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## Frozen assets

Traditional ready-made ice creams, water ices and frozen yogurts are generally off the menu for WLS patients – most simply have too much sugar or fat in them. However, making them at home from scratch is easy and means they can regresser without the risk of sugar or fat overload. An ice cream maker is a worthwhile investment if, like me, you love these ices at all times of year (and they do give a superior smoother finished texture). Otherwise, just remember to whisk once or twice during the freezing process to break down big ice crystals.



### Frozen vanilla yogurt with raspberries

Heat 50g granidge oats in a frying pan until golden then cool. Add 5 x 200g cartons Muller light vanilla yogurt with a 150g tub low-fat curd and the oats. Freeze for 2 hours. Meanwhile, cook 250g washed raspberries with 2 tbsp Splenda granulated sweetener over a low heat until softened, about 5 minutes. Stir into the yogurt mixture and freeze for 2-3 hours or in an ice cream maker. Remove from freezer 30 minutes before serving to soften slightly. Scoop to serve with some raspberries and mint sprigs if liked.

**SERVES 6**  
**WLS portion:** 1/6 - 1/6  
**Calories:** 145  
**Protein:** 9.4g  
**Carbohydrate:** 22.4g  
**Fat:** 1.2g



### Summer fruits ice

Place 125ml water, the pared rind and juice of 1 lemon and 1 orange and 20g Splenda granulated sweetener in a small pan. Bring to the boil, reduce the heat and simmer for 5 minutes. Allow to cool then strain. Place 320g pack defrosted frozen British summer fruits in a blender with the cool juice and purée until smooth. Freeze until firm or in an ice cream maker. Remove from freezer 30 minutes before serving to soften slightly. Scoop to serve with fresh strawberries if liked.

**SERVES 4**  
**WLS portion:** 1/4 - 1/4  
**Calories:** 68  
**Protein:** 6.8g  
**Carbohydrate:** 11g  
**Fat:** 0.2g

### Mango crush

Place 125ml water, the pared rind and juice of 1 lemon and 1 orange and 12g Splenda granulated sweetener in a small pan. Bring to the boil, reduce the heat and simmer for 5 minutes. Allow to cool then strain. Place 350g mango pieces in a blender with the cool juice and purée until smooth. Freeze until firm or in an ice cream maker. Remove from the freezer 30 minutes before serving to soften slightly. Scoop to serve with some mango slices and mint sprigs if liked.

**SERVES 6**  
**WLS portion:** 1/6 - 1/6  
**Calories:** 68  
**Protein:** 1.1g  
**Carbohydrate:** 21.4g  
**Fat:** 0.2g



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# Bariatric Surgery Patients

