



*Welcome to*  
**BLOSSOM  
BARIATRICS**

Your Journey to Permanent Weight Loss



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I would like to personally thank you for choosing to become a member of the Blossom family.

No other bariatric practice in the US has managed to push innovation so far forward while remaining true to the soul of its mission. Our program has been meticulously developed with one purpose in mind; to live a more fulfilling life and become the you that you've already dreamed of.

Blossom is proud of the relationship we have with our clients and want to keep you as informed as possible. Attached you will find the Blossom Commitment Card. Please keep this card as a memento, a touchstone, a keepsake to remind you of the hard work and sacrifices you have made for a better, brighter future.

To discover the unique post-op support and many benefits of being a Blossom family member, I encourage you to review the Commitment Card and [Blossom-Bariatrics.com/Support](http://Blossom-Bariatrics.com/Support) for additional questions, please feel free to contact us at any time.

Once again, welcome to the Blossom family and congratulations on taking the first step to reclaiming your health and your life!

Wishing you a lifetime of rewarding journeys,

**Tom Umbach, MD**

# Welcome to **BLOSSOM!**



We understand it's been quite the journey to get here, and we're so excited to welcome you to the Blossom Family!

## **YOUR INFORMATION**

Name: \_\_\_\_\_

Surgeon: \_\_\_\_\_

Medical Assistant: \_\_\_\_\_

Blossom Aid+:     /     /     /     :

Driver: \_\_\_\_\_

IV Therapy:     /     /     /     :

Companion: \_\_\_\_\_

Phone: \_\_\_\_\_

Room #: \_\_\_\_\_

## **CARE BAG**

- Pre-Surgery: Scrubbie
  - Directions on card
- Pre-Surgery: Tylenol
  - Directions on card
- Pre and Post Surgery Beverages
  - Directions on card
- Post-Surgery Medications
  - Will be reviewed by your surgeon today
  - Refer to [BlossomBariatrics.com/AfterSurgery](https://BlossomBariatrics.com/AfterSurgery) or on [your dashboard](#) for pain and nausea management post-operatively

## **QUESTIONS?**

- **Medical Questions or Concerns Now Until 2 Weeks?** Contact Surgeon Directly at [702-840-5025](tel:702-840-5025)
- **Hotel or Transportation Questions or Concerns?** Call Concierge at [702-772-4444](tel:702-772-4444)
- **General Questions or Concerns?** Call [855-BLOSSOM](tel:855-BLOSSOM) or email your coordinator
- **Billing Questions or Concerns?** Call [888-221-2297](tel:888-221-2297) or email [billing@blossombariatrics.com](mailto:billing@blossombariatrics.com)
- **Nutrition Questions or Concerns?** Email [nutrition@blossombariatrics.com](mailto:nutrition@blossombariatrics.com)

## **POST-SURGERY SUPPORT**

- Blossom Aid+: One Week Follow Up Call/Email
- Blossom for Life Weekly Videos
- Facebook Support Group
- Baritastic App
- Bari-Boss Bariatric Coach (Additional fee)
- Medical Records available in Health Portal

## INITIAL APPOINTMENT AND SURGERY

**Timeframe:** Approximately 4-6 Hours

**Location:** Warm Springs Surgical Center

- Lab Work with Medical Assistant
- Meet Your Surgeon
- You'll begin the admitting process and be asked to change into sweats/shirt that are yours to keep
- Procedure takes approximately 45-75 minutes
- You will be discharged once the medical staff deems it appropriate

## BLOSSOM AID+

**Timeframe:** Approximately 3-6 Hours after you're discharged from surgical center

**Location:** Hotel

**REMINDER:** If you have any urgent medical questions or concerns, please do not hesitate to contact your surgeon directly at **702-840-5025**.

- Blossom Aid+ will text you the evening of your surgery with an estimated arrival time
- Blossom Aid+ will come directly to your hotel room

## IV THERAPY APPOINTMENT

**Timeframe:** Approximately 1-2 Hours

**Location:** Warm Springs Surgical Center

- Check-in + Vital Signs
- IV Therapy for hydration, pain + nausea
- Check-out

Scan the QR code to view  
important details and videos  
on your dashboard



Please contact us directly anytime if you are experiencing any issues associated with your surgery at 855-256-7766

# Overnight

## Medication Chart



Companions: We need your help! Below is a guide for your loved one to stay on time with their medication regimen recommended by the surgeon. We want to ensure your recovery is as smooth as possible. Please notate throughout the night what medications were taken and when.

Surgeons suggested medication regimen for post op medications **after arriving to the hotel.**

For optimal pain and nausea management, our team suggests spacing out your meds throughout the night.

