



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"