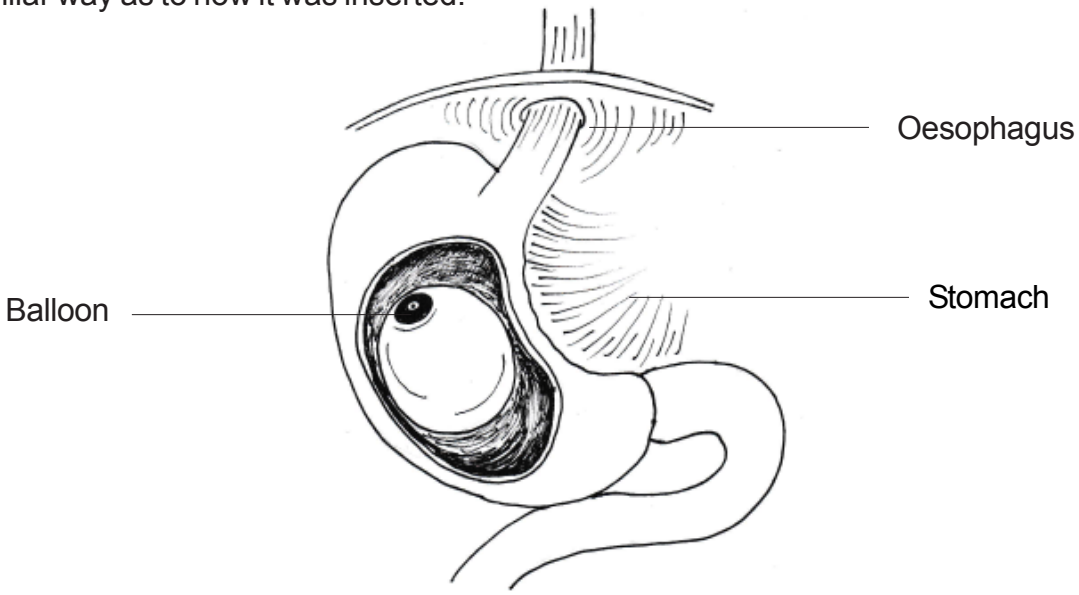
Your Diet Following Gastric Balloon Placement

How a gastric balloon works

The gastric balloon procedure is recommended for people who need to lose weight before having a weight-loss operation, to reduce their surgical risk, or who can't have surgery for health reasons.

A deflated soft silicone sack (balloon) is placed through the mouth and oesophagus (food pipe). The balloon is then filled with a blue liquid, which is designed to partially fill your stomach, giving you a feeling of fullness. This will help you to change your eating pattern, reduce the volume of food eaten, and make you feel full quicker.

The balloon is designed to stay in place for a maximum of six months, after which it must be removed in a very similar way as to how it was inserted.



Weight loss occurs due to dietary and lifestyle changes. A few weeks after surgery you will need to be doing the following:

- Eating 3 small, healthy, low calorie meals a day including breakfast.
- Avoid snacking on high calorie foods and drinks as much as possible.
- Eating at least 5 portions of fruit and vegetables a day.
- Being physically active for at least 60 minutes a day.
- Being consistent with your eating. This means eating regularly and avoiding relaxed eating and drinking at weekends, holidays and frequent special occasions.

We offer you regular review and support from the Bariatric Dietitian/Nurse after the balloon is placed, to help you lose weight healthily steadily. You need to be able to commit to this if your surgeon is going to operate on you in the future.

compassionate care

Is surgery taking the easy way out?

For anyone who is considering or has already had weight loss surgery, being accused of taking the 'easy way out' is likely to be infuriating. You will have tried to control your weight for years, you may have had to face your fears about getting through the operation and you will have months or years of work ahead of you. Choosing weight loss surgery is never the easy way out.

If you currently use food as a support, stress reliever or comfort how will you manage these things when you can no longer use food? If food and drink play a large part in your social or cultural life how will you find not being able to eat and drink as you do now? It's a good idea to start to thinking about these things. Being referred to a psychologist may be helpful and this can be discussed with your GP or bariatric team.

What changes to my eating should I expect?

For the first few days, as your stomach adjusts to the balloon, you'll almost certainly feel uncomfortable. You may experience nausea, bloating, diarrhoea and cramping. These side-effects are temporary and normal.

While the balloon is in situ, you will require a course of oral medication to reduce your stomach acid. This may reduce the possibility of stomach irritation and damage to the balloon. You will be prescribed this medication and also an anti-sickness medication to be taken for the first few days and until you no longer feel nauseous.

Initially you will be advised to commence fluids and remain on 'fluids only' for 1 week. The fluids you chose must not be sugary or fizzy. After the liquid phase everything will need to be puréed or blended for 3-4 days. At the next stage you will be able to have small amounts of soft, mashed foods.

Two weeks after the balloon has been inserted, most people will be able to start having more normal texture foods and may be able to manage a small plate of food. Everyone is different so this may take longer in some cases.

Do not be tempted to move between stages too quickly as your stomach needs time to get used to the balloon being in place. The following pages are a general guide only. You will be advised on the type of food and quantities to eat as part of your on-going care with the dietitian.

Important note: A blue dye is added to the saline that is injected into the balloon, so that in the rare event that the balloon leaks, you would know immediately by the change in colour of your urine to green. If this happens please contact your surgical team immediately so that the balloon can be safely removed.

Diet Stages Following Insertion of Intragastric Balloon

Fluids Only (4 pints per day)

1 week	Small teacup per hour Not sugary/fizzy drinks

Pureed/Blended

3-4 days	Each meal include soup, porridge, blended meal approx 1 cup x 4/days

Soft/Crispy Foods

3 days. Try foods mashable with a fork. Adding nutritious liquids to keep food moist.	Avoid anything doughy Keep portion sizes small

2 weeks after the balloon insertion you should be able to manage a small, normal texture diet. Use a small side plate.

For more information about each diet stage, please see the following pages.

Stage 1: Starting on fluids

- **You must keep to fluids only for the first week after surgery.**
- All drinks should be smooth (with no bits or lumps).
- Sip drinks slowly; start with a maximum of 200 mls/hour (a small teacup). Once this feels comfortable you can build up the quantity. Be careful not to gulp as this may result in nausea or vomiting. Do not overstretch your stomach by drinking a lot at once – a glass or cupful at a time is enough.
- Aim to have 2 ½ litres (4 pints) each day to prevent dehydration. At least 1.7 litres of this (3 pints) should be nutritious drinks (see opposite for details) so you do not become malnourished.
- You can flavour milk with coffee or no added sugar milkshake syrups; ask your dietitian for more information
- You will always need to avoid fizzy drinks as they may cause stretching and discomfort.
- Take a complete multivitamin and mineral supplement each day. A supermarket/chemist own brand is sufficient.
- If you are struggling with the volume or have a lactose intolerance, please speak with your dietitian.

Nutritious drinks (1-1.7litres / 3pints)	**Other drinks allowed (½ litre / 1 pint)**
Milk e.g. semi-skimmed, skimmed or 1%	No added sugar squash or cordial
Yoghurt drinks; e.g. pouring yoghurt/ probiotic drinks	Still water, flavoured if preferred (no added sugar)
Meal replacement shake e.g. SlimFast HP, Celebrity Slim or Supermarket own version	Oxo/Bovril/Marmite drinks
Meal replacement soup e.g. Celebrity Slim soups The Biggest Loser soups or Supermarket own version	Thin, smooth soup e.g. cream of tomato
Low fat evaporated milk (dilute with half water)	Tea/coffee – no sugar
Soup (add 2 tablespoons skimmed milk powder to every 200mls (1/2 tin)	Fruit juice (not more than one small 200ml glass per day)

Stage 2: Introducing puree foods

You must follow this stage for 3-4 days

You will need to gradually move from liquids only to blended or pureed foods. The texture should be smooth like yoghurt and pour off a spoon so that lumps of food don't get stuck. Use a blender or food processor to get it right.