WHEN	WHAT
<u>Immediately Take</u>	Ondansetron/Zofran ( <b>Nausea</b> )
<u>15-30 Mins After Nausea Meds</u>	Hydrocodone, Oxycodone, or Tramadol ( <b>Pain</b> )
<u>1 Hour After Pain Med</u>	Tylenol ( <b>Pain</b> )
<u>1 Hour After Tylenol</u>	Ibuprofen ( <b>Pain</b> )
<u>1 Hour After Ibuprofen</u>	<u>Restart Regimen with Ondansetron/Zofran (<b>Nausea</b>)</u>

**All above medications are located in the medication bag received at your initial appointment. Follow directions on the medication label for dosage.**

Date	Please document what meds were taken and when.
/ /	
12 am	
1 am	
2 am	
3 am	
4 am	
5 am	
6 am	
7 am	

8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	
8 pm	
9 pm	
10 pm	
11 pm	

**Please scan this QR code to review important videos regarding what to expect after surgery**



**If you have medical questions or concerns, please contact your surgeon at 702-840-5025.**

# Welcome to Blossom Bariatrics

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**We are beyond excited that you have chosen us to begin your weight loss journey!**

Most of our clients come to us with a life long struggle of obesity related health conditions and failed dieting attempts. We understand that there are many providers out there and we want to thank you for taking the first step to a healthier you with Blossom Bariatrics! We have designed a fully comprehensive, all encompassing bariatric program to help you achieve long term weight loss. Our professionally trained staff and doctors are dedicated to achieving the best quality care and outcome for you.

Since 2008, Blossom Bariatrics has been assisting clients in their journey towards better health and more fulfilling lifestyles. Our practice is devoted to helping our clients regain higher quality of life by losing their excess weight and start enjoying the simple pleasures in life again; such as playing with your children or grandchildren, riding a roller coaster for the first time, and starting to date and travel. We look forward to helping you blossom into a healthier you!

**Your success is our success, and we are here for you every step of the way!**

For General Questions, please call the office at [855-256-7766](tel:855-256-7766) or email [info@blossom.com](mailto:info@blossom.com)

For Billing Questions, please call [888-221-2297](tel:888-221-2297) or email [billing@blossom.com](mailto:billing@blossom.com)

[www.Blossom.com](http://www.Blossom.com)

## Warm Springs *Surgical Center*

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**Warm Springs Surgical Center is a dedicated surgical facility used specifically for Blossom Bariatrics clients. While some procedures are performed at our local hospitals, many of our clients' procedures are done at the Warm Springs Surgical Center facility.**

Thanks to technological and technical advancements in surgical care and safety methods, our clients are more frequently choosing to carry out surgery at an ambulatory surgery center on an outpatient basis rather than traditional inpatient hospitalization.

Designed with our clients' medical needs, safety, and comfort in mind, our leading-edge facility is equipped with the latest technology to ensure precision and efficacy in all our surgical procedures.

Warm Springs Surgical Center is fully licensed by the state of Nevada and has been recredentialed multiple times and performed over 10,000 bariatric cases.

# Lifestyle Considerations For Surgery

Guide

## EXPLORE YOUR RELATIONSHIP WITH FOOD AND STRUCTURE YOUR LIFE FOR SUCCESS

**B**ariatric surgery alters your physical ability to eat but it does not change your mental relationship with food. Success after surgery requires not only practicing new habits but also exploring the reasons behind old unhealthy ones. Support groups are available after surgery to establish a healthier relationship with food and avoid slipping back into old habits. Set the stage for success by making the following changes for surgery:

- Eat at the table. Recognizing fullness signals at meals requires paying attention while eating. Avoid distractions. No TV, computer or reading while eating.
- Start keeping a journal of your daily food intake and physical activity:
  - » How do your current eating habits compare with the bariatric eating guidelines?
  - » Which old habits are the hardest for you to change?
  - » Watch for situations that trigger you to eat when you are not physically hungry.
  - » Do you eat in response to certain emotions? Stressful situations? Boredom?
  - » How will you cope with these situations without using food after surgery?
- Rearrange your home environment to support your success.
- Clean out your cupboards, refrigerator and freezer of unhealthy foods.
- Restock your kitchen with healthy alternatives.
- Create a schedule for meals and exercise:
  - » Plan meals **at least** one day in advance.
  - » Make exercise a part of your daily routine.
  - » Plan **in advance** how you will handle special events, parties, etc.
- Discuss with other household members how your new way of eating will impact the rest of the household.



## **SURGERY IS A TOOL!**

Surgical weight loss is a tool that helps you feel satiated (full) on a small amount of food. It is up to you to use the tool properly by giving your body the proper types of food and serving sizes it needs to lose or maintain weight loss. Choosing healthy foods over unhealthy foods is your choice!

Adhering to a healthy lifestyle increases your chance of success!

## **Setting Yourself Up for Success**

### **FOOD INTAKE**

- Eat 4-5 small frequent meals/snacks per day (no skipping meals)
- Eat protein at every meal and snack, and eat it first.
- Never eat carbohydrate foods alone. Always lead with protein. (Example: ½ an apple eaten with ½ cup of cottage cheese)
- Reduce portion size. Use a plate no more than 6 inches in diameter.
- Start taking a multi-vitamin everyday.
- Cut back or avoid starchy foods (e.g. breads, cereals, pastas). Limit to no more than one serving per meal.
- Eat slowly and chew well. Put your utensil down between each bite.
- Limit planned snacks to no more than 100-200 calories per day. No grazing.
- Consume at least 64oz of water daily between meals.

### **THINGS TO AVOID**

- Alcoholic beverages
- Caffeinated beverages
- Carbonated beverages such as sodas, sparkling water, or energy drinks
- Drinking fluids with meals
- Fast food and buffets
- Fried foods
- Snack foods (e.g. chips, cookies, crackers, ice cream)
- Dairy milk (not prohibited but may cause discomfort)
- Processed food
- Fruit juice, fruit drinks and other beverages that contain carbohydrate (e.g. Gatorade, lemonade, Powerade, sweetened tea)



## Back to Basics - Initial Nutrition Consultation

### MACRONUTRIENTS - PROTEIN, FAT, & CARBOHYDRATE

Its important to understand the food you put into your body so you can get the best outcome of you weight loss procedure. The following information is an introduction to the 3 macronutrients, and the effect each has on your body.