## A NUTRITIONAL GUIDE



**Betty Wedman-St Louis**



Books, magazine, e-book reader, or iPad: To help pass the time in the hospital, you may want to bring along reading material or an iPad loaded up with favored shows or movies. Notably, you'll also be advised to leave home large sums of money as well as any other valuables. Tylenol is an acceptable alternative. Some prescribed drugs: Certain drugs you're taking may also impact outcomes. Importantly, a number of food and drink items should absolutely be avoided: Orange juice, Milk, Ice-cream, Milk-based soups. Keep in mind, too, that on the day of surgery, you can only have small sips of water and are asked not to eat anything. This being the case, it's very important that you have clear sense of what you can and cannot eat or drink prior to the operation. Picture ID: Bring photo identification with you as well. Pacemaker: If you're on a pacemaker bring it, as well as the associated ID card. Your healthcare provider will advise you on what you can and cannot take in the period prior to surgery; be sure to listen carefully to their recommendations. During your pre-op consultations and on the day of surgery, make sure you have a full list of any pills or herbs you're taking. Emphasize these in your diet and take a daily multivitamin. Medications, drugs, and supplements to avoid include: Hormones: Birth control drugs or other hormone therapies should not be taken for at least one month prior to surgery. Herbal supplements: You'll be asked to stop taking any herbal supplements you take for at least two weeks prior to the surgery. Today, you're much more likely to see success than even 10 years ago. Typical recommendations will include: Loose-fitting clothing should be worn; aim for comfort and practicality over style; you'll be asked to change into a hospital gown for the procedure and during recovery. Breathing devices: If you use devices to help you breathe, such as continuous positive airway pressure (CPAP), automatic positive airway pressure (APAP), or bilevel positive airway pressure (BiPAP) machines, it's essential you bring it along. Inhalers, eye drops, and nasal sprays: If you use these, make sure to bring them along and list them with your healthcare team. In addition, reduction in weight will also help reduce the size of the liver, which is essential for surgery success. Eat slowly. As you prepare for surgery, be mindful of where you're at emotionally, and don't hesitate to seek out support from loved ones, friends, or mental health professionals. While gastric sleeve surgery may seem like an intimidating prospect, the fact of the matter is that this procedure is very safe and highly effective. Emotional care: Before surgery, you'll likely undergo mental health screening and counseling to get at the source of any eating disorders or other issues. While preparation for this procedure is intense and extensive, with the support of family, friends, and your medical team, you'll surely see great results. © 1996-2014, Amazon.com, Inc. You can expect one to two nights of recovery in the hospital before you can go home. Outcomes for gastric sleeve surgery depend a great deal on changes in behavior; while the procedure helps promote rapid weight loss, it will be your own behavior that determines success. What sort of set up can you expect in the weight loss surgery operating room? Tetra Images / Getty Images Gastric sleeve surgery is generally performed as a laparoscopic procedure. Among the important considerations are what to wear and what articles of clothing to bring. These include Ibuprofen, Advil, Midol, Naproxen, and Aleve, among others. Some herbs can cause excessive bleeding and impact healing. Aspirin/Ibuprofen: Non-steroidal anti-inflammatory drugs (NSAIDs) like anything with aspirin should be avoided for at least one week prior to surgery. Change your relationship to eating: A great deal of progress can be made simply by changing how you view what you eat. In fact, the procedure has a very low complication rate and produces successful results in 80 to 90 percent of cases. Furthermore, the techniques and technologies associated with this surgery have greatly improved in the 20 years since it's been done. In most cases, you'll get a great deal of guidance from your healthcare providers; don't hesitate to ask them any questions you have about what to wear. You'll also be given some medications to take before for the procedure. Here's a quick breakdown: Operating table: Surgery is performed while you lay prone on an adjustable operating table. Surgical instruments: Set up on surgical tables will be specialized tools, such as scalpels, forceps, among others, that surgeons use to perform the operation. Lighting: High-powered, adjustable lights will be necessary throughout the procedure. Laparoscope: Surgeons use these adjustable tubes, outfitted with cameras, to perform surgery without having to make large incisions. Imaging equipment: Diagnostic and imaging equipment help guide the surgeon's work and may include X-ray and ultrasound, computerized tomography (CT) scanners, magnetic resonance imaging (MRI) devices, among others. Monitoring equipment: Throughout the surgery, while you're asleep, you'll be connected to devices that measure important vital signs like heart rate, level of oxygen in the body, and blood pressure. Ventilator: While under general anesthesia, you'll be attached to this device to help you breathe. Defibrillator: In the highly unlikely case that the heart stops beating during the procedure, healthcare providers will have defibrillators on hand. Try to avoid excessive eating when bored, tired, or stressed. Particularly crucial will be the all-liquid diet you have to follow for the 24 hours preceding surgery, which should emphasize: Protein shakes: You can continue to consume these until