

# After Bariatric Surgery: My Nutrition Goals for Home

## My surgery:

I had bariatric surgery on: \_\_\_\_\_  
(Date)

My surgeon is Dr. \_\_\_\_\_

The type of surgery I had was:

- gastric bypass
- sleeve gastrectomy
- gastric band
- revision \_\_\_\_\_

## What can I eat and drink?

In hospital, you'll start on **Full Fluid Bariatric Diet** and continue that at home. Your handout, *After Bariatric Surgery: Full Fluid Bariatric Diet*, has more information.

You need \_\_\_\_\_ grams of protein each day.

You need \_\_\_\_ cups (\_\_\_\_\_ mL) of fluid each day.

You can start trying **soft solid foods** on this date:  
\_\_\_\_\_

For information about eating soft solids and regular solids, see the handout *After Bariatric Surgery: My Guide to Eating Well*.

If you have general questions or concerns, contact your health care providers at the Adult Bariatric Specialty Clinic:

Phone: \_\_\_\_\_  
\_\_\_\_\_

For urgent concerns or emergencies, call your surgeon or family doctor or go to the nearest emergency centre.

## What vitamins do I need?

Start taking vitamin and mineral supplements when you're at home after surgery. For the first few weeks after surgery, you may have discomfort or vomiting if you take large tablets. You can crush large multivitamin/mineral tablets.

Chewable or liquid supplements may be easier to take at this time, but avoid soft chews, gummies, or patches.

Your handout, *After Bariatric Surgery: Vitamin and Mineral Supplements*, has more information.

## My daily recommendations:

- Adult multivitamin/mineral supplement with iron and folate:  
\_\_\_\_\_

- Vitamin B<sub>1</sub> (Thiamine): 100 mg

- Vitamin B<sub>12</sub>: \_\_\_\_\_ mcg

Choose sublingual tablets, fast-dissolve strips, or spray.

- Vitamin D: \_\_\_\_\_ units

- Calcium citrate: \_\_\_\_\_ mg

Calcium is better absorbed in smaller doses. Take no more than 600 mg of elemental calcium at one time. Don't take calcium within 2 hours of taking supplements with iron.

- Other \_\_\_\_\_  
\_\_\_\_\_

## Record in your journal:

- ✓ What you eat and drink
- ✓ What vitamins you are taking
- ✓ Any symptoms you have
- ✓ Any questions you have

