

After your gastric band adjustment

This leaflet explains more about what to expect and what you need to do, after your gastric band adjustment. If you have any further questions, please speak to the dietitian, doctor or nurse caring for you.

Name: _____

Date: _____

Hospital number: _____

Date of birth: _____

Pre-adjustment band volume: _____ ml

Current weight: _____ kg

You have had _____ ml added/ removed from your gastric band.

The total volume is now _____ ml.

Please keep a copy of this leaflet for your records. If you experience any problems, show this leaflet to the dietitian, doctor or nurse involved in your care.

It is important to remember the following:

1. Please do not leave the hospital without drinking a glass of water or eating a yoghurt or banana. Gastric band adjustments have different effects on patients and it is important to make sure that you are able to adequately tolerate food and fluids before you go home.
2. For the first day after your gastric band adjustment, please go back to eating non-bulky foods. Food textures should be similar to thick soups and purees. You should experience an increased restriction if you had fluid added to your gastric band. It is important for you to get used to how this affects your fluid and food intake.
3. On the second day after your gastric band adjustment, you can change to soft mushy foods. Ensure that you maintain smaller portions and eat slowly. If you feel 'full' then you should stop eating. This feeling of fullness is a result of the gastric band slowing the flow of food into your stomach. If you eat too quickly, food may build up above your gastric band, which can lead to vomiting.
4. On the third day after your gastric band adjustment, try normal textured food. Remember to chew your food thoroughly and maintain small portions. If you are able to tolerate normal textured food after day three, then try to include a wide variety of healthy food choices, including good sources of lean (low fat) protein and vegetables.

It is not necessary to stick to soft mushy food. Normal textured, bulkier foods will help keep you fuller for longer, improving weight loss.

5. Avoid drinking straight after swallowing a mouthful of food. Fluid can either 'flush' food through the band faster, resulting in less weight loss, or increase the bulk of food you have above the band, resulting in increased regurgitation. Neither are desirable.
6. Some people can experience stomach irritation after fluid is added to the gastric band. This can be as a result of slight swelling at the gastric band site. If you find it difficult to eat, or if you experience vomiting after a meal, only drink liquids (not fizzy). Try hot drinks or sucking ice, as fluids of different temperatures can help with the swelling. Do not be alarmed at this stage, as the swelling will normally go down and a small soft diet can be resumed.
7. Continuous vomiting can aggravate the stomach further and this should be avoided. If you are experiencing any difficulties please keep us informed – our contact details are at the end of this leaflet.
8. If you are unable to tolerate fluids, please contact us immediately. You may need to return to the hospital to have some of the fluid in your band removed. Fluid is essential for life and if you are not able to tolerate liquids, you can become dehydrated quickly. You should be aiming for at least one and a half litres (three pints) of fluid per day, although two litres (four pints) is best.
9. **Make healthy choices.** The gastric band works well at reducing your calorie intake from foods that require plenty of chewing. However, it does not make it difficult for you to drink high calorie liquids or eat foods that melt or crunch down to a paste too easily. These foods will pass through your banded stomach easily without creating a feeling of fullness.

You must take care to change your diet and limit the following foods and drinks:

High calorie liquids	Alcoholic drinks, fruit juice, milk or milky drinks (such as milkshakes, hot chocolate or coffees), sugar-sweetened soft drinks.
'Meltable' foods	Chocolate, ice cream, desserts, sweets, foods rich in cream or sugar.
Crumbly / crunchy foods	Biscuits, cookies, cakes, pastry, crisps.

If you feel that you are not losing weight, remember that it may not necessarily mean that you need another gastric band adjustment. You may need to adjust your food choices and behaviours.

Contact us

If you have any further questions or concerns, please email the specialist bariatric dietitians on **bariatricdietitians@gstt.nhs.uk**. Alternatively, call **0207 188 4128** for Guy's Hospital. Out of hours, please contact your GP or NHS 111.

The Department of Nutrition and Dietetics is located on the 1st Floor Tower Wing, Guy's Hospital, London SE1 9RT.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership