

## Cautions: Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines.

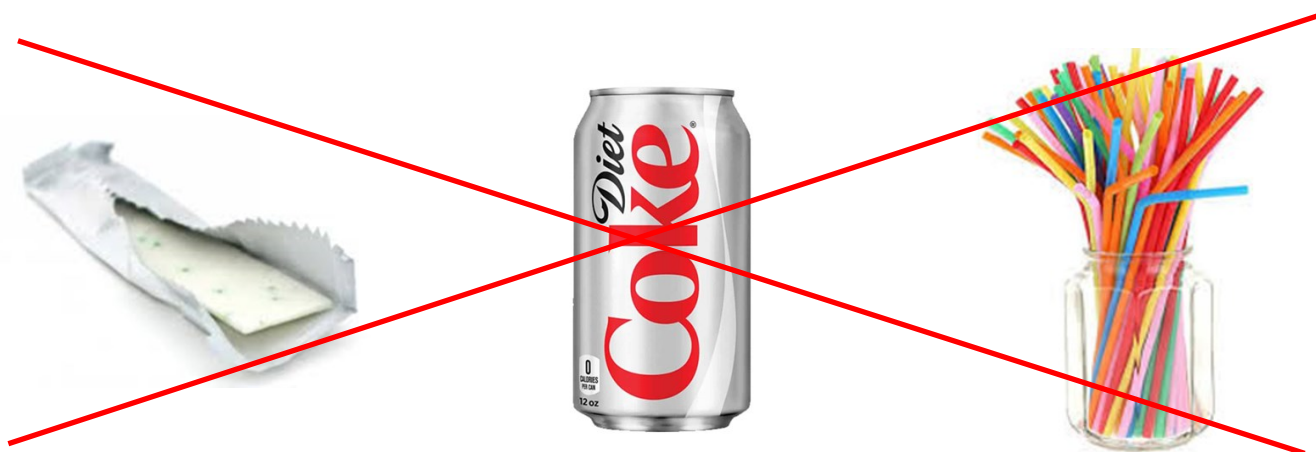
### Prevent Vomiting

Eating too quickly and too much can cause discomfort, vomiting, and your stomach to stretch (which can lead to weight regain). In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites, or not chewing food well. If vomiting occurs, stop eating solid food and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.
- If vomiting continues for **more than 24 hours, call your healthcare provider** because this may indicate that your stomach outlet is blocked. *Also call your provider if you feel you are unable to consume adequate nutrition for a prolonged period of time or if you feel you are becoming malnourished.*
- **If food feels like food is stuck:**
  - Sit up straight
  - Walk to help it move through
  - Try a papaya enzyme to help break it up

### Avoid Gum, Carbonation and Straws

- **Limit chewing gum:** Chewing gum is not recommended. If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it, as it can block your stomach outlet and require a visit to the ER for removal.
- **Avoid carbonated beverages and straws:** Do not drink carbonated (bubbly) beverages (even sugar-free) because the gas caused by carbonation can cause you distress and may stretch your stomach pouch permanently. This is the same concept as straws.

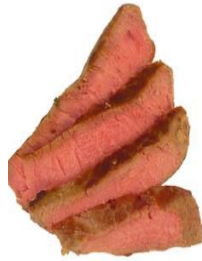


# Possible Food Intolerances

After surgery, some foods can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy). Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error. Although some intolerances are permanent, most resolve with time.

## MEATS

- Red meat
- Pork
- Poultry (if dry)
- Shellfish
- Dry or reheated meat



Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker/crock pot.

## VEGETABLES

- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, etc.)



## EGGS

Scrambled eggs are often better tolerated than hard boiled.



## FRUIT

- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus fruit



## MILK

If you become lactose intolerant, try Lactaid milk, Lactose Free options, Dairy Ease, Fairlife, or calcium-fortified soy



## OTHER FOOD

- Chili or spicy food
- Fried or high-fat food
- Sweets or sugary food



## BREAD

- Dense bread
- Bagels
- Pasta
- Biscuits
- Rice



## BEANS/NUTS/SEEDS

- All nuts and seeds
- Legumes or beans
- Chunky nut butters