- Take very small amounts (5-6 teaspoons) of pureed food per meal for the first few days. It can be difficult to puree small amounts so try freezing leftovers in small containers for later use.
- Use nutritious liquids to add to food for blending such as milk, yoghurt, milk or cheese based sauces. Instant or powdered soups may seem easy but they provide very little in the way of nutrients so try not to waste filling your stomach on these – you need the maximum amount of nutrients from everything you eat.
- Aim to eat 4-6 meals per day at this stage and only increase the amounts when you can do so comfortably – ask your dietitian if you are unsure about this.
- It can be difficult to take enough protein which is essential for general health and healing. Include high protein foods and drinks such as meat, chicken, fish, milk, eggs, yoghurt, cheese at every meal. For more information see 'How can I eat more protein' in the 'Frequently Asked Question' section at the back of the booklet.
- Stop eating **before** you feel full. You will be surprised how just one spoon more than you need, can be very uncomfortable.
- Keep drinks to between meals only and allow at least 30 minutes either side of food before drinking.
- **Drink 1 glass of water 30 minutes before each meal and 2 glasses of water 30 minutes after to 'rinse' the balloon.**
- Sip drinks; use a sport lid if necessary, and try to have about 2 litres (3½ pints) each day. It is very important to take half of this as milk – you will need the protein it provides for now. i.e. drink 0.5-1 litre (1-2 pints) of milk each day.
- Avoid all sugary or fizzy drinks.
- Take a complete multivitamin and mineral supplement every day. These can be bought from the supermarket/chemist.
- Add herbs to add flavour to your food as a puree diet can be very bland.
- Remember to follow the 20:20:20:20 rule.

The 20:20:20:20 rule

- Chew every mouthful of food 20 times.
- Put cutlery down for 20 seconds between mouthfuls.
- Take about 20 minutes to eat a meal.
- Don't take more than 20 pence piece sized mouthfuls.

Meal suggestions for pureed stage

Breakfast

½ Weetabix with lots of milk
or 5-6 teaspoons instant oat cereal
or ½ banana blended with low sugar yoghurt

Mid-morning

Glass of milk or 2-3 teaspoons of pureed fruit or small pot low sugar yoghurt
or small bowl of low sugar instant whip made with milk
or homemade fruit smoothie (1 x fruit + milk + sweetener to taste)

Lunch

2-3 teaspoons fish + 2-3 teaspoons smooth mashed potato + vegetables blended with cheese sauce
or 2-3 teaspoons of either minced meat, minced chicken, casseroled meat,
casseroled chicken, curried meat or curried chicken
+ 2-3 teaspoons smooth mash or rice or pasta + vegetables blended with gravy or sauce
or 2-3 teaspoons cauliflower cheese blended with 2-3 teaspoons smooth mashed potato
or 2-3 teaspoons dhal blended with 2-3 teaspoons plain yoghurt
or small bowl smooth soup blended with extra vegetables
and lentils, meat, chicken, yoghurt, milk or grated cheese

Mid-afternoon

As mid-morning

Evening meal

As lunch

Supper

Glass of milk
or low sugar yoghurt or cereal as at breakfast

Stage 3: Introducing soft & crispy foods

Start with soft foods: Try foods which are mashable with a fork. You will still need to add nutritious liquids as before so food stays moist. Aim for the texture of shepherd's pie or dhal.

- Remember the 20:20:20:20 rule outlined on page 5.
- Keep portion sizes small and remember to stop as soon as you are full.
- Try to have not more than a starter size or tea plate portion for each meal.
- Eat three starter or tea plate sized meals a day with two low fat/low sugar snacks such as fruit, yoghurt or milk.
- Always eat the protein part of the meal first .

Drink 1 glass of water 30 minutes before each meal and 2 glasses of water 30 minutes after to 'rinse' the balloon.

Building in crispy foods: Once you can comfortably manage soft foods, try adding crispy things such as crisp breads, crackers, bread sticks, very crispy toast. Avoid anything doughy such as bread or chapattis as these can stick to the balloon. You can gradually start to include the 'caution foods'.

- Continue to drink between meals only and avoid sugary or fizzy drinks as before. Still aim for about 2 litres (3½ pints) each day.
- As your intake of protein-rich foods is increasing, reduce your intake of milk to ½litre (1 pint) a day. Remember to replace any milk with other fluids.
- Avoid snacking on foods high in fat or sugar such as crisps, biscuits, sweets, chocolate or savoury snacks.

