
- Remember your new stomach can hold only 4-6 ounces after surgery- You will probably feel satisfied after 2-3 tablespoons of food.
- Over time your stomach will stretch, it takes 6-9 months for your new stomach size to stabilize and allow you to determine your normal meal amount.
- Drink at least **64 ounces of fluid** per day to prevent dehydration.
- Focus on getting in **60 grams of protein** per day.
- Stop drinking liquids 15-30 minutes before meals and 30-45 minutes after meals.
- At 1 month after surgery, introduce new foods one at a time in order to rule out an intolerance. If a food is not tolerated, try it in 1 week.
- If you cannot tolerate dairy, substitute Lactaid or soy milk
- **Exercise!** This is the key to long term weight loss and maintenance!
- Diet Progression in the hospital will be the same as Gastric Bypass-
 - Post-op Day 1- Clear Liquids
 - Post-op Day 2- Full Liquids
 - Post-op Day 3- Pureed foods (until 1 month visit)
- Eat 3-5 small planned meals throughout the day without snacking in between meals.
- Supplements: Follow same supplements as for gastric bypass: take **2 multivitamins** (one in the morning and one at night) and **Calcium Citrate with vitamin D** (1500-2000 mg per day in divided doses) plus 500 mcg of sublingual (under the tongue) **vitamin B12**.