

STAGE 1 Gastric Sleeve Dietary Advice

(Approx Day 4- Day 7)

Liquid Consistency

Liquids pass through your stomach quickly and as you are still healing, it will take some time to re-introduce and tolerate more solid foods.

Maintaining your fluid intake can be difficult at this time as you will not manage to drink a big volume in a short time – sipping through the day is the best way to increase your fluid intake.

Avoid gulping as this will cause pain and discomfort.

Tip: Use a sports bottle with the type of top that you suck through as this controls amounts of fluid taken at each drink

Appropriate fluids to include:

- Semi-skimmed milk. Aim to drink 2 glasses daily.
(Use soya milk, rice milk or lactose free if ordinary milk is not tolerated)
- Meal Replacement or High Protein Shakes (200 kcal, 20-25g protein)
- Enriched milk – 2 heaped desert spoons of dried skimmed milk powder mixed with 1 pint semi skimmed milk. This should be used over the course of the day
- Thin smooth soup (use enriched milk to dilute tomato or chicken soup)
- Thinned or drinking yoghurts and/or probiotic drink (1 Actimel = 30 kcals, 3g protein)
- Water
- No added sugar diluting juice – make into ice cubes or ice lollies (avoid ordinary ice lollies/ice poles as they have a very high sugar content)
- Flavoured water (check labels – ensure sugar free)
- Tea
- Coffee
- Herbal Teas – peppermint tea can help with wind which can be a problem in the few days after surgery.
- Bovril

