

THE BARIX™ SUPPORT GROUP GUIDE

For Education and Support of all Barix Clinics Patients



After bariatric surgery, some people experience gastric (stomach and intestinal) discomfort from time to time. Armed with proper knowledge and healthful eating habits, this can often be prevented or minimized. Read on to learn about the causes and potential solutions to some of the most common post surgery gastric “blues”. Remember to consult your surgeon with any questions or concerns.

NAUSEA

Eating high fat or high sugar foods, eating too much or too fast, eating and drinking at the same time, not chewing well, dairy products, or going too long without eating can cause nausea. If you experience nausea, try to:

- Avoid foods with a high fat or more than 2 grams of added sugar.
- Use Lactaid® with dairy products if they are not well tolerated.

Avoiding **GASTRIC DISCOMFORT**

- Take vitamins after meals, not on an empty stomach.
- If your nausea occurs upon waking, drink a small glass of juice or eat a cracker to return your blood sugar to a normal level and settle your stomach.
- Increase the time before and after meals to drink fluid to prevent overfilling the pouch.
- Avoid foods with strong flavors and odors and foods that have caused nausea in the past.

REFLUX

After surgery, only a very small percentage of the stomach is available to hold food. Your pouch will be full after eating just a small amount of food. Eating too fast or too much of either food or fluids can cause reflux. Reflux is when the food or beverage comes right back up. Reflux has no force behind it like vomiting. Vomiting indicates illness; reflux indicates that you may need to make any of the following changes:

- Eat slowly, take smaller bites and chew foods very well.
- Increase the time before and after meals to drink fluid to prevent overfilling of the pouch.
- Avoid caffeinated, carbonated or alcoholic beverages.

DIARRHEA

Diarrhea can occasionally occur after surgery. Eating foods that are high in added sugar or fat, lactose intolerance, too much or too little fiber, too much caffeine, sugar alcohols, and eating and drinking at the same time can often be the cause of diarrhea. Use a food log if you have difficulty determining the cause of diarrhea. If diarrhea is severe or lasts more than two days, call your doctor. Dehydration can quickly follow. To prevent diarrhea:

- Avoid foods and beverages that are high in added sugar or fat.
- Check the label of the foods and beverages you are consuming for sugar alcohols. Most people tolerate these sweeteners in small amounts, but too much may result in gas and diarrhea.
- Use Lactaid® with dairy products if they are not well tolerated.
- Talk to the nutritionist about the fiber content of your diet. Any drastic changes in dietary fiber can lead to constipation or diarrhea.
- Avoid caffeine and alcohol.
- Do not eat and drink at the same time.

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CONSTIPATION

Inadequate fluid or fiber intake, lack of exercise, medication or other reasons may cause constipation. To encourage regular bowel movements, use the following guidelines:

- Drink a minimum of 64 oz of fluid a day.
- Walk at least 30 minutes daily.
- Add fiber to your diet by increasing the number of servings of fresh fruits and vegetables, wheat bran, beans, and other high fiber foods.
- Mix 1/2 cup of no-added-sugar applesauce with 2 tsp. wheat bran and Splenda® to taste. Eat cold or heat in the microwave for a high fiber source.

GAS

You are more likely to experience gas after surgery because more of the nutrients are making their way to the large intestine. To keep gas in check:

- Sip slowly. Don't use straws. Avoid carbonation.
- Eat slowly and calmly.
- Keep fruit juice intake to 6 oz daily.
- Use Lactaid® with dairy products.
- Avoid gas-forming foods such as beans, peas, broccoli, brussels sprouts, cauliflower, and onions.
- Limit foods and beverages sweetened with sugar alcohols.
- Limit foods with higher fat contents.
- You may want to try BeanO® (available at local pharmacy), GasEx® (available at local pharmacy), Aloe Stat® (available at some Barix clinics or online at www.pro-stat.info), or Devrom® (available online-search Devrom).

What's New!

Barix Clinics have begun to offer another weight loss surgery option, the LAP-BAND System. The LAP-BAND restricts the amount of food that the stomach can hold by placing an adjustable band around the upper part of the stomach. Most often, the band is placed laparoscopically. The band is adjusted by injections of saline solution into "pockets" inside the band. This allows the stoma (the opening between the small stomach pouch and the larger stomach section) to be adjusted to the ideal size for an individual to meet their nutritional needs while restricting the intake of food to an amount that will allow for weight loss and maintenance.

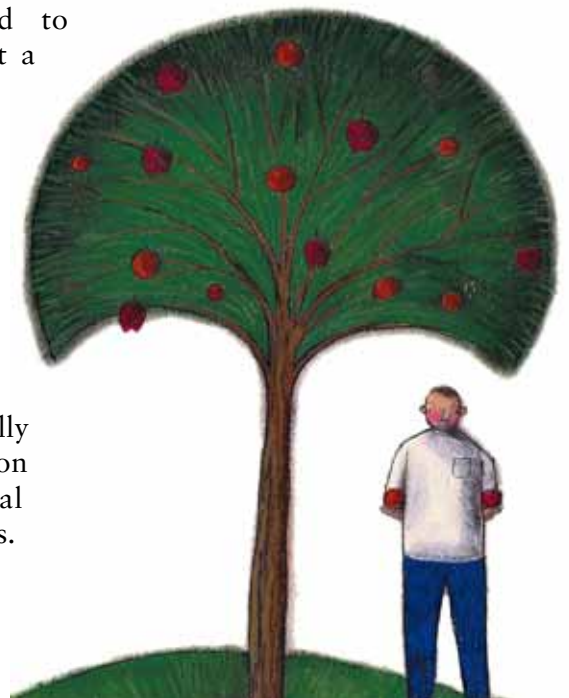
The LAP-BAND System is similar to the Roux-en-Y Gastric Exclusion:

- It is a tool for weight loss and maintenance that requires changes in eating and exercising habits for success.
- Food intake is limited to approximately 1/2 cup at a time.
- Liquids pass easily through the stoma and need to be monitored for excess calories.
- The criteria for both weight loss surgeries are similar.
- Both surgeries can be performed laparoscopically or open depending upon weight, past abdominal surgeries and other factors.

The LAP-BAND System differs from the Roux-en-Y Gastric Exclusion:

- There is no cutting or resecting of the stomach or intestine.
- There is no malabsorption of calories and/or nutrients
- There is no dumping syndrome from foods high in sugar or fat.
- The size of the stoma is adjustable.
- Although designed for permanent placement, the LAP-BAND System can be removed. Weight gain is expected.
- Weight loss tends to be slower with the LAP-BAND, but some newer studies indicate that after 5 years the total weight loss may be similar to the Roux-en-Y procedure.

If you know someone that is interested in weight loss surgery, have them call to talk with a Barix Clinics Patient Service Representative 800-282-0066.



NUTRITION Tidbits!

Fresh fruits and vegetables are one of the best sources of dietary fiber. With



the summer season upon us, enjoy nature's original fast food, fresh fruits and veggies. The *Barix Clinics Nutrition Guide* calls for 2–4 small servings of fruit and 3–6 small servings of vegetables daily. Choose a variety of fresh fruits and vegetables daily keeping in mind that you may not be able to consume the recommended number of servings during the rapid weight loss phase when protein requirements are high. *Good fiber sources include:*

Apples, bananas, blackberries, blueberries, brussel sprouts, carrots, cherries, cooked beans, and peas (kidney, navy, lima, and pinto beans, lentils, black-eyed peas), dates, figs, grapefruit, kiwi fruit, oranges, pears, prunes, raspberries, spinach, strawberries, and sweet potatoes.

To receive a free **RECONSTRUCTIVE SURGERY GUIDE**, CALL 800-282-0066 or send us an email at rc@barixclinics.com with your name and contact information.

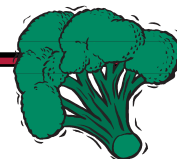
Our reconstructive surgery program is currently performed at our centers in Michigan, Ohio, Illinois, Pennsylvania, and Texas—and we are planning to expand our program at our Scottsdale, AZ, facility in the next few months.

BARIX CLINICS™
America's Leader in Bariatric Surgery

IT WORKED FOR ME!

When I begin to “slack off” on my fitness level, I write down a weekly goal and try to meet it. Always start small and work your way back to the level you want to be. Don't forget to take the stairs at work or going outside for a 10–15 minute walk—it can make a big difference in a week's time.
—Submitted by Karen F.

Fresh Broccoli Casserole



- 1 head of broccoli
- 1 can Campbell's® 99% fat free condensed cream of chicken, celery or mushroom soup
- 1/3 cup wheat bran
- 1/2 cup Parmesan cheese, grated

Steam whole head of broccoli until bright green in color. Slice broccoli in 2-inch lengths and place in casserole dish. Combine cream soup with bran and pour on top of broccoli. Top with grated cheese and bake at 350 for 15–20 minutes, until bubbly. Makes six servings.

NUTRITION INFORMATION PER SERVING: 103 calories, 7 grams protein, 4 grams fat, 13 grams carbohydrate, 600 mg sodium.

Szechwan Chicken



- 1 pound of chicken breast, cut into strips for stir-fry
- 2 Tbsp. Soy sauce
- 4 Scallions, including tops, diced
- 1 tsp dried ginger
- 2 garlic cloves, minced
- 1/4 tsp. red pepper flakes
- 1/4 cup wheat bran
- 1 orange
- 1 Tbsp. Cornstarch
- 1 tsp. Splenda®
- 1/2 tsp. salt
- 1 cup orange juice, 100%
- 1 Tbsp peanut oil (or other cooking oil)
- 1 cup cooked rice

Combine chicken strips, 1/4 cup of orange juice, soy sauce, scallions, ginger, garlic, red pepper flakes, and bran. Using a vegetable peeler, cut strips of peel from the orange and add to the chicken mixture. In a separate bowl, mix together cornstarch, Splenda, salt and remaining orange juice. Heat the oil to a high temperature in a Wok or non-stick frying pan. Add the chicken mixture and cook until the chicken loses all of its pink color and is slightly browned. Stir constantly. Add the orange juice mixture; reduce heat and cook until thickened. Serve over cooked rice. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 317 calories; 36 grams protein; 9 grams fat; 23 grams carbohydrate; 962 mg sodium.

Thanks to Karen F. for the “It Worked for Me” tip. Please send comments, ideas, recipes, and “It Worked For Me” tips to Deb Hart, RD, LD at dhart@foresthealth.com.

OTHERS CARE. PLEASE SHARE.

Please tell us about the lives that have changed because you shared your weight-loss story. Submit your story on the “Share Your Success” section of the Patient website. What you have to say may be printed in this publication or on our website and can serve as inspiration to all.

REFER a Friend: Call 800-282-0066 or REQUEST a FREE INFORMATION GUIDE for a FRIEND: www.barixinfo.com/ssg

