

# Preparing for Surgery

## Centre for Obesity and Metabolic Surgery

Department of Minimal Access, Bariatric &  
Surgical Gastroenterology

Dr. B. L. Kapur Memorial Hospital, New Delhi

# Objectives

1. 5 Golden Rules
2. Expected weight loss
3. Physical activities
4. Food labeling and nutrition
5. Eating behavior
6. Monitoring your own weight before surgery

# What will surgery change about my eating habits?

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## Surgery can...

Make you feel fuller quicker

Make your portion size smaller

Reduce hunger for most people

## Surgery will not...

Stop head hunger or cravings

# 5 Golden Rules!

- Small portions
  - Small tea plate or side plate
- Stop as soon as you feel full
- Eat slowly – 30 minutes
- Chew food well
  - Don't eat and drink at the same time

# How much weight can I expect to lose?

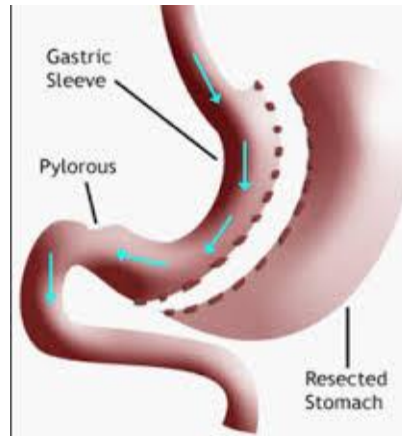
- Most rapid weight loss in the 6-8 months
- After 2 years: weight maintenance / slight weight regain

# Excess Weight Loss



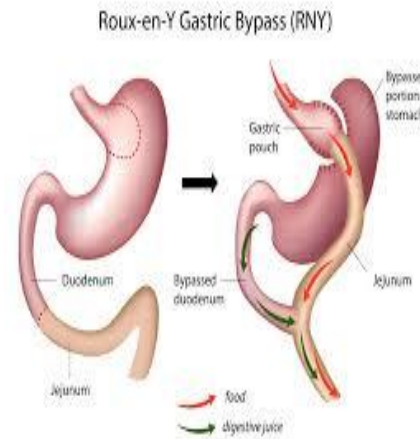
Gastric Banding

50%



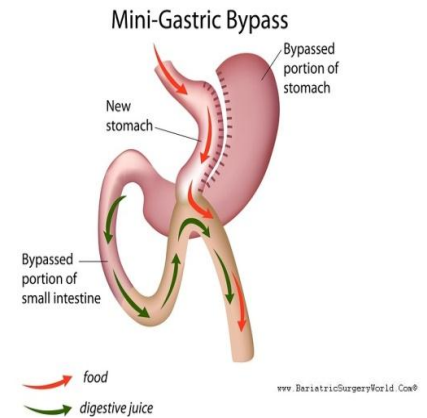
Sleeve  
Gastrectomy

70%-80% in 9-  
12 months



Gastric Bypass

75-80% in 6-9  
months



Mini Gastric  
Bypass

75-80% in 6-9  
months

# Excess Body Weight

- Have a look at...
- What is your weight today (in kg)?
- What is your height (in cm)?

## **Ideal body weight**

Height in cm -100

## **Excess Body Weight (kg)**

= Weight today – Ideal body weight

# Example of excess weight

	(Weight in kg)
My weight (kg)	120Kgs
Height (cm)	152 cm
Ideal body weight (kg)	$152 - 100 = 52 \text{ Kg}$
Excess body weight (kg)	$120 - 52 = 68 \text{ Kgs}$
70% of Excess body weight (kg)	$70\% \times 68 \text{ Kg} = 47.6 \text{ Kg}$



# Physical Activity

- Build up 30 minutes of moderate intensity physical activities or exercise, 5 of the 7 days of the week. E.g. 10 minutes + 10 minutes + 10 minutes.
- You will need to accumulate 60 minutes, 5 of the 7 days of the week for effective weight loss.
- **Moderate means Heart beats faster, feeling warmer, slightly breathless though you can continue a conversation**  
E.g. heavy housework, brisk walking, light gardening, taking the stairs, washing your car

# Physical Activity

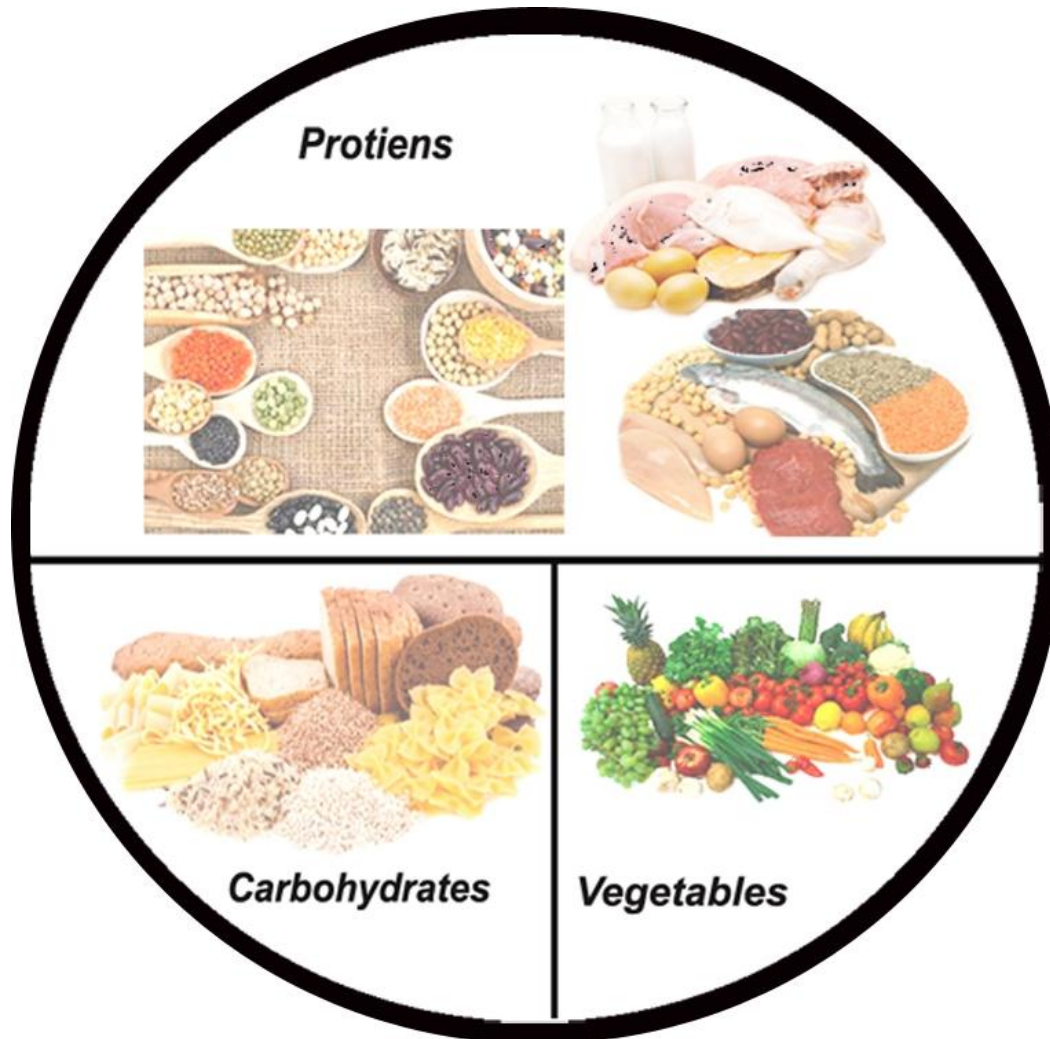
- Make small changes – Take the batteries out of the remote, use the stairs not the lifts, park far away, change your position every 10 minutes
- It is normal to sometimes experience some general muscle aches after physical activity.
- Pick activities you enjoy so you will look forward to doing them.
- Get family and friends involved to make it fun and sociable.

# Food Labeling

Per 100g	High (Just occasionally)	Medium (Fine most of the time)	Low (A healthier choice)
Of which Sugars	15g	5.1- 15g	5g
Fat (Saturated fat)	20g (5g)	3.1- 20g (1.6- 5g)	3g (1.5g)
Sodium (Salt equivalent)	0.6g (1.5g)	0.1- 0.6g (0.31- 1.5g)	0.1g (0.3g)

**Always look at per 100g!**

# Portions after surgery



# Protein

Why is protein important after surgery?

- Building blocks of the body
- Needed for growth and repair
- Body cannot do without it

What foods is protein found in?

- lean meat, chicken, fish, eggs, beans and pulses, dairy foods (e.g. milk, yoghurts, cheese), tofu

# Calcium

Why is calcium important?

- Needed to keep bones healthy and strong

What foods is calcium found in?

- Dairy foods: milk, yoghurt, cheese- main sources

- Non-dairy: tofu, kale, okra, calcium fortified soya products

# Iron

Why is iron important?

- Needed to help red blood cells carry oxygen around the body
- Low iron levels can cause anaemia
- Not as well absorbed after gastric bypass
- Absorption increased by vitamin C

What foods contain iron?

- Red meat, offal (e.g. liver, kidney)
- Fortified breakfast cereals, beans, leafy green vegetables

# Managing hunger: Ask yourself!

1. When did I last eat?
2. Was it less than 3-4 hours ago?
3. Am I physically hungry or is my head hungry?
4. Have I had a hot drink yet?
5. What else can I do before I eat?
6. What else is healthy that I can eat before I have a snack?



# Plot your own weight graph!

- Flexible weight control
- Normal to have small fluctuations
- Only weigh yourself **monthly!**
- Overall decreasing trend is more important!

When preparing for your surgery,

Weight loss is not everything

**Managing your relationship with food  
is as important as watching your  
weight**

# Thank You

For further queries  
contact

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