Meal suggestions for soft and crispy stage

Breakfast

Porridge
or cereal and milk (avoid nuts and dried fruit)
or low sugar yoghurt with soft fruit

Lunch

Tinned or wafer thin meat + soft salad vegetables such as skinless cucumber, beetroot and roasted peppers with low fat dressing + breadsticks
or baked beans on crispy toast
or low fat cheese or pate with crispbreads + tomato + cucumber
or chunky soup with extra vegetables and lentils, minced meat, minced chicken, yoghurt or grated cheese

Mid- afternoon

Soft fruit or glass milk or low sugar yoghurt/fromage frais

Evening meal

Spaghetti bolognaise (include plenty of vegetables as well as mince in sauce)
or flesh from baked potato mashed with tuna and milk + soft salad vegetables
or very tender curry or chilli with rice (do not overcook) + soft salad vegetables
or dhal and plain yoghurt
or cheese omelette + peas + breadsticks
or fish in parsley sauce
or small portion healthy eating ready meal

Supper

As mid-morning or 1-2 crackers with low fat cheese or cereal

Continue taking your daily vitamin and mineral supplement

Stage 4: Introducing 'Normal Texture' Foods and Beyond

Two weeks after your gastric balloon has been inserted, most people find that they can manage 'normal texture' foods, but this will vary from person to person. Don't worry if you are not quite there yet.

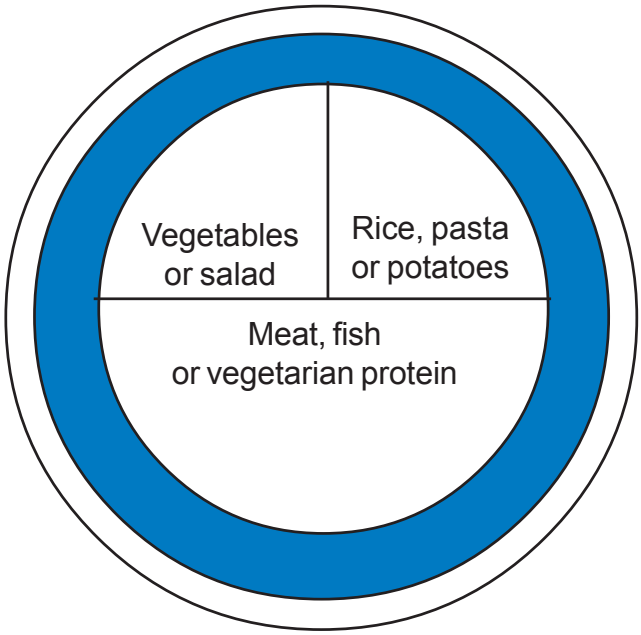
Tips:

- Continue to eat soft foods as before and gradually introduce small amounts of normal texture foods as well.
- Chew food very well and take your time – remember the '20:20:20:20 rule'.
- Continue to leave at least 30 minutes between eating and drinking.
- Remember to stop eating **before** you feel full to avoid discomfort/vomiting.
- Sit at the table to eat. Do not eat whilst doing other things such as watching TV or reading. You will be much more aware of how much you are eating if you are not distracted.
- Eat regularly - skipping meals is an easy way to **gain** weight as your hunger levels may be increased later in the day.
- Aim to eat 3 meals a day and work towards a maximum of a *small* dinner plate per meal. Once you are able to manage this amount you should no longer need snacks. If you are still hungry add more vegetables or salad to meals and have fruit or yoghurt as a healthy snack.
- If you are eating well and managing plenty of high protein foods at each meal then it will no longer be necessary to include extra milky drinks.
- You may now be able to manage some of the 'caution foods' listed before but test yourself with very small amounts to start with and continue to avoid them if they cause you discomfort.

Drink 1 glass of water 30 minutes before each meal and 2 glasses of water 30 minutes after to 'rinse' the balloon. You will need to do this for as long as the balloon remains in place.

Healthy Eating Tips for Life

- At meals fill ½ a small plate with lean protein (such as meat, fish, poultry, eggs, low-fat cheese, pulses and lentils), ¼ with vegetables or salad, and ¼ with starchy carbohydrates (such as rice, pasta, potatoes or couscous). Ideally choose wholemeal varieties as they have more fibre.
- Always eat the protein part of your meal first, then fruit or vegetables and finally the starchy carbs.
- Remember the 20:20:20:20 rule on page 5.
- Take your vitamins and mineral tablet daily as advised.



Weight Maintenance Tips for Life

- **Plan** your meals a week in advance and only buy food that you want to eat. Use healthy recipes books for inspiration.
- Periodically record what you eat and drink in a journal, app or website such as myfitnesspal (free), Nutracheck (cost involved) or weightlossresource.co.uk (cost involved) as a reminder of what you are eating during the day.
- Track your activity levels either in a diary or app; aim to increase this weekly or monthly
- Only eat until the point of fullness and not beyond.
- Try to eat at the table or without distraction, so you can 'mindfully' eat your meal.
- Do not let high fat and high sugar foods such as chocolate, biscuits, crisps and sweets creep into your diet. These are just as 'fattening' after the operation as they were before. If you have these foods too often you will stop losing weight and could end up having a very unhealthy diet.

Frequently asked questions

Why should I stop eating before I feel full?

It takes around 20 minutes for the brain to recognise 'I'm full' messages from the stomach. You will need to learn this. There is a difference between eating to stop hunger and eating until full. If you eat until you are aware of feeling full you have had too much. This could cause you discomfort and even to vomit. It will also get your new stomach used to stretching too much.

Is it normal to be sick or feel sick a lot?

Although a common side effect in the first few day, you shouldn't expect to be sick. If you are sick or feel sick frequently, do you:

- Eat slowly?
- Chew food well?
- Eat the right texture food for your stage post-balloon?
- Stop eating before you feel full?
- Eat and drink separately?
- Take your anti-acid medication every day?

Tips to prevent you from being sick

- Avoid any foods that you know cause you a problem for the time being.
- Eat regularly. If having a cracker helps the nausea it could be that you need to eat more frequently so include a healthy snack such as fruit between meals.
- Remember the 20:20:20:20 rule

I've got diarrhoea or constipation. What can I do?

Diarrhoea: You may experience diarrhoea in the first few days as your stomach adjusts to the balloon. If it is frequent and concerning you, please contact your GP.

Constipation: Your bowels are likely to move less often as you will be eating less. However, if you have signs of constipation such as not opening bowels for a number of days, bloating, and difficulty passing stools; it may be that you are not eating enough fibre or drinking enough fluid.

- Aim for a minimum of eight glasses of fluid a day.
- Include more fruit, vegetables, salad, pulses and wholegrain cereals as soon as possible and gradually increase the amounts of these foods. Linseeds can also work to soften stools you can find them in most supermarkets.
- Try a stool softener such as senna or lactulose. Ask your pharmacist for advice on dose, some laxatives are available to buy at supermarkets or pharmacies.

- If constipation continues see your doctor.

My hair is falling out, what's wrong?

Some people notice their hair thinning a few months after balloon placement. The cause of this is not always known. It can be due to rapid weight loss or nutritional deficiencies. Make sure you are eating as healthily as you can and be certain you are taking the recommended vitamin and mineral supplement every day. Your surgeon or doctor may want to do some blood tests but these often turn out to be normal. Try not to worry. For most people hair loss stops after a few months and then starts to re-grow.

Can I drink alcohol?

After a few months your stomach should be able to tolerate a small amount of alcohol but remember:

- Alcohol provides a lot of calories so drinking more than occasional small amounts will mean you will lose less weight. In any case, never exceed the maximum daily safe limits for health of 2-3 units of alcohol for women and 3-4 units for men with at least 2 alcohol free days a week.
- Alcohol can make you hungry so you are more likely to snack, especially on high calorie foods.
- Avoid sugary or fizzy mixers and fizzy alcoholic drinks.

If any of the things mentioned in this booklet concern you or you would like further advice, speak with your dietitian or surgical team.

Local bariatric support group

Usually runs the first Wednesday of the month alternating between the Learning Centre of Calderdale Royal Hospital or Huddersfield Royal Infirmary from 6:00-8:00pm. Everybody welcome and you can bring along relative/friend for support.

Weight Loss Surgery Info Website

www.wlsinfo.org.uk

Our contact details

Cara Barnes	(Bariatric Specialist Nurse)	07824599736
Melanie Langley	(Bariatric Specialist Dietitian)	07836711515

If you have any comments about this leaflet or the service you have received you can contact :

Bariatric Surgery Specialist Dietitian
Department of Nutrition and Dietetics
Calderdale and Huddersfield NHS Foundation Trust
Tel. 07836711515
www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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