



## POTENTIAL PROBLEMS AND SUGGESTED DIETARY MODIFICATIONS

### **Nausea and Vomiting**

If nausea and vomiting occur after eating a new food, wait several days before trying it again. Always return to liquids for 24 hours.

Eating/drinking too fast, eating/drinking too much, or insufficient chewing, may also cause nausea or vomiting. Avoid cold beverages and those with caffeine or carbonation.

### **Dehydration**

Dehydration can occur with inadequate fluid intake, persistent nausea, vomiting, or diarrhea. At least 6 cups of fluids daily are recommended.

### **Lactose Intolerance**

Use lactase-treated milk and lactase enzyme tablets. Try Lactaid 100% or Dairy Ease 100%. Yogurt is usually tolerated.

### **Constipation**

Constipation may occur temporarily but generally resolves with adaptation to changes in volume of food. The regular use of fruits reduces the risk of recurrent constipation. Drink low-calorie fluids regularly.

### **Diarrhea**

Limit the following foods: high fiber; greasy; milk and milk products; and very hot or cold foods. Eat smaller meals. Sip fluids between meals. Check labels for 'sugar alcohols'

### **Heartburn**

Avoid carbonated beverages.

### **Bloating**

Limit liquids to 2 oz at one time and sip Slowly.

### **Blockage of the dime sized opening from your new pouch**

The dime-sized opening may be temporarily blocked if foods with large particle size are eaten without thorough chewing. If symptoms of pain, nausea, and vomiting persist, a physician should be contacted. Do not progress to solid foods until Doctor's approval.

### **Weight gain or no further weight loss**

You might be eating high calorie foods or beverages. Keep a record of all foods, beverages and snacks consumed to determine the exact reason for this happening. Measure portion sizes. All beverages, except milk should be calorie free. Increase physical activity

### **Temporary Hair Loss**

Reasons are unclear; possibilities include the rapid weight loss, stress of the surgery or a nutrient deficiency. Continue taking your multivitamin. Choose foods wisely and make healthy choices. Typically starts 3- 4 months after surgery. Special hair care products are available to help.

### **Pregnancy**

For many women of childbearing age, weight loss may help infertility. Please use the appropriate protection for 6 months after surgery. Once weight loss has stabilized, discuss your desire to become pregnant with your physician.