

Regional Center for Bariatric Surgery
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Postoperative Diet
Mini Gastric Bypass

For the first two weeks after surgery you will be on a **Stage I diet**. This consists mostly of Gatorade©, vegetable juice and thin soups such as broth or bouillon. Very sweet juices may need to be diluted with water to avoid abdominal cramping and the dumping syndrome. G2© a low sugar alternative to Gatorade© is another good option. It is important that you constantly are constantly “sipping” to get the appropriate amount.

- You should expect to drink **3-4** 20 oz bottles in 24 hours. Do not overload your new stomach pouch! Eat no more than **2-3** tablespoons at one time. Wait at least 15 minutes before eating any more. This prevents too much pressure on your new hookup.
- You should eat nonfat yogurt with live cultures at least once daily to promote “good” bacteria in your new intestinal hookup.
- Saltine crackers and Pringles low fat chips are also good snacks.

If you are not feeling well or concerned about your condition you must call your surgeon immediately! Our surgical team is available no matter when you need them.

**Two weeks after surgery you should begin Stage II diet and follow it for a few days up until two months.

You may now supplement your Stage I diet with various soft “mushy” foods, such as mashed potatoes, applesauce, and oatmeal. All foods must be of the consistency of thinned mashed potatoes and fit through a strainer.

You should eat between 6-8 small meals per day.

Continue to sip low calorie liquids such as Gatorade, G2, or V8 Juice between meals to prevent dehydration. Do not drink liquids with meals.