



BARIATRIC SURGERY DIET AND VITAMIN PROGRESSION SCHEDULE

Nutrition for bariatric surgery is incredibly important, and following a schedule of reintroduction is essential for success. Please see below for guidelines.

Diet and Vitamin Progression Schedule

Pre-Surgery: Begin 2-4 weeks before surgery

- Begin the "Pre-Surgery Liver Reduction"

Stage 1 / Clear Liquids: Begin Day of surgery or Day 0

- Start "Clear Liquids" until you are discharged

Stage 2 / Full Liquids: Begin once home or Day 1-14/ Week 1-2

- Start "Liquid Diet - Stage 1 & 2"
- Begin B complex vitamin

Stage 3 / Blended and Pureed: Day 15-21, Week 3-4

- Follow "Blended and Pureed - Stage 3"
- Discontinue B complex vitamin
- Begin multivitamin, calcium, and iron supplements (if needed) and continue taking these for all following stages

Stage 4 / Soft Foods: Days 22-28, Week 4-5

- Follow "Soft Foods - Stage 4"

Long-Term Eating: Day 29+ / Week 5+

- Start "Long Term Eating Plan"

For a more in depth vitamin schedule based on the multivitamin you are taking, see the second page of the vitamin and mineral handout.