WHAT ARE THEY CALLED?	WHAT DO THEY DO FOR YOU?	WHERE DO YOU FIND THEM?	HOW MUCH TO EAT?
<b>Proteins</b>	Protein is essential for your body to grow and repair. Protein helps you maintain lean muscle while losing weight quickly after surgery. Protein is digested slowly which keeps you feeling fuller longer by stabilizing blood sugar.	Protein is found in poultry, beef, pork, fish, eggs, greek yogurt, cottage cheese, string cheese, and whey or plant based protein powders.	70-90g daily or 15-20g per meal/snack.
<b>Fats</b>	Fat helps with building & protecting cells, and making hormones. Your body uses fat for energy while following a low-carb diet.	Heathy fats are found in nuts and seeds, avocado, olive oil, butter, coconut oil, and omega 3 supplements.	
<b>Carbohydrates</b>	Carbs are digested very quickly and are turned into SUGAR. The body cannot use all this sugar and stores it as fat. Carbs should never be eaten alone. If eaten, they must be paired with protein to slow their digestion.	Carbs are found in starchy vegetables like potatoes, peas, and corn, as well as rice, cereals, pasta, breads, chips, crackers, pastries, fruit, and beans. Dressings and condiments often contain carbs as well.	70-90 grams daily or 15-20 grams per meal/snack

**\*Notice your daily protein and carb goal are the same! Your carbohydrate grams per meal or snack should be equal to, or less than your protein grams.**



## Back to Basics - Initial Nutrition Consultation

### CARBS TO FOCUS ON

- String beans
- Brussels sprouts
- All leafy greens
- Lettuce
- Kale
- Spinach
- Tomatoes
- Zucchini squash
- Yellow squash
- Carrots
- Parsnips
- Beets
- Cucumbers
- Celery
- Asparagus
- Broccoli
- Cauliflower
- Peppers
- Eggplant
- Sprouts
- Cabbages
- Mushrooms
- Lentils
- Refried Beans
- Pinto beans
- Black beans
- Navy Beans/White Beans
- Kidney beans
- Quinoa
- Squash

### HIGH IN CARBS – TRY TO AVOID

- All Breads  
(includes muffins,  
English muffins,  
Bagels)
- Tortillas/Wraps
- Pastas
- Cereals
- Corn
- Rice
- Crackers
- All chips, corn,  
tortilla, rice chips
- Desserts
- Sugars
- Potatoes

All fruit serving sizes must be smaller than a tennis ball or 1/3 cup and eaten WITH a protein or fat. Example: Eat apple slices with almonds, natural peanut butter or cheese. Only one serving per day.

### FRUITS - TRY AVOIDING FIRST 6 MONTHS

- Strawberries
- Blackberries
- Raspberries
- Blueberries
- Small apple or apple slices
- Grapefruit
- Lemons
- Limes
- Mandarin oranges
- Peaches
- Avocadoes
- Melon



## Back to Basics - Initial Nutrition Consultation

### GREAT SOURCES OF PROTEIN

- Greek Yogurt (7 grams or less sugar per serving)
- Chicken Breast-baked, broiled or grilled
- Low fat ground beef at least 93% lean
- Mozzarella string cheese
- Turkey Breast-baked, broiled or grilled
- Whey Protein powder mix
- Beef/turkey jerky, low sodium
- Fish: Un-breaded, not fried, only baked, broiled or grilled
- Cottage Cheese
- Eggs
- Plant Based Protein Powder

### Sugars

Watch out for hidden sugars and added sugars. WHY? Sugar adds no nutrient value, adds extra calories, contributes to weight gain, and creates inflammation in the body. Sugar also increases Type II Diabetes risk and is highly addictive.

### HIDDEN SUGARS

- Corn Syrup
- Honey
- Salad Dressings
- High Fructose Corn Syrup
- Agave Syrup
- Fruit at Bottom
- Maple Syrup
- Alcohol
- Fruit sweetened yogurts
- Jams
- BBQ Sauces
- Jellys
- Ketchup

### Healthy alternatives to water:

- Crystal Light
- Vitamin Water Zero
- Gatorade Zero

### Exercise:

The best source of exercise is walking!  
Start with walking 10-15 minutes 3 times a week and gradually increase your time to 30 minutes 3 times a week.



# After *Surgery*

**We're so excited for you and your new lifestyle!** The following postoperative diet is designed to give your new stomach ample time to heal. You need to treat your new stomach like a brand new stomach in training. You can't go back to eating regular texture foods right away. Regular textures eaten too soon could possibly have damaging effects.

**For the first 24 hours after your procedure, you may drink water and chicken broth at room temperature. Make sure to take very small sips, and drink slowly.**

## HOW TO TREAT YOUR NEW STOMACH

### Walk Every Hour

- Walking improves blood flow and speeds wound healing and minimize gas pain

### Drink a Minimum of 48 oz of Water Daily

- Sip fluids slowly; don't gulp. Drink between meals (wait 30 minutes after a meal to resume drinking). Drinking too quickly can cause nausea and/or vomiting

### Avoiding Nausea, Vomiting & Dumping Syndrome

- Eat small quantities at meal time
- Eat & drink very slowly
- Chew food well
- Avoid sweet & carbonated drinks
- Avoid foods high in sugar & fat
- Dumping is rare but can occur with high sugar

### Constipation

- Prescription medication can cause constipation
- You may take over the counter medication such as Benefiber, Metimucil, Colace, Dulcolax or magnesium citrate

### When to Call Your Surgeon

- Surgical wound is red, hot and tender to the touch
- Surgical wound has green pus or drainage
- Uncontrolled vomiting
- Severe abdominal pain
- Severe shaking and sweating

# No Chew Diet - *First Two Weeks*

24 hours after your procedure, and for the **first two weeks** you will follow the No Chew Diet. The No Chew Diet consists of liquids and protein.

#1

## The number one priority is fluid!

The main reason for readmission post-bariatric surgery is dehydration. During this time, it's important to aim for 64 ounces of fluid a day, minimum 48 oz.

#2

## The second priority is PROTEIN!

Protein is a key component to helping you heal.

## Fluid & Protein Examples

### Water and Water Alternatives

- Bariatric Advantage Clearly Protein Water, Premier Clear Protein Water
- Gatorade Zero, Powerade Zore, Crystal Lite, other sugar free beverages

### Shakes

- Premier Protein Ready to Drink, Nectar Powders, any whey isolate or plant-based protein powder

### Soups

- Unflavored protein powder can be added to broth
- Savory protein powder: Unjury Chicken Soup or Santa Fe Chili
- Bone broths or stock
- Water-consistency soups with protein (no cream or butter-based options)

*Remember, you can survive two weeks without food,  
but you cannot survive two weeks without water!*

# Hydration

Stay hydrated by taking many small sips throughout the day and in between meals. The goal is to drink 48-64 ounces of water daily. Remember, surgery not only diminishes your appetite but may also decrease your thirst drive. It's important to drink fluids, even if you don't feel thirsty.

## DRINKING TO STAY HYDRATED

### Signs of Dehydration

- Thirst
- Decreased urine output or dark urine
- Dizziness or light-headedness
- Dry, sticky mouth
- Headache

### Water Alternatives

- Gatorade Zero
- Lemon, Lime or Cucumber Infused Water
- Green or Herbal Teas - Caffeine Free
- Crystal Light - Caffeine Free
- Electrolyte Water
- Vitamin Water Zero

### Alternative Sweeteners

- Stevia
- Tuvia
- Erythritol

#### TIP

Get in the habit of filling up a water bottle or tumbler with your favorite water or water alternative beverage.

Beware of products labeled 'sugar free' and 'low carb'. Many sugar free products could potentially cause gas, bloating and diarrhea.

No carbonation.

Caffeine permitted when you reach 64 ounces of water a day.

**Alcohol:** Alcohol causes weight gain for a variety of different reasons. It is very high in carbohydrates and calories.

Alcohol calories take priority as a fuel source in your body instead of your stored fat. When you drink alcohol,

**FAT BURNING STOPS!**

# Two Week Transitional Diet

**W**hat an exciting time! At this point post-op, it's time to transition to real food; nutrition that can last a lifetime.

The following information is a guideline to follow once you've gotten a feel of your new stomach. It's a great time to introduce new suggested food into your diet. This is also when you will begin a vitamin/supplement regiment. It's important to follow up with your post-op appointments and blood work to ensure your vitamin levels are appropriate.

In addition to your 40-60 grams of whey protein drinks, do the following:

- You may continue 'No Chew Diet' example foods
- Start adding 1/4 cup of
- 'Textured Foods' Chew 20-30 times per bite of food
- Drink fluids between meals

## Textured Foods

- Soft Cheeses
- Ground/shredded meats, NOT fried or breaded
- Dark or white poultry
- Fish, including tuna (with olive oil mayo)
- Lean beef (if tolerated)
- Greek yogurt
- Cottage cheese
- Eggs: scrambled, fried, omelet or egg salad (with olive oil mayo)
- Cooked or refried beans
- Nut butters
- Well-cooked/mushy vegetables
- Chicken or beef vegetable soups and pureed soups
- Beef or turkey chili
- NO deep fried foods

Be aware of the following know how your body until you tolerates these foods:

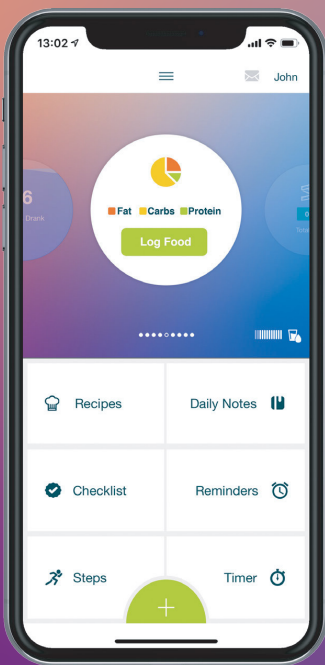
- **Raw Fruits & Vegetables**
- **Tough Meats**
- **Nuts & Seeds**

Be aware of overall calories...

**Log your food with the Baritastic App**

*\*See next page*






BOOST YOUR WEIGHT LOSS JOURNEY WITH  
**BARITASTIC**

Blossom Bariatrics offers the support you need before and after surgery.

**Connect with us**

-  Search major app stores for Baritastic.
- Download the app and enter the code **633300** in the 'Connect to my Program' section.

**With Baritastic, you can:**

- ✓ Track Nutrition
- ✓ Seminar to Surgery Checklist
- ✓ Track Exercise
- ✓ Track Weight Loss
- ✓ Vitamin & Supplement Reminder
- ✓ Learn About Bariatric Surgery
- ✓ Access Diet Guidelines
- ✓ Bariatric Food/Water Timer

CONNECT WITH US ON **BARITASTIC**



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## After Two Weeks

### Nutrition For Life: Solid Food Progression

Now it is time to focus on solid food progression for these next 3-6 weeks. Remember, you are still healing and recovering from this surgery, so please continue to eat and hydrate as tolerated.

**\*\*If you are not 2 weeks post-op, then DO NOT progress early.**

When you can tolerate solids, your new diet will be fairly similar to your pre-op diet, the only difference is that protein shakes are not required if you do not want to include them. However, keep in mind that protein shakes could be used as an easy alternative to help make meals/snacks easier and on the go.

Remember to not eat and drink at the same time, so wait approximately 30 min before and after each meal/snack to avoid overeating and feeling full too quickly.

**TIP:** Take small bites, chew thoroughly (20-30 times), eat slowly and **LISTEN** to your stomach

Once again, everyone heals and tolerates things differently, so there is not a “one plan” that works for all.

# After Two Weeks

## REQUIRED SUPPLEMENTS

Start all supplements 2 weeks post-surgery. Ideally, food is where we get our nutrients, but Less Food Intake = Less Nutrients. It's important to begin and stick to a vitamin regiment.

### Multi-Vitamins

The body uses vitamins to convert food into energy, keep the nervous system functioning properly, and to produce stress hormones. Taking multivitamins daily can replenish your body's supply. The vitamins and minerals in your daily multivitamin can also significantly reduce level of stress and anxiety.

**Suggested Brands:** *Bariatric Advantage, Bariatric Fusion, Celebrate*

**Suggested Methods:** *Chewable or Capsule*

**Suggested Dosage:** *As Directed*

### Calcium Citrate

Calcium is necessary for many normal functions of your body, especially bone formation and maintenance. Calcium can also bind to other minerals (such as phosphate) and aid in their removal from the body. Calcium citrate is used to prevent and to treat calcium deficiencies.

**Suggested Brands:** *Bariatric Advantage*

**Suggested Methods:** *Chewable or Capsule*

**Suggested Dosage:** *500mg 3x daily*

### B Vitamins

Referred to as vitamin B complex, the eight B vitamins — B1, B2, B3, B5, B6, B7, B9, B12 — play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into fuel, allowing us to stay energized throughout the day.

### Probiotics

Probiotics are "good" bacteria touted to help maintain digestive health and boost the immune system.

### Omega 3 Fatty Acids

Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis.

Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function.

**We do NOT recommend dermal Patches for supplementation. Studies don't support the efficacy.**

# Blossom's *Rules For Sleeve Patients*

For Long Term Success

## FIRST 6 MONTHS

### 1) No cheating for the first 6 months!

- A** Protein and non-starchy veggies... that's it!
- B** Less than 50 grams TOTAL carbohydrates per day
- C** Minimum 60 grams protein per day
- D** Shoot for at least 64oz fluid daily
- E** Eliminate highly processed foods

### 2) 600-1000 calories per day!

- A** Log your food in the **BARITASTIC APP** (CODE 633300). You do run the risk of NOT eating enough
- B** You don't have to overthink it; choose the right foods (protein first, non-starchy veggies), and the sleeve will take care of the rest
- C** **PROTEIN FIRST:** beef, chicken, lamb, pork, duck, seafood, tofu, eggs
- D** Non-starchy veggies: spinach, kale, broccoli, asparagus, mustard greens, cabbage, brussels sprouts, cauliflower, peppers, mushrooms, onions
- E** If you have fruit... protein and non-starchy veggies first. Limit to 1 cup of berries daily

## FROM 6 TO 12 MONTHS

### 1) The rules don't change: 600 - 1000 calories daily

- A** Protein first and non-starchy veggies

### 2) Break routines! The body will adapt to consistency

- A** Make one change at a time, get as much weight loss from that single change that your body will allow, then change it again
- B** Examples of changes:
  - Go back on the pre op diet for 2 weeks
  - Liquid only for 3 days
  - Re-introducing more carbs 1-2 days per week
  - Change the order of your meals and shakes

### 3) Measure

- A** Don't weigh yourself everyday! Weigh 1x per week at the most; same day each week, same scale, first thing in the morning
- B** All success isn't measured on the scale. Measure those inches 1x month; neck, chest, arms, hips, waist, thighs, calves

### 4) Increase Activity!

- A** Walking doesn't count anymore
- B** Get that heart rate up, breath heavy, break a sweat!
- C** Resistance exercises (weight lifting) increase muscle mass. The more muscle mass you have the easier it is to lose fat at rest (increase metabolism)
- D** Minimum 3x per week, 30 mins each time

# Blossom's *Rules for SIPS*

For Long Term Success

## 1) EATING GUIDELINES FOR SIPS ONLY

- A** Rule 1 as always... Protein and veggies
- B** We can add starches this time, just remember the order: Protein first, non-starchy veggies, starches and fruit
- C** Minimum 1200 calories per day
- D** Minimum 120 grams protein per day
- E** Cook with fat: Olive oil, avocado oil, vinaigrettes
- F** Minimum 64oz fluid daily
- G** Don't be afraid of carbohydrates. Balance is the key. Just remember to eat protein and non-starchy veggies first

## 2) SUPPLEMENT FOR SIPS

- A** Supplementation is **REQUIRED**  
*This is not a recommendation, this is a PRESCRIPTION*
  - Bariatric Advantage Ultra Solo Multivitamin With Iron  
**2x Daily**
  - Calcium Citrate  
**500mg 4x Daily**
  - B-50 Complex  
**2x Daily**
- B** These are the bare minimum. Subject to changes based on labs and evaluation

# Lab Procedures

Patient: \_\_\_\_\_ DOB: \_\_\_\_\_

✓ To be completed	Test	LabCorp Code	Quest Code
✓	25 OH Vitamin D	081950	92888
✓	Folate	002014	466
✓	RBC Magnesium	080283	623
✓	CMP	322000	10231
✓	CBC with Diff / Plt	005009	6399
✓	Iron & IBC	001321	7573
	Wholeblood Vitamin B1	121186	5042
✓	Vitamin B6	004655	926
✓	Vitamin B12	001503	927
✓	Serum Selenium	716910	5507
✓	Serum Ferritin	004598	457
✓	HBA1C	001453	496
✓	Lipid Panel	303756	7600
✓	Serum Uric Acid	001057	905
✓	Serum Vitamin A	017509	921
✓	Serum Zinc	001800	945
✓	Serum Copper	001586	363
✓	TSH	004259	899
✓	Other:		
✓	Other:		

Pre & Post-Operative ICD 10 Codes:

<b>E56.9</b> Multi Vitamin Deficiency	<b>E63.9</b> Unspecified Nutritional Deficiency	<b>E88.9</b> Metabolism Disorder	<b>E66.01</b> Morbid Obesity	<b>K90.9</b> Intestinal Malabsorption	<b>R73.09</b> Other Abnormal Glucose
<b>D50.9</b> Iron Deficiency	<b>R74.0</b> Elevated Transaminases	<b>E53.1</b> Pyridoxine Deficiency	<b>E55.9</b> Vitamin D Deficiency Unspecified	<b>R94.6</b> Abnormal Thyroid	



## Nutrition For Life - Beyond Surgery

### PROTEINS BEST TOLERATED

- Whey Protein
- Chicken
- Turkey
- Eggs
- Fish
- Nuts And Seeds Ok
- Cottage Cheese
- Greek Yogurt
- String Cheese
- Ricotta Cheese
- Feta Cheese

### VEGETABLES BEST TOLERATED\*

- Green beans
  - Carrots
  - Spinach
  - Lettuce
  - Zucchini Squash
  - Asparagus Tips
  - Broccoli Florets
  - Cucumber
- \*Can be frozen or fresh

### GOOD CARBOHYDRATES

- String beans
- Brussel sprouts
- Lettuce
- Kale
- Spinach
- Tomatoes
- Zucchini Squash
- Yellow Squash
- Carrots
- Parsnips
- Beets
- Cucumber
- Celery
- Asparagus
- Broccoli
- Cauliflower
- Peppers
- Eggplant
- Sprouts
- Cabbage
- Mushrooms
- Lentils
- Peas
- Refried Beans
- Pinto Beans
- Black Beans
- Navy Beans
- White Beans
- Kidney Beans

### FOODS TO AVOID

- Breaded Foods
- Salami
- Hot Dogs
- Sausage
- Margarine
- Regular Mayonnaise
- Gravy
- Fried Foods
- Lard



## Nutrition For Life - Beyond Surgery

### HIGH QUALITY LEAN SOURCES OF PROTEIN

SOURCE	AMOUNT	GRAMS OF PROTEIN
<b>Beef: ground</b> ( <i>extra lean</i> )	1 oz	7
<b>Chuck Roast</b> ( <i>trimmed of fat</i> )	1 oz	9
<b>Chicken Breast</b> ( <i>roasted w/o skin</i> )	1 oz	9
<b>Chicken Thigh</b> ( <i>roasted w/o skin</i> )	1 oz	7
<b>Cheese, low fat</b>	1 oz	7
<b>Cottage Cheese, low fat</b> (2%)	¼ cup	8
<b>Cottage Cheese Nonfat</b>	¼ cup	8
<b>Egg</b>	1	6
<b>Egg Whites</b>	2	7
<b>Egg Substitutes</b>	¼ cup	6
<b>Fish</b> ( <i>cod, salmon, etc.</i> )	1 oz	7
<b>Legumes</b> ( <i>e.g. black beans, lentils</i> )	½ cup	7-8
<b>Ham, lean</b> (4.5% fat) <b>cured</b>	1 oz	6
<b>Pork Tenderloin</b>	1 oz	8
<b>Shellfish</b> ( <i>shrimp, crab, etc.</i> )	1 oz	6
<b>Tofu</b>	½ cup	10
<b>Tuna</b> ( <i>canned in water</i> )	1 oz	7
<b>Turkey</b> ( <i>dark meat w/o skin</i> )	1 oz	8
<b>Turkey</b> ( <i>light meat w/o skin</i> )	1 oz	9
<b>Greek Yogurt</b> ( <i>non fat, plain</i> )	4 oz	12-15



# Nutrition For Life - Beyond Surgery

## WEIGHING AND MEASURING PROTEINS

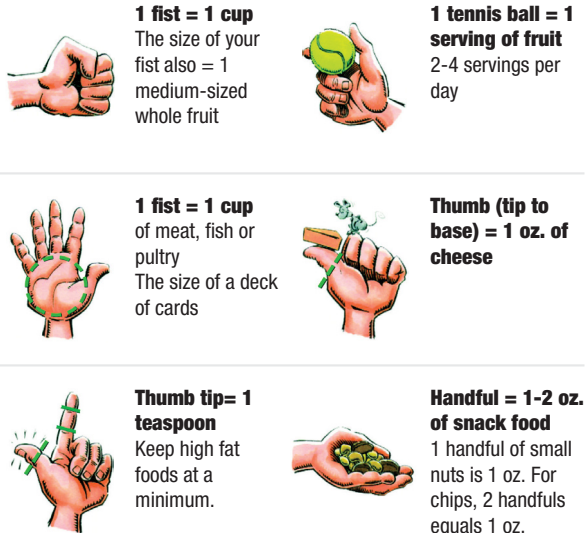
Your eyes will be bigger than your stomach after surgery so it is easy to overestimate the amount of food that you are actually eating. Use of a food scale is recommended.

When that isn't possible, the chart on the right is a useful guide.

### Tips for Improving Tolerance to Protein Foods

Eating protein rich foods is important after surgery, yet many clients report difficulty tolerating them, especially during the early weeks and months after surgery. Consider the following tips:

- Naturally moist protein foods such as cottage cheese, eggs, fish, tofu and greek yogurt are usually well tolerated.
- Your new pouch can't grind and churn foods like your old stomach. Help it out by cutting meats into very small pieces. Ground, shredded or thinly sliced meats are often better tolerated than large pieces.
- Chop meats finely and use low calorie dressing to create "dips" and "salads." This works especially well for chicken, which clients often complain is too dry to manage.
- Don't overcook meats. The longer meats are cooked, the drier they become.
- Add moisture in the form of broths, marinades and sauces. **Beware:** of flavor and moisture, but can also pack in the sugar!
- Use moist cooking techniques like poaching, stewing and stir-frying. Broiling and grilling are great ways to keep the fat content low but can dry out meats quickly.
- Pound meat cuts into thin patties to both tenderize meat and speed up cooking time.





# Nutritional FAQs



## **Q. The goal is 64 ounces of fluids a day. Does my protein shake(s) count toward that goal?**

A. Yes, there is “free water” in protein shakes, so a shake will contribute to both goals of 64 ounces of water and 60 grams of protein per day. During the two weeks of the no-chew diet, we want the main focus and goal to be at least 64 ounces of fluids daily.

## **Q. When you say fluids, does that mean plain water only?**

A. No, this does not mean plain water only, this is not a clear liquid diet but it is a liquid diet. You can change up the plain water with Gatorade Zero, Powerade Zero, Bai, Crystal Light, etc. **Just no caffeine, carbonation or added sugar/sweetened beverages.**

## **Q. Can you have “too much” protein?**

A. Yes you can consume too much protein, but it will be difficult to go overboard after your sleeve. There are other factors to consider beyond the protein intake. If you are maintaining the recommended caloric range, hydration, vegetables (fiber), vitamins, you are at less risk of consuming too much protein.

## **Q. Will I have to drink protein shakes my whole life?**

A. Keep in mind that you are not required to drink shakes daily, but they do maintain a great level of control with calories and protein intake. By leaning on 1-2 shakes a day, you won't be vulnerable to “making the right food choice.” You will be most vulnerable in the first 6 months.

If you find yourself confused about what you can or cannot have, or you are easily tempted with certain foods, we recommend sticking to the shakes for at least the first 6 month to maximize the potential of your new tool in the time period that's most valuable.

## **Q. Is hair loss inevitable?**

A. Hair loss or total prevention of hair loss is not guaranteed, but you can take some steps to minimize your chances. Protein is the number 1 priority. Yes, B vitamins (Biotin) can help, but no matter how much you take, it won't do anything unless you are getting adequate protein intake. Check out the **Blossom Podcast** episode about hair loss.

\*Individual results may vary.



## Nutrition FAQs - Continued

### Q. Will I have to take supplements my whole life?

A. Short answer, Yes. At the very least, you will be taking a bariatric brand multi-vitamin and calcium citrate supplement daily. Normally, nutrients are found in the foods we eat but due to the size of your new stomach, it is no longer possible to consume enough food to meet our daily vitamin/mineral needs.

### Q. Can I eat fruit?

A. We want to maximize the potential of the sleeve in the time period that's most valuable. The first 6 months is that window. You are now physically restricted; prioritizing protein and non-starchy veggies establishes a foundation for long term success because you can't consume much. Build good habits and we can introduce and balance fruits and whole grains after the 6 month period.

