



# Bariatric Surgery Diet and Vitamin Progression Schedule

Nutrition for bariatric surgery is incredibly important and following a schedule of reintroduction is essential for success. Please see below for guidelines.

## **Diet and Vitamin Progression Schedule**

### **Pre-Surgery: 2-4 weeks before surgery**

- Begin the "Pre-Surgery Liver Reduction" nutrition therapy

### **Stage 1/Clear Liquids: Day of surgery/ Day 0**

- Start "Clear Liquids" until you are discharged

### **Stage 2/Full Liquids: Day discharged home/ Day 1-14/ Week 1-2**

- Start "Liquid Diet - Stage 1 & 2" nutrition therapy
- Begin B complex vitamin

### **Stage 3/Blended and Pureed: Day 15-21/ Week 3-4**

- Follow "Blended and Pureed - Stage 3" nutrition therapy
- Discontinue B complex vitamin
- Begin multivitamin, calcium, and iron (if needed) supplements and continue taking these for all following stages

### **Stage 4/Soft Foods: Days 22-28/ Week 4-5**

- Follow "Soft Foods - Stage 4" nutrition therapy

### **Long-Term Eating: Day 29/ Week 5+**

- Start "Long Term Eating Plan"