about 3 p.m. the day before your surgery. Broth: Beef, chicken, or seafood broth can be a good source of liquid nourishment. Nonfat plain yogurt: This easy to digest food can be a good source of energy the day before surgery. Clear juices: These include cranberry, white grape, or apple juices. Herbal tea: Non-caffeinated herbal teas, such as chamomile, are safe to have. Non-dairy popsicles: While ice cream-based popsicles aren't advised, those that are made from fruit juice are OK to eat. Water: Proper hydration is essential throughout the process. Sugar-free gelatin: Gelatin snacks, like Jell-O, are safe to eat as long as they're sugar-free. Track food intake: To aid in both preoperative and postoperative weight loss, it's a good idea to log what you're eating and drinking. Get in the habit of healthy, regular exercise: Once you're starting to become sedated, and everything else looks OK, you'll be taken to the operating room. Most people wear the same outfit home. Slippers and a robe are good to bring along for extra warmth. Don't wear jewelry or use cosmetics, including wedding rings, make-up, or face-creams on the day of the operation. All told, the procedure, itself, usually takes less than three hours. Think of it more as a source of energy, and pay attention to how your body feels as you eat. A specialized tube and camera (known as a laparoscope) is used to access the stomach, making it a more minimally-invasive procedure. Typically, this work is done in the surgery ward at a hospital. Both prescribed and over-the-counter medications and supplements can lead to complications during surgery. This will give you a better understanding of your own diet, allowing you (and your healthcare provider or dietician) to spot problem areas. On the day of surgery, plan for a multiple-night stay in the hospital, and be sure to arrive early. Start small, with daily walks or chair exercises, and see if you can level up. What's important to bring along on surgery day? As such, many lifestyle changes may need to be made, including: Quit smoking: Smoking tobacco products, as well as all sources of nicotine, can impact the body's ability to heal from surgery; you'll be told to stop smoking or chewing for at least one month prior to the procedure. Here's a quick list: Insurance information: It's a good idea to bring your insurance information for the hospital staff. As mentioned, healthcare providers often need to see some ability to enact dietary and health changes prior to being cleared for surgery. Here's a quick breakdown of what you should keep in mind, especially in the two weeks running up to your appointment: High protein diet: One of the most important changes you'll need to make is to emphasize healthy, lean proteins in your diet, such as lean beef, chicken, turkey, fish, and cheese. Protein shakes: To help with the above, certain protein shakes may be recommended to incorporate into your diet during this time. Advance directives: It's recommended that you fill out this form, which provides instructions about what to do if something goes wrong and who your health proxy is. As noted above, gastric sleeve surgery will typically require a couple of nights stay in the hospital, so preparations should be made with that in mind. Exercise: Along with diet, a solid fitness regimen is essential for weight loss. These should serve as breakfasts as well as snacks. Fluids: Healthcare providers recommend that you drink at least eight cups (64 ounces) of non-carbonated liquid a day. Your healthcare provider will advise you on what you can take, and whether you need to stop prior to surgery. Since gastric sleeve surgery is performed on the stomach, there will be numerous restrictions to diet prior to the procedure. In addition to guidance from your healthcare provider, consider taking fitness classes or working with a trainer. Avoid sodas, most juices, and caffeine; choose water, fruit-infused water, decaf tea, or even low-sugar or sugar-free drinks like Powerade. Vitamins: Key to any healthy diet are vitamins, especially those coming from fresh vegetables and fruit, or its affiliates. Gastric sleeve surgery is a procedure that promotes rapid weight loss by removing a significant portion of the stomach. This operation helps patients with obesity, type 2 diabetes, hypertension (high blood pressure), sleep apnea, and other health conditions associated with excessive weight. As with all such surgeries, if you're considering this procedure, it's important to understand what goes into preparation for this treatment, from pre-op lifestyle changes to considerations for the day of the operation. In fact, in the months leading up to surgery, you'll receive counseling about diet and exercise, and you will have to show that you can lose some weight on your own. There you'll be placed on an IV that will deliver anesthetic drugs that put you to sleep prior to the surgery. These include: Laxative: For the two days prior to surgery, you may be given magnesium citrate, a laxative, to take in the mornings. Anticoagulants: After check-in and as you're preparing to undergo surgery, you'll be given drugs that thin the blood to prevent clots or other problems. Antibiotics: To help prevent infection, you'll also be administered antibiotics prior to surgery. Anesthetic drugs: Before going into surgery, you'll be put to sleep using anesthetic drugs delivered via IV. Gastric sleeve surgery is the most common form of weight loss (bariatric) surgery performed in the U.S., rising steadily in popularity in the past decade. When you come to the hospital, you'll first consult with the anesthesiologist and other medical professionals in a pre-operative room. Be mindful. If you've already filled one out, then this should be accessible in your medical records.

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