### Q. Why are you so strict about not cheating for the first 6 months?

A. **If you don't lose the majority of your weight in the first 6 months, statistically you won't.** It's not that you physically can't, its that if you don't make a lifestyle change in the first 6 months when it's difficult, it's not likely you will when it gets easier. These first 6 months are a foundation building period. We are building a foundation for long term success, and maximizing the potential of the sleeve in the time period that's most valuable.

### Q. I've heard that stalls are normal and I should expect them. When are the common stalls and what should I do if/when I am experiencing a stall?

A. First stalls are common 2-6 weeks after surgery. BUT, you are not stalling... **you are healing!** Recognize that you just had a major surgical procedure and the very nature of this tool is to limit resources. When your resources are limited, your body will hoard resources (that may not affect your body composition negatively, but could affect the NUMBER ON THE SCALE) which is why you can lose INCHES AND NOT POUNDS on the scale! This does not mean you are not progressing.

Compliance is the science; give your body water, protein, vitamins/minerals, stay calorically controlled and your body will move!

\*Individual results may vary.



## Nutrition FAQs - Continued

### Q. Will I have to take supplements my whole life?

A. The suggested criteria is 600-1000 calories, minimum 60g protein, and less than 50g total carbohydrates per day. We highly encourage you to log your food in **Baritastic** so you can confirm you are not exceeding these goals.

### Q. After 2 weeks of the no chew diet and I have transitioned to 'regular food', how often should I be eating?

A. There is no specific plan for anyone, since everyone heals differently; if you and I were to cut our fingers today... we wouldn't be healed on the same day. Some people can immediately tolerate steaks, and some need a couple of extra weeks on the no chew diet. There is not one thing I can tell you that you can tolerate at any given time, at any rate, or volume.

On day X one person can tolerate 2 bites whereas another 10 bites. Based on what you can tolerate; you may be able to accomplish this with 3 meals. If the volume you can tolerate is less, then you will have to eat 5-6 smaller meals.

### Q. When can I exercise?

A. You are encouraged to walk right after surgery to help alleviate gas/bloating and to help prevent blood clots from surgery. If you wish to increase intensity or add weight bearing exercises, we want you to wait 3-4 weeks for surgical sites to heal in order to prevent any issues with wound healing.

### Q. Do I count total or net carbs?

A. It is recommended to count total carbs to get a better idea of how many carbs that food provides and how many carbs your body will be absorbing if you were to eat that food. You can check out the **Blossom Podcast** or our YouTube channel where we discuss this topic in detail.

\*Individual results may vary.



## Nutrition FAQs - Continued

### **Q. It's been 2 months since my procedure and I'm never hungry, is that normal?**

A. You are physically restricted and you no longer have the hunger hormone. What you are experiencing is the literal expectation...

**IT WORKED. YOU DO NEED NUTRIENTS TO SURVIVE THOUGH!** The expectation now is to schedule your meals. Set alarms, and create a routine because you are now eating to live... not living to eat. Remember; minimum 600 calories, at least 60g protein, and less than 50g total carbohydrates per day!

### **Q. It's been 2 months since my procedure and I'm always hungry, is that normal?**

A. You are physically restricted and you no longer have the hunger hormone. A small amount of protein shake should satiate you. However, the lack of the hunger hormone cannot replace a lifetime of experiences with food. Celebrations, holidays, birthdays, certain times of the year and people, can induce a very realistic but fake hunger. It's not real. When you recognize this, it is easier to turn off. Recognize that you are having a nostalgic moment, you are bored, or this is a routine. If for 20 years you didn't sit on the couch without a snack, it's very likely that routine has manifested a fake hunger.

If you cannot manage this and experiencing extreme hunger, we recommend connecting **BariBoss**, our bariatric coaching partner to help you understand the mental aspect of things!

### **Q. I am extremely constipated, is this normal?**

A. This is a possibility and it is normal for a certain amount of time. Remember that when you have surgery, your bowels are emptied. Also, you will be consuming protein in the form of liquids and added powder for the first few weeks, so that may not add enough bulk for your body to produce stool; therefore it is possible to confuse not having a bowel movement as constipation, however, if you physically feel the discomfort of constipation, then maybe a stool softener is recommended. Also, be sure to hit your daily hydration count because constipation can also be a symptom of dehydration.

\*Individual results may vary.



## Nutrition FAQs - Continued

### Q. I have diarrhea, is that normal?

A. It is normal to experience diarrhea but only for a certain amount of time. You just had a surgical procedure, and your body is healing, adapting and adjusting to the changes. You have been consuming only liquids and shakes for a few weeks so that may be enough to make stool extremely soft and pass as diarrhea. However, if diarrhea persists, then contact your primary care physician because this can definitely lead to dehydration.

### Q. Do you offer support for the mental aspect of weight loss surgery?

A. We've partnered with Certified Bariatric Coach, **Tabitha Johnson** and her company **Bari-Boss!** Visit [BlossomBariatrics.com/Bariboss](https://BlossomBariatrics.com/Bariboss) to learn more.

### Q. When will the dietitian follow up with me?

A. The dietitian will follow up with you about 2-3 weeks after the date of your surgery. This will be a virtual visit set up prior to surgery. They will review your metabolic test and transitioning into solid foods. Remember that you can always email or call before then if you have any serious questions or concerns!

### Q. In your opinion, what are the traits that the most successful patients have?

1. Adherence to the exact diet style our dietitians provided.
2. Exercise and staying active.

\*Individual results may vary.

# Personal Notes

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