

Nutrition Guidelines

Distilization of previous Roux-en-Y gastric bypass surgery

Distilization of Previous Roux-en-Y Gastric Bypass Surgery

Distilization surgery lengthens the amount of small intestine that is bypassed. This changes your ability to absorb calories to help you succeed at long-term weight loss. You will absorb fewer calories and nutrients because of this surgery.

Nutrition Guidelines

This surgery has some different nutrition guidelines than what is listed in the “Allina Health Weight Management: Surgery Program” education manual. Please talk with your dietitian if you have any questions.

Protein

You will need to eat higher amounts of protein. You should be eating at least 100 grams of protein each day.

Foods high in fat

This surgery will change the way your body absorbs fat. It’s common to have multiple loose stools or diarrhea.

Limiting the amount of foods high in fat will help with these symptoms. Fried foods, food cooked in oil, processed snack foods and high-fat bakery items (such as muffins and doughnuts) are examples of foods high in fat.

Portion sizes

This surgery does not change the size of your stomach (pouch) from your original Roux-en-Y gastric bypass. You should continue to focus on portion sizes of up to 1 to 2 cups of food at each meal. To help control your portion sizes:

- Eat a protein with each meal and eat it first.
- Eat slowly. Be mindful when eating and avoid distractions.
- Stop eating when you feel satisfied.

Intolerances

It’s common to develop lactose intolerance (sensitivity to dairy products), a sensitivity to sugar alcohols (such as xylitol, sorbitol, malitol), or both after this surgery.

You may notice bloating, abdominal pain, diarrhea or gas after eating these food items.

A sensitivity to dairy products or sugar alcohols can be different from person-to-person. One person may be able to have some dairy (such as yogurt or cheese). Another person may need to avoid all dairy products and choose dairy-free options.

The best way to find out what foods you are sensitive to is to keep a food journal for a few days. Write down the foods you eat and any symptoms you have when eating those foods.

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Vitamin and Mineral Supplements

This surgery will change the way your body absorbs vitamins and minerals from the food you eat. Because of this, you are more likely to have vitamin and mineral deficiencies than other weight loss surgeries.

You will need to take supplements for the rest of your life.

You may have the same deficiencies as other weight loss surgeries, but it's also common to be deficient in vitamins A, D, E, K, and zinc and iron. This means you will need to take more supplements, more often.

After your surgery, start taking:

- 2 chewable multivitamins with iron two times each day
- or**
- 2 chewable multivitamins with iron and 2 ADEK supplements each day
 - Do not take your multivitamins with your calcium.
- 1,000 mcg B₁₂ each day
- 1,800 mg of calcium citrate + D₃ each day
 - Take 1 dose of 600 mg 3 times each day
- 5,000 IU of vitamin D₃.

Your health care provider will use your lab test results to decide if you need to take other types of supplements or make changes to your current supplements.

Sample Supplement Schedule After Surgery

	Multivitamin with Iron	Vitamin B ₁₂	Calcium Citrate	Vitamin D ₃
Breakfast	2 multivitamins with iron	1,000 mcg vitamin B ₁₂		
Mid-morning			600 mg of calcium citrate	5,000 IU of vitamin D ₃
Lunch	2 multivitamins with iron or 2 ADEK supplements			
Mid-afternoon			600 mg of calcium citrate	
Bedtime			600 mg of calcium